

Age Friendly Fairfax

Building a healthy and livable community for all!



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September 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:

- September 6:** Breakfast with Friends
- September 7:** Ross Valley Seniors
- September 27:** Marin Age Friendly Forum
- October 4:** Breakfast with Friends
- October 5:** Ross Valley Seniors

Age Friendly Marin "Breakfast with Friends", Wednesday, September 6 and October 4, 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! This is a monthly breakfast date on the first Wednesday of each month.

Ross Valley Seniors, September 7 and October 5, 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.

Marin Senior Faire, Thursday September 7, 9 am to 3 pm at the Marin Civic Center Hall. Live music, dancing, food prizes, exhibits, FREE for all! Learn More at www.marinseniorfair.org.

Marin Age Friendly Forum, Tuesday, September 27, 10:30-11:45: 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>

Computer Training for Marin Adults offered by ESCOM and Marin County Commission on Aging, **Sept 8: Messaging Apps**, 2:00 - 3:15 pm (COM – Kentfield, Student Services Building, SS 111), **Sept 29: Intro to Heart Rate Monitoring Apps**, 2:00 - 3:15 pm (COM - Indian Valley Center, Building 10). Click here to RSVP and register:

https://lp.constantcontactpages.com/sv/f7jryIy?source_id=6378259d-6a18-4a95-b683-eeb337d59bdd&source_type=em&c=ZRS7barqnKH062lb3bscFzSMI7xTHvS1jSoKgirZNBtc3IEWj8EDg==

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 has in-person programming for adults in the Community Room. Library hours are Mon-Thursday 9-8 pm, Friday and Saturday 10-5 pm. Program highlights are listed below or check out the Fairfax Library calendar or call 415-453-8151 for more details.

Ongoing Fabric & Fiber Makers' Club at Fairfax Library, Sep 11, 6:00 pm-7:45 pm. 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>

Ongoing Community Poetry Group: Monday, Sep 18, 2023, 5:00-7:00 pm. 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>

Age Friendly: YWCA "Fifty+" Tech & Business Training for both women and men, September 19, 11-12 pm. Learn more about the YWCA's programs called "**Fifty+**" for women AND the "**60+**" career support for women and men aged 60 and older.

<https://marinlibrary.bibliocommons.com/events/6453ea584237c1364667e6e9>

Bees in Marin: Get the buzz with Kristine Erving, Marin Beekeepers: Tuesday September 26, 11-12 pm. Kristine Erving has the "buzz" on bees in Marin - she'll share the history of bees in our area, talk about "who's in the hive" and share what plants are important food sources for bees.

<https://marinlibrary.bibliocommons.com/events/6453eadebf2d6fc34a9f4517>

iPhone Training for Adults: In-Person Class: Thursday September 28, 10:30-12:30 pm. Learn about the BASIC features you can enable for greater ease of use and personal safety. **Pre-registration is required.** Phone the Fairfax Library to register: 415-453-8151.

<https://marinlibrary.bibliocommons.com/events/64c4287efa7afd2900234784>

Android Phone Training for Adults: In-Person Class: Friday, September 29, 10:30-12:30 pm. This is a BASIC instructional class. Learn about the features you can enable for greater ease of use and personal safety. **Pre-registration is required.** Phone the Fairfax Library to register: 415-453-8151.

<https://marinlibrary.bibliocommons.com/events/64c4296eaa9efc3700a0c3b7>

GETSETUP! Live Online Learning Marin County Free Library has teamed up with **GETSETUP!** to provide many live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day & night and are **FREE**. Click here: <https://www.getsetup.io/partner/cslmarin>

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