

Age Friendly Fairfax

Building a healthy and livable community for all!



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April 2023 Newsletter

*Visit our website for zoom links and more
information about our classes and events:*

www.townoffairfax.org/age-friendly-online-classes-events

Aging in Fairfax, everybody's doing it

Upcoming Events:

April 6: Ross Valley Seniors

April 6: Commission on Aging

April 19: Breakfast with Friends

April 26: Age Friendly Forum

May 4: Ross Valley Seniors

Ross Valley Seniors, April 6 and May 4, 11:00am - 2:00pm at the Fairfax Women's Club. Join the Ross Valley Seniors the first Thursday of every month at the Fairfax Women's Club for a monthly luncheon and program. Bocce ball and social time starts at 11:00, lunch at noon and then the program at 1:00pm. If you would like more information and/or plan to attend, please call the San Anselmo Recreation Department at 415-258-4640 to RSVP.

Marin Commission on Aging is presenting a Public Hearing for the Area Agency on Aging (AAA) Plan update Thursday, April 6th from 10-11 a.m. This update, covering Fiscal Year 23/24 will be held in-person at the Margaret Todd Senior Center, located at: 1560 Hill Rd, Novato, CA 94947. The Area Plan can be reviewed at: <https://www.marinhhs.org/area-agency-aging>. If you would like a paper copy mailed to you, please call 473-INFO (4636).

Age Friendly Marin "Breakfast with Friends", Wednesday, April 19, 9:30-10:30am. Socializing is important for all and it's fun to connect. Join us for our monthly coffee, tea and/or breakfast and a friendly and enjoyable chat at Barefoot Café in Fairfax, in person!

Age Friendly Forum "10 Ways to Love Your Brain", Wednesday, April 26, 10:30-11:45 AM via Zoom. For centuries we have known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, social engagement, sleep and more! Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

<https://us02web.zoom.us/j/5202078153?pwd=MmNaMlVXVVkyei9NUo9VclRkbllmZz09> Meeting ID: 520 207 8153 Passcode: AFriendly Or, by phone at 669 900 9128, Meeting ID: 520 207 8153 Passcode: 408052510

Fairfax Recreation Classes

With a hybrid model of fee for service and free offerings we have Chi Gong, Full Body Fitness, Outdoor Yoga, Online Yoga, Dance classes and more! Join in the fun and sign up today. <https://www.townoffairfax.org/age-friendly-online-classes-events/>

Town of Fairfax:

Are you receiving the weekly Town of Fairfax Newsletter? If not, we really encourage you to do so as there is LOTS of news, information and events listed. Click this link to start receiving the Town's newsletter asap, [subscribe here](#).

Local News & Resources:

Emeritus Students College of Marin (ESCOM) provides engaging free lifelong learning opportunities including many clubs (i.e.: Book, Chess, Astronomy, Digital Camera, Food Glorious Food Clubs etc.), monthly interactive programs, celebrations, and publishes member's creative writing, art and photography online. Activities are available online and in person at campuses in Kentfield and Indian Valley. To learn more or to join, visit:

<https://escom.marin.edu>

Adult and Aging Services Information and Assistance Line provides information and referrals to the full range of services available to older adults, adults with disabilities and their family caregivers: **415-473-INFO (4636)** 8:30 am to 4:30 pm weekdays; **473INFO@marincounty.org**

Fairfax Library

The Fairfax Library has begun monthly Age Friendly in-person programming for older adults in the Community Room! See the April schedule below, check out the Fairfax Library calendar for the upcoming Age Friendly programs; or give us a call for an update: 415-453-8151.

April 4 at 11 am: Marin Master Gardeners presents: Introduction to CA Native Plants

<https://marinlibrary.bibliocommons.com/events/63ddb96c147bf86ab22521fb>

April 6 at 6:30 pm: Backyard Bees and Planetary Health

<https://marinlibrary.bibliocommons.com/events/63ec34e9a0654ee1d816c6ab>

April 11 at 11 am: Marin Master Gardener: 20 Great Native Plants for Marin Gardens

<https://marinlibrary.bibliocommons.com/events/6419e49eaf0f1115827a9013>

April 18 at 11 am: Marin County Parks: The History of Fairfax

<https://marinlibrary.bibliocommons.com/events/63e16a1a101552cfb715c3ca>

April 19 at 6:30 pm: Fairfax Open Space Committee BioBlitz presentation for Earth Week!

<https://marinlibrary.bibliocommons.com/events/63e92210329d1379d396061b>

April 25 at 11 am: Marin Access Transportation Services for Older Adults

<https://marinlibrary.bibliocommons.com/events/640956d8a14c17d945940cb8>

GETSETUP! Live Online Learning Marin County Free Library has teamed up with **GETSETUP!** to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and are **FREE**. Click here:

<https://www.getsetup.io/partner/cslmarin>

Wondering what IS Age Friendly Fairfax??

Find out more [here](#).

Questions about services for older adults?

Call 415-473-4636 (INFO)
