

Age Friendly Fairfax Newsletter

November 2023



Building a healthy and livable community for all!

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

Aging in Fairfax, everybody's doing it!

Upcoming Events:

November 1: Breakfast with Friends

November 2: Ross Valley Seniors

November 29: Age-Friendly Marin Forum

December 6: Breakfast with Friends

December 7: Ross Valley Seniors

Age Friendly Marin "Breakfast with Friends", Wednesday, November 1 and December 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! This is a monthly breakfast date on the first Wednesday of each month.

Ross Valley Seniors, November 2 and December 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 Forum, Wednesday, November 29, 10:30-11:45

am: These on-line forums are held the 4th Wednesday of the month and include timely topics of interest to seniors. To access, here is the Zoom info : <https://us02web.zoom.us/j/5202078153?pwd=MmNaMlVXVWkyei9NUo9VclRkblmZz09> Meeting ID: 520 207 8153 and Passcode: AFriendly

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 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.



Beginning Mindfulness Meditation, Oct 31 and Nov 7 & 14, 2023, 6:30 pm - 7:30 pm. 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>

Medicare & Medi-Cal 2024: Informative Presentation, Wednesday, Nov 1, 2023, 5:00 PM – 6:30 pm. 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. Contact the Fairfax Library at 415-453-8151 to reserve your seat.

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

Plant & Seed Swap: Exchange Cuttings and Starts on Saturday, Nov 4, 2023, 2 – 4:00 pm. Love plants? Join us for a plant swap. Everyone is welcome, tell your friends and neighbors! Plants provide happiness and oxygen for all. Bring cuttings and starts of your favorite house plants, bring succulent cuttings and also feel welcome to bring veggie/plant starts for a winter garden.

<https://marinlibrary.bibliocommons.com/events/652edb41a9308cd2411c38ec>

Mindful End of Life Planning with Stephanie Crawford, Wednesdays, November 8 and 15, 2023, 6:30 PM – 7:45 PM. Mindful End of Life Planning with Stephanie Crawford (Hospice RN and End of Life Doula). This is a two-part series, introduction to death culture in America and the support (both medical & non-medical) available at end of life. One of the most important things we can do to begin to prepare for our deaths is to educate ourselves in safe and supportive spaces. **You can attend one or both presentations.**

Part1: <https://marinlibrary.bibliocommons.com/events/6504da65f561055700d94423> Part 2:

<https://marinlibrary.bibliocommons.com/events/6504da80deb99145006f4267>

Ongoing Fabric & Fiber Makers' Club at Fairfax Library, Nov 13, 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>

Ongoing Community Poetry Group: Monday, Nov 20, 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>

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>
