

Age Friendly Fairfax Newsletter

January 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:

January 3: Breakfast with Friends

January 4: Ross Valley Seniors

January 24: Age-Friendly Marin Forum

February 1: Ross Valley Seniors

February 7: Breakfast with Friends

Age Friendly Marin "Breakfast with Friends", Wednesday, January 3 and February 7, 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, January 4 and February 1, 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 **January 4th meeting, come learn about the Fairfax and San Anselmo Library resources available to you and bring a book for the book exchange!** Please call Vincent Lin at the San Anselmo Recreation Department, 415-258-4669 to RSVP.

Age-Friendly Marin Forum, January 24, 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=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 we usually meet 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, 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 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 about classes:

<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.



The Science Behind Living Better Longer, Thursday, January 11, 6:30 PM – 7:30 PM. Sid Madhavan, PhD Fellow in the Newman lab at the Buck Institute for Research on Aging, will discuss the work he is currently doing and how it is impacting the field of aging research. He will also discuss the work Buck is doing as a whole and the impact Buck has on our community and the world.

<https://marinlibrary.bibliocommons.com/events/651af4ca8fffe94c00c4de3e>

Conversations for Mortals: a "death cafe" style conversation group Wednesday, January 17, 6:30 PM – 7:30 PM. Individuals of all ages come together to share what is on their minds and hearts, without a particular theme or topic other than living fully and thoughts on death. Come with your musings, curiosity, and willingness to listen with an open heart as others share. Stephanie Crawford, Hospice RN and End of Life Doula will host this event for all ages.

<https://marinlibrary.bibliocommons.com/events/657748600825261328f2fa7e>

iPhone Training for Adults: In-Person Class at Fairfax Library

Thursday, January 25, 2:00 PM – 4:15 PM. Register for this free, fun and comprehensive iPhone Class provided by California Phones. Become more confident when using your iPhone and make your iPhone work better for you. Learn about the BASIC features you can enable for greater ease of use & personal safety. <https://marinlibrary.bibliocommons.com/events/64f22e025a7c6130008f2520>

Wild Oyster Project, Thursday, January 25, 6:30 PM – 7:30 PM.

Learn about The Wild Oyster Project and its efforts to bring native oysters back to the San Francisco Bay. You'll hear about how constructing native oyster reefs can reduce erosion along shorelines, help restore ecosystems, and filter the murky waters of our bay.

<https://marinlibrary.bibliocommons.com/events/6578cab30825261328f32cd6>

Android Phone Training for Adults: In-Person Class, Friday, January

26, 2:00 PM – 4:15 PM. Register for this free, fun and comprehensive Android Phone Class provided by California Phones. Become more confident when using your Android Phone and make your Android Phone work better for you. Learn about the features you can enable for greater ease of use and personal safety. This is a BASIC instructional class.

<https://marinlibrary.bibliocommons.com/events/64f22e3caa9efc3700a63bb8>

Ongoing Community Poetry Group: Monday, January 29, 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 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>
