

# *Age Friendly Fairfax Newsletter*

*March 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!*

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## *Upcoming Events:*

**March 6:** Breakfast with Friends

**March 7:** Ross Valley Seniors

**March 23:** Fairfax Theatre Company Alice in Wonderland Tea Party

**March 27:** Age-Friendly Marin Forum

**April 3:** Breakfast with Friends

**April 4:** Ross Valley Seniors

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**Age Friendly Marin "Breakfast with Friends", Wednesday, March 6 and April 3, 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, March 7 and April 4, 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 a variety of interesting programs from 1-2 pm. The **March 7th Topic: Build Strength and Reduce Falls with Betsy Best-Martini, Recreational Therapist & Certified Fitness Instructor.** Learn easy moves and exercises to build up strength and reduce your risk of falling. Please call Vincent Lin at the San Anselmo Recreation Department, 415-258-4669 to RSVP.

**Fairfax Theatre Company Alice In Wonderland Tea Party, March 23, 2-3:30** at the Fairfax Women's Club. This whimsical tea party with Alice, the Mad Hatter, March Hare, Queen of Hearts, and other Wonderland characters is a fun way to support our local Theatre Group. The Fairfax Theatre Company provides entertainment as you indulge in a delightful English Tea experience. Call (415) 302-2559 for more information.

**Age-Friendly Marin Forum, March 27, 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=MmNaMlVXVWkyei9NUOgVclRkbllmZz09> Meeting ID: 520 207 8153 and Passcode: AFriendly

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### **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 4<sup>th</sup> 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](mailto:jtuchel@gmail.com) if you would like to find out more or join one of the meetings.

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### **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/>

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### **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](mailto: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>

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**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.



**All Things Library! Saturday, March 2, 10-11 AM.** Fairfax Library Staff offers a **DROP-IN** Library Technologies one-to-one help session. Personal and focused assistance for you! Learn how to stream movies with Kanopy, how to read electronic newspapers or magazines, how to listen to streaming music using Hoopla and much more! Come with **YOUR** questions.

<https://marinlibrary.bibliocommons.com/events/6594bd6567e8ac3700b957ee>

**Ongoing Fabric & Fiber Makers' Club at Fairfax Library, March 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! Group meets the 2nd Monday of each month.



<https://marinlibrary.bibliocommons.com/events/65a0720cf797a6fee56ffcbc>

**WILDFLOWERS in Marin with Marin County Park Ranger Shannon Burke, Tuesday, March 19, 11 AM – 12:00 PM.** Bring your questions, your notebook and pen, plus your stories about the wildflowers you've spotted while hiking through Marin County Parks.

<https://marinlibrary.bibliocommons.com/events/6581e9920825261328f4312c>

**Android Phone Training for Adults: In-Person Class, Tuesday, March 19, 2:00 PM – 4:15 PM.** Register for this free and fun **BASIC** Android Phone Class provided by California Phones. Become more confident when using your Android Phone and learn about the features you can enable for greater ease of use and personal safety.

<https://marinlibrary.bibliocommons.com/events/65bc4028eb28943d0083b657>

**Conversations for Mortals: a "death cafe" style conversation group Wednesday, March 20, 6:30 PM – 7:30 PM.** Conversations for Mortals is a group-led discussion series that will explore and normalize conversations around death and dying. 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/65a6379af824b2fde5f24dbb>

**iPhone Training for Adults: In-Person Class at Fairfax Library Thursday, March 21, 2:00 PM – 4:15 PM.** Register for this free and fun 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 and personal safety.

<https://marinlibrary.bibliocommons.com/events/65bc4060bf3fd82800dbfefe>

**Ongoing Community Poetry Group: Monday, March 25, 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/652edboda9308cd2411c38e9>

**Marin Master Gardener Ron Filson Discusses Home Garden & Landscape Irrigation Systems: Tuesday, March 26, 11-12 PM.** The program will provide a history of gardening, the evolution of irrigation, the more recent idea of seasonal supplemental watering, and the devices we use to apply water in our gardens. The theme is Earth Friendly Gardening. Bring your questions, a notebook and pen.

<https://marinlibrary.bibliocommons.com/events/65c57a3cf797a6fee574d131>

**Big Gardens in Small Spaces: Adventures of Container Gardening: Wednesday, March 27, 6-7:30 PM.** Join Lori Caldwell as she discusses how to grow your own food even when you do not have much space. Topics such as: maintaining soil fertility, best plants for container gardens & crop rotation will be covered. Growing in containers is a great way to start a garden or add on to maximize your already existing garden possibilities!



<https://marinlibrary.bibliocommons.com/events/65a6386a6133e2e7e56edf87>

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**Free Tai Chi for Arthritis and Fall Prevention, TWICE Weekly, Fridays (In-Person) and Sundays (on Zoom), 12:30 PM -1:30 PM.** Offered by Sausalito Age- Friendly, starting **March 1 through April 21.** In-person class at Ross Rec Center, 9 Lagunitas Rd in Ross. Enrollment is limited, Click below to register <https://www.sausalito.gov/departments/parks-and-recreation/programs-and-classes/adult-classes>

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### ***Virtual Resources:***

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

**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: [pupal@yourywca.org](mailto:pupal@yourywca.org) or 484-358-2447 or 408-961-6007 for more information.

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