

# *Age Friendly Fairfax*

*Building a healthy and livable community for all!*



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## **July 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:***

**July 6:** Commission on Aging, Marin County

**July 6:** Ross Valley Seniors

**July 19:** Breakfast with Friends

**July 26:** Marin Age Friendly Forum

**August 3:** Ross Valley Seniors

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**Marin County Commission on Aging Meeting, July 6, 2023, 10-11 a.m., Albert J Boro Community Center, 50 Canal St., San Rafael.** Join for a presentation by Transportation Authority of Marin (TAM) and Marin Transit will discuss the transportation projects and programs they are working on to provide a transportation system that improves mobility, reduces congestion, and maintains economy vitality to improve the quality of life in Marin County. Members of the public are welcome and encouraged to attend!

**Ross Valley Seniors, July 6 and August 3, 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 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).

**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 until July 31: Monday-Thursday 12-8 pm, Friday 12-5 pm and Saturday 10-5 pm.**

**Listed below are the July Fairfax Library 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.

**Beginning Mindfulness Meditation, July 11, 18, 25 and August 1, 2023, 6:30 pm - 7:30 pm in the Fairfax Library Community Room.**

Join Louije and Ari for a free four-part series to learn the basics of mindfulness meditation. Whether you're brand new to meditating or are wanting a refresher, this series will offer guided meditations, mini-lectures and opportunities to connect with others around the joys of meditating. Attendance at all four classes is recommended, but feel free to join at any point.

<https://marinlibrary.bibliocommons.com/events/6488f314023dc43e0086502e>

**Feeding the Future: An insect approach to sustaining humans and habitats, July 13, 6:30-7:30 pm, at the Fairfax Library, in the Community Room.** Let's journey from Marin County to Madagascar with Brian Fisher, PhD, an entomologist at the California Academy of Sciences. Join us for a fascinating discussion about the global biodiversity crisis and the advantages of insect-fortified food solutions.

<https://marinlibrary.bibliocommons.com/events/64625f2ccc7b66e97e71dbc9>

**iPhone Training for Adults, Tuesday, July 18, 2023, 2:00-4:00p at the Fairfax Library in the Community Room.** Become more confident when using your iPhone and make your iPhone work better for you. Learn about the features you can enable for greater ease of use and personal safety. This is an **IN PERSON training** and **pre-registration is required - please CALL the Fairfax Library to register 415-453-8151.**

<https://marinlibrary.bibliocommons.com/events/640f657c5bdcf28058aee12e>

**Android Phone Training for Adults, Tuesday, July 25, 2023, 2:00-4:00p at the Fairfax Library in the Community Room.** Become more confident when using your Android Phone and make your Android Phone work better for you. Learn about the features you can enable for greater ease of use and personal safety. This is an **IN PERSON training** and **pre-registration is required - please CALL the Fairfax Library to register 415-453-8151.**

<https://marinlibrary.bibliocommons.com/events/6411069f05b157d96003d6a8>

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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.

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

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