

# *Age Friendly Fairfax*



*Building a healthy and livable community for all!*



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## **June 2023 Newsletter**

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

[www.townoffairfax.org/age-friendly-online-classes-events](http://www.townoffairfax.org/age-friendly-online-classes-events)

***Aging in Fairfax, everybody's doing it***

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### ***Upcoming Events:***

**June 1:** Commission on Aging, Marin County

**June 1:** Ross Valley Seniors

**June 28:** Marin Age Friendly Forum

**July 19:** Breakfast with Friends

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**Marin County Commission on Aging Meeting, June 1, 2023, 10-11 a.m., Albert J Boro Community Center, 50 Canal St., San Rafael.** Join for a presentation by Dr. Todd Schirmer, PhD, CCHP, Director of Marin County Behavioral Health & Recovery Services, on the current array of behavioral health and recovery services in the county that address the needs of older adults and how to provide input in ensuring that the behavioral health and recovery needs of Marin's older adults are addressed. Followed by the Marin County

Commission on Aging Business Meeting at 11:10 a.m. Members of the public are welcome and encouraged to attend!

**Ross Valley Seniors, June 1 and July 6, 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 Vincent Lin at the San Anselmo Recreation Department at 415-258-4669 to RSVP.

**Age Friendly Forum, "Jazz up your aging brain with music! Ways to address aging and dementia", Wednesday June 28, 10:30-11:45am. Virtual Event.** Join to listen in on music's connections to our mind, health, & well-being across the lifespan with **Dr. Alision Balbag**. Double Doctor, Musician and gerontologist Dr. Alison Balbag, PhD, DMA will share her amazing research behind music's connections with health, the mind and humanity as well as the other creative approaches to helping people with dementia. Register here: <https://www.eventbrite.com/e/jazz-up-your-aging-brain-with-music-ways-to-address-aging-and-dementia-registration-629732917107>

**Age Friendly Marin "Breakfast with Friends", Wednesday, July 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!

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### **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](#).

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### **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/>

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## ***Local News & Resources:***

**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](mailto:473INFO@marincounty.org).

**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](#).

**ESCOM and Marin County Commission on Aging Computer Training for Marin Adults.** ESCOM (Emeritus Students College of Marin) and Marin County Commission on Aging are partnering with Senior Planet to offer programs on computer topics to all older adults in Marin. These in-person programs are being offered at many places in Marin, including College of Marin and West Marin locations. They are free to all to join. Coffee, teas and snacks will be available. [Link](#) to sign up and to receive more information.

**June 9, 2-3 pm: Affordable Home Internet, Where can I access the Internet reasonably?** Sponsored by ESCOM and the Marin County Commission on Aging at the College of Marin Kentfield Center (Student Services Bldg, SS 111), 835 College Avenue, Kentfield, For more info: [escom@marin.edu](mailto:escom@marin.edu) or [Link to Sign Up](#)

**June 30, 2-3 pm: Mobile Health Apps/Tele Medicine** Sponsored by ESCOM and the Marin County Commission on Aging at the College of Marin Indian Valley Center (Bldg, SS 10), 1800 Ignacio Blvd, Novato, For more info: [escom@marin.edu](mailto:escom@marin.edu) or [Link to Sign Up](#).

**Ongoing - 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/>.

**Congregate Meals are Back!** For seniors 60+ years, sponsored by Marin County Aging and Adult Services, Monday at noon San Geronimo Valley Community Center, Tue/Thurs at noon, Margaret Todd Senior Center, Wednesday at 11:30 am Albert Boro Community Center, Thursday at noon, Corte Madera Community Center and Friday at noon, The Hilarita in Tiburon.  
**For more info call: 415-473-4636.**



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**Fairfax Library Update:** The Fairfax Library continues **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 June 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.

**Marin Master Gardener: How to Create a Fire-smart Landscape "Fire-smarting an Established Landscape and the Use of Native Plants, June 6, 2023, 2pm - 3:30pm in the Fairfax Library Community Room.** Join Master Gardener Bob Mauceli as he presents "Fire-smarting an Established Landscape and the Use of Native Plants" A large portion of the home gardens and landscapes in Marin County are well-established and/or mature. Homeowners need to transition to a fire-smart landscape design that protects structures while retaining or improving garden health, support of beneficial wildlife, efficient use of water, and development of a healthier natural environment. Where to begin? And how to progress? Bob Mauceli will show you what steps he has taken in his garden and will also discuss why use of native plants is important to both increasing the landscape.

<https://marinlibrary.bibliocommons.com/events/64014daabf76ba290ocdao1b>

**Fabric and Fiber Makers' Club, June 12, 6-7:45pm, at the Fairfax Library in person, in the Community Room.** Calling all Quilters, Sewing Sirens, Mending Divas, Knitters, Spinner and Crocheters - Bring your project(s) to work on in a fun and lively social environment. Share your knowledge and expertise! Club de Aficionados por las Telas y Fibras. Llamando a todos los

Quilters, Sirenas de Costura, Divas de Reparacion, Tejedores y Hilanderos - Traiga sus proyectos para trabajar y compartir!

<https://marinlibrary.bibliocommons.com/events/63acc4ca4c01981c125c2701>

Masks are optional. For more information call 415-453-8151.

**Age Friendly: Emergency Preparedness, Tuesday, June 13, 2023,**

**2:00-3:30p at the Fairfax Library in the Community Room.** Join a presentation by Ross Valley Fire and Miranda Miller, Emergency Preparedness Coordinator Ross Valley Fire Department and learn about what you need to know to feel confident and ready when the next disaster occurs in our community. Light refreshments will be served. Everyone is welcome to attend! For disability accommodations please phone 415-473-3220 (Voice), CA Relay 711, or e-mail [library@marincounty.org](mailto:library@marincounty.org) at least five business days in advance of the event. The County will do its best to fulfill requests received with less than five business days' notice. Copies of documents are available in alternative formats, upon request.

<https://marinlibrary.bibliocommons.com/events/640957391ec9bf77488b908e>

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**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>

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**YWCA Employability 50+/60+/She Thrives Programs**

**She Thrives**, a free employment services for low-income residents, is a program tailored to women seeking new or better employment or to start their own business and designed to prepare you for your exciting new path. Open to all female-identifying people, aged 18 and older, in Marin County **Call 415-479-9922** to register and begin your new career pathway.

**AARP WorkforYourself@50+ entrepreneurial workshop, June 1, 2023, 9:30am-12:30pm, FREE Virtual Workshop.** Join for an interactive workshop where you'll learn:

- ✓ The advantages and challenges of working for yourself
- ✓ Five important steps to plan your self-employment journey

- ✓ Ways to avoid self-employment scams
- ✓ How to connect with local and expert resources

All attendees will receive an invaluable AARP hard copy workbook. The workshop is facilitated by the Small Business Development Center's financial advisor. Link: <https://tinyurl.com/yyum63rz>

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**Wondering what IS Age Friendly Fairfax??**

**Find out more [here](#).**