



Age Friendly Fairfax Forum



Building a healthy and livable community for all!



Resources for Older Adults

September 22: “Getting Around in Marin” What are all the transportation options available for seniors? We’ll learn about the Marin Access travel navigators at (including paratransit and taxi services); ride programs available from Marin Villages and Whistlestop; Golden Gate local bus services; Clipper cards; ride-sharing with Lyft and Uber, car-sharing, etc.

October 27: “Insuring Your Good Health” Learn about Medicare and insurance health plans (Kaiser, SCAN), and particularly how to make changes during the open enrollment period, including to Part D. Come ask your questions and get some answers!

November 17: “Housing Opportunities in Fairfax--Are There Any?” Whether you are a homeowner or a renter, low income or high, come learn about shared housing, junior second and accessory dwelling units; subsidized housing (Bennett House and Victory Village); local apartment complexes, etc.

Time: 11:15am to 12:15pm (4th Friday)

Due to holidays: 3rd Friday in November Dec--no meeting. Forum returns in Jan!

Location: Women’s Club, 46 Park Road --- FREE

Facilitator: Jody Timms and invited guest speakers

Additional local activities of interest to older adults:

• Every Sunday at 12:15 pm, enjoy an organic Senior Lunch at the Fairfax Community Church, \$3 Seniors, \$6 Friends

• Coming October 25th, attend the Marin Senior Information Fair, 9-3, at the Marin Center. Call the County Senior Info Line 415-457-4636 (INFO) for further details.

• Every first Thursday at 12:15 pm, join the Ross Valley Seniors for a luncheon and social program at the Women’s Club

• Take part in free yoga, dance, painting and self-defense classes for older adults this Fall through Fairfax Recreation.

Call 415-458-2340 or go to www.fairfaxrec.com for details on classes and more.

Aging in Fairfax: Everybody’s Doing It!