

Age Friendly Fairfax

Building a healthy and livable community for all!



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May 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:

May 2: California Senior Legislative Virtual Rally

May 4: Ross Valley Seniors

May 4: Marin County Commission on Aging

May 17: Breakfast with Friends

May 24: Age Friendly Forum

May 26: Marin County Commission on Aging's Annual Health Forum

June 1: Ross Valley Seniors

California Senior Legislative Virtual Rally, May 2, 9-noon and 1-3:30 p.m. Virtual meeting includes California Long Term Care Committee and Master Plan for Aging updates. A more detailed information packet will be sent to those who register before the event. Link to register: <https://4csl.org/senior-rally-day/>.

Marin County Commission on Aging discussion with Marin Parks and Open Space Natural Resource Planner, Jon Campo and Government Affairs manager, Kevin Wright: Planning Access to ALL for Marin Open Spaces, May 4th from 10-11 a.m. This discussion will cover how Marin Parks can make their areas accessible to older adults and other residents who may not be able to climb over rocks or cross streams to enjoy these peaceful places of refuge and refreshment. Meeting is at the Margaret Todd Senior Center, located at: 1560 Hill Rd, Novato, CA 94947.

Ross Valley Seniors, May 4 and June 1, 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.

Age Friendly Marin "Breakfast with Friends", Wednesday, May 17, 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 Friend Marin Forum - Planning Ahead for a Good Ending: Understanding the Details at End of Life, Wednesday, May 24, 2023 10:30a.m. via Zoom. Come spend time with three renowned local physicians, Dr. Lael Duncan, Dr. Catherine Madison, and Dr. Joshua Biddle, who are all working with patients at the end of life. In this session you will learn basic information on brain changes with aging and dementia, better communication skills to work with persons with a dementia, how a dementia can complicate Advance Care Planning, better understanding of palliative care and how it differs from hospice. Bring your questions and your experiences. Register at the following link: <https://www.eventbrite.com/e/617944959007>

Marin County Commission on Aging Invites You to our Annual Health Forum "Food For Thought", Wednesday, May 26, 9:30-1:30 at Homeward Bound in Marin. A unique opportunity to explore the connection, intersection, and transformative power of food and medicine as a community! Presented by: **Anna O'Malley, M.D.**, Integrative Family and Community Medicine physician and director of Natura Institute for Ecology and Medicine with **Dean Ornish, M.D.**, president and founder of

the Preventive Medicine Research Institute and Clinical Professor of Medicine at the [University of California, San Francisco](#). The author of *Dr. Dean Ornish's Program for Reversing Heart Disease*, *Eat More, Weigh Less*, and *The Spectrum*. The registration fee is \$30. Lunch will be provided by the Chefs at the Fresh Starts Culinary Academy. Register and purchase tickets at the Eventbrite website: <https://www.eventbrite.com/e/615894776857>

Town of Fairfax:

Are you receiving Town of Fairfax Newsletter every two weeks? 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](#).

Fairfax Recreation Classes

With a hybrid model of fee for service and free (donations accepted to help support these programs). Offerings include 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/>

Local News & Resources:

May 9 – June 29, Tuesday & Thursday, 10-11 am: FREE 8-week Tai Chi Classes on Zoom for Arthritis and Fall Prevention for Older Adults. Provided by Age Friendly Sausalito in partnership with Dominican University. This Spring Schedule of Tai Chi for Arthritis and Fall Prevention Classes is for Beginners or those who want to continue and review the basic forms. Meeting are 2x per week for 8 Weeks: Register for this Class [HERE](#).

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.

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>.

Fairfax Library Update: The Fairfax Library and book drop will be **closed May 15-May 24** for installation of smoke detection and fire suppression systems. **Temporary hours during construction May 25-July 31: Monday-Thursday 12-8 pm, Friday 12-5 pm and Saturday 10-5 pm.**

Listed below are the May Fairfax Library Age Friendly in-person programming for older adults in the Community Room. Check out the Fairfax Library calendar or call for an update: 415-453-8151 for more details.

May 2nd from 11am - 12:00pm: Vivalon presentation

<https://marinlibrary.bibliocommons.com/events/6418d485b4a2bc5b7ac1c96a>

May 9th from 11am -12pm: Marin Sonoma Vector Control presentation

<https://marinlibrary.bibliocommons.com/events/640956fa1ec9bf77488b9086>

May 10th at 6:30pm: Saving Money by going Electric

<https://marinlibrary.bibliocommons.com/events/642f22aae2fee3784190d197>

May 13th from 3:30-4:30: Japanese Taiko Drumming with Kristy Aki

Oshiro <https://marinlibrary.bibliocommons.com/events/642c6f019a7223e0388af453>



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](#).