

Age Friendly Fairfax

Building a healthy and livable community for all!



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August 2023 Newsletter

Visit our website for more information:

<https://www.townoffairfax.org/departments/age-friendly-fairfax>

Aging in Fairfax, everybody's doing it

Upcoming Events:

August 3: Ross Valley Seniors

August 16: Breakfast with Friends

September 6: Breakfast with Friends

September 7: Ross Valley Seniors

September 27: Marin Age Friendly Forum (on break in August)

Ross Valley Seniors, August 3 and September 7, 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. Meetings include Bocce ball and social time at 11:00, lunch at noon and then a variety of interesting programs from 1-2 pm. If you would like more information on the monthly topic and/or plan to attend, please call Vincent Lin at the San Anselmo Recreation Department, 415-258-4669 to RSVP.

Age Friendly Marin "Breakfast with Friends", Wednesday, August 16 and September 6, 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! **NOTE:** beginning in September, the monthly breakfast date will change to the first Wednesday of each month, same time, 9:30 am. See you on the 6th in September!

Marin Age Friendly Forum, Wednesday, September 27: Sara Robinson will discuss "Becoming an Age-Friendly County: Final Report of Age Forward"

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](#).

Fairfax Recreation Classes

With a hybrid model of fee for service and free (donations accepted to help support these programs). Offerings include Chi Gong, Chair and Mat Yoga (Zoom available), Dance classes and more! Join the fun and sign up today!

<https://www.townoffairfax.org/age-friendly-online-classes-events/>

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.

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 about classes:

<https://marincommunityed.augusoft.net/info/landing/classes>

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.**



Fairfax Library Update: The Fairfax Library expects the temporary construction hours of Monday-Thursday 12-8 pm, Friday 12-5 pm and Saturday 10-5 pm to end July 31. **Regular hours resume Aug 1: Monday-Thursday 9-8 pm, Friday and Saturday 10-5 pm.**

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

Ongoing Fabric & Fiber Makers' Club at Fairfax Library, Aug 14, 6:00 pm-7:45 pm in the FX Library 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! This ongoing group meets the 2nd Monday of each month.



<https://marinlibrary.bibliocommons.com/events/63acc4ca4c01981c125c2703>

Marin County Parks: Reptiles of Marin with Ranger Burke, Tuesday, August 15, 2023, 11:00-12:00 pm at the Fairfax Library in the Community Room. Come to the Fairfax Library and join Marin County Park Ranger Shannon Burke for a presentation about REPTILES in Marin. Bring your questions and your stories about reptiles in your garden spaces. Everyone is welcome to this drop-in program! Light refreshments will be provided.

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

Ongoing Community Poetry Group: Monday, August 21, 2023, 5:00-7:00 pm at the Fairfax Library in the Community Room. Bring your poetry and your creativity to this monthly gathering to learn and to celebrate the written word. Attendees collaborate with one another in a welcoming environment using in-class writing, positive feedback, suggested themes and

review of poetic forms. Led by local poet and author Brent MacKinnon. This is an ongoing group that meets on the third Monday of every month.

<https://marinlibrary.bibliocommons.com/events/64a867b2e2efd12f00236347>

Master Gardener: Succulents with Gary Bartl: Tuesday, August 22, 2023, 11:00-12:00 pm at the Fairfax Library in the Community Room.

Marin Master Gardener Gary Bartl will share all the tips and know-how to grow healthy, gorgeous succulents. This is a drop-in program.

<https://marinlibrary.bibliocommons.com/events/63fd4c772e149ac124372749>

Marin Master Gardener: How to Create a Fire Smart Landscape: Tuesday, August 29, 2023, 11:00-12:00 pm at the Fairfax Library in the Community Room. Join Master Gardener Bob Mauceli as he presents "Fire-smarting an Established Landscape and the Use of Native Plants".

<https://marinlibrary.bibliocommons.com/events/649dd3cc9d10c82019f244e6>

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>

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.

**Wondering what IS Age Friendly Fairfax??
Find out more [here](#).**