

Age Friendly Fairfax

Building a healthy and livable community for all!



Age Friendly Fairfax
Building a healthy and livable community for all!

October 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:

October 4: Breakfast with Friends

October 5: Ross Valley Seniors

October 25: Marin Age Friendly Forum

November 1: Breakfast with Friends

November 2: Ross Valley Seniors

Age Friendly Marin "Breakfast with Friends", Wednesday, October 4 and November 1, 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, October 5 and November 2, 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 Age Friendly Forum, Tuesday, October 25, 10:30-11:45 am: Jazz Up Your Aging Brain with Music! Ways to Address Aging and Dementia: Zoom presentation of music's connections to our mind, health, & well-being across the lifespan with Dr. Alision Balbag. Sign up:
<https://www.eventbrite.com/e/jazz-up-your-aging-brain-with-music-ways-to-address-aging-and-dementia-registration-723745922537?aff=odcleoeventsincollection>

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 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=ZRS7barqnKH062lb3bscFzSMI7xTHvS1JS0KgirZNBtc3IEWj8EDg==

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.

Learn more about CapTel Phones for Hearing or Vision Impaired Persons: Tuesday, Oct 3, 11-12 pm. CapTel phones are available in various types for individuals with special hearing or vision needs and are free from the State of California and CA Connect.



<https://marinlibrary.bibliocommons.com/events/649dd4b265a3486519ed0e66>

Beginning Mindfulness Meditation, Oct 3, 10, 17, 31 and Nov 7 & 14, 2023, 6:30 pm - 7:30 pm in the Fairfax Library Community Room.

Join Louije Kim for a free six-part series to learn the basics of mindfulness meditation. Whether you're brand new to meditating or are wanting a refresher, this series offers guided meditations, mini-lectures & opportunities to connect with others around the joys of meditating. Attendance at all six classes is

recommended, but feel free to join at any point.

<https://marinlibrary.bibliocommons.com/events/64dd6c3ac102fe4100a44370>

Ongoing Fabric & Fiber Makers' Club at Fairfax Library, Oct 9, 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 group meets the 2nd Monday of each month.



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

Master Gardener: Succulents with Gary Bart, Wed, Oct 11, 6:30-7:45 pm. Gary Bartl will share all the tips and know-how to grow healthy, gorgeous succulents. Bring a pen & notebook. Live plant demonstration will be offered.

<https://marinlibrary.bibliocommons.com/events/64e38c4caa9efc3700a45485>

Ongoing Community Poetry Group: Monday, Oct 16, 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. Meets the third Monday of every month.

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

Medicare & Medi-Cal 2024: Informative Presentation, Wednesday Nov 1, 5-6:30pm. Join Medicare and Medi-Cal specialist Diana Lopez to

learn more about the changes to 2024 Medicare and Medi-Cal programs.

Reforms affect different types of coverage and there are several beneficial changes to know about. Bring your questions, a notebook and

pen. <https://marinlibrary.bibliocommons.com/events/64dd692489f2e0360014ca9c>

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>
