

Age Friendly Fairfax Newsletter

February 2024



*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:

- February 1:** Ross Valley Seniors
 - February 7:** Breakfast with Friends
 - February 28:** Age-Friendly Marin Forum
 - March 6:** Breakfast with Friends
 - March 7:** Ross Valley Seniors
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Age Friendly Marin "Breakfast with Friends", Wednesday, February 7 and March 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, February 1 and March 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. **For the February 1st meeting, join Marcie Miller from the Marin Historical Society as she shares Fairfax Historical highlights with an emphasis on the bootlegging period in the 20's!** Please call Vincent Lin at the San Anselmo Recreation Department, 415-258-4669 to RSVP.

Age-Friendly Marin Forum, February 28, 10:30-11:45 am: Aging in Place with Grace in Marin, hosted by Sara Robinson. Zoom link to access the virtual meeting:

<https://us02web.zoom.us/j/5202078153?pwd=MmNaMlVXVWkyei9NUo9VclRkbllmZz09> 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](#).

Want to learn more about Age-Friendly Fairfax? This group is open to all and usually meets the 4th Friday of the month at 9 am in Fairfax. Our goals are to advocate for and plan/support age friendly services for the Town. Please email Josa Buennagel at jtuchel@gmail.com if you would like to find out more or join one of the meetings.

Fairfax Recreation Classes

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

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

County 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 learning opportunities/clubs (i.e., Book, Chess, Astronomy, Digital Camera, Food Glorious Food Clubs etc.), monthly interactive programs, celebrations, and publication of member's creative writing, art & photos online. Available online and in person at campuses in Kentfield and Indian Valley. To learn more go to: <https://marincommunityed.augusoft.net/info/landing/classes>

Congregate Meals 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.



<https://www.marinhhs.org/nutrition-services-older-adults>

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.



Master Gardener Ron Filson presents: Irrigation designing for your garden & landscape, Tuesday, February 6, 11:00 AM – 12:00 PM. Join Marin Master Gardener Ron Filson to learn about home garden & landscape irrigation systems, he'll discuss a variety of options and best design practices for your garden. Bring your questions, a notebook and pen. he will answer your questions and you'll feel more confident this Spring & Summer.

<https://marinlibrary.bibliocommons.com/events/6581cc831abde5420064974d>

Mid-East Tapestry Ensemble Concert, Thursday, February 8, 6:00–7:30 PM. Enjoy a diverse array of classical, urban and folk music from Arabic-speaking countries and from Turkish, Greek, Armenian, and Persian traditions. Listen to master percussionist Vince Delgado and ensemble perform the music that has been developing & evolving in the for a few thousand years.

<https://marinlibrary.bibliocommons.com/events/65542097d307f02900d4e013>

Ongoing Community Poetry Group: Monday, February 12, 5:00-6:00 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 monthly on a Monday evening.

<https://marinlibrary.bibliocommons.com/events/652edboda9308cd2411c38e8>

NEW Tuesday Morning Book Club: The Last White Man by Mohsin Hamid, February 20, 2024, 11:00 AM – 12:30 PM. This drop-in Book Club will meet in-person every other month to discuss a new book. Everyone is welcome to attend whether or not you have read the selected book for that meeting. Each meeting begins with a lively "Recommended Reads You May Have Overlooked" book talk highlighting two books that you might enjoy, offered by Fairfax Storyteller Neshama Franklin.

<https://marinlibrary.bibliocommons.com/events/657749940825261328f2fae7>

Presentation about M.A.I.D (Medical Aid In Dying) & VSED (Voluntary Stopping Eating and Drinking): Mindful End of Life Planning, Wednesday, February 21, 6:00 PM – 7:30 PM. The topics of death and dying often go unspoken about due to cultural fears and taboo, yet we all know we are going to die! 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. Stephanie Crawford, Hospice RN & End of Life Doula hosts this event.

<https://marinlibrary.bibliocommons.com/events/65774a3d67e8ac3700b6381e>

Free Tai Chi for Arthritis and Fall Prevention Tai Chi Classes for Marin's Older Adults of all Abilities Offered by Sausalito Age-Friendly, starting Feb 1 (1x/week for 16 weeks) or Feb 16 (2x/week for 8 weeks) both in-person or on Zoom, Enrollment is limited, Register [HERE](#)

<http://www.sausalito.gov/adultclasses> (Fitness-Full Series: Tai Chi) or call (415) 289-4152

Virtual Resources:

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>

AARP FREE interactive online events and classes designed for learning, self-improvement, and fun. Many do not require membership.

<https://local.aarp.org/virtual-community-center/exercise-wellness/>

Weekly Tailored Job Search and Placement Assistance: LinkedIn & Indeed Training, sponsored by the Golden Gate YWCA of Silicon Valley. Obtain personalized job search training every Thursday at 3 PM. To Register:

<https://forms.gle/eYeLjHiyLjYspro76> or CONTACT US: puppal@yourywca.org or 484-358-2447 or 408-961-6007 for more information.
