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36TH ANNUAL MARIN SENIOR FAIR

WEDNESDAY, SEPTEMBER 18, 2024 • 9:00 AM – 3:00 PM

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"Many, thanks for sending such a gem of a caregiver. My husband lit up when he arrived. His ability to care was wonderful. He was thorough, gentle, deft at maneuvering him to get outside for fresh air." — Erdie, Mill Valley

"When I needed care the most, At Home Caregivers was right there to help me recover from a broken ankle. I would rather be at home than anywhere else to rehab and you made it possible." — Joann, San Rafael

"For the last week, I have been researching companion care for my mom. The one that had everything was At Home Caregivers right here in Novato AND locally owned!" — Claire, Novato



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Learn More

Age Extraordinarily...Wherever You Are

Aging can be extraordinary, if you have the right support. Through Seniors At Home and Rhoda Goldman Plaza, Jewish Family and Children's Services offers the most comprehensive continuum of exceptional care for aging adults in the Bay Area. Whether it's in your own home or in our vibrant assisted living and memory care community, we provide personalized support to help you age with dignity and independence.

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Three Home Village, a Groovy Place to Live

Step into the serene groove of Three Home Village, where assisted living gets a totally unique twist, man. Picture this: three charming homes, nestled next to each other, connected by lush, scenic gardens and open yards, all radiating with good vibes. Each home, with its six cozy private bedrooms, inviting dining areas, and spacious spots for hanging out, creates an intimate community that feels just right.

At Three Home Village, we're all about personal touch. Our 3:1 staffing ratio means we can dig deep into personalized care for residents who need a little extra help. We serve up healthy, chef-inspired meals that nourish the body and soul, and offer groovy

daily activities like morning garden exercises and pet therapy. Local artists drop by with live music performances, adding a sweet melody to our days.

Our residents? They're as diverse as a Woodstock crowd. From independent souls who chill on their private patios to those needing full-on care due to late-stage dementia, we've got it covered. Medication management, mobility assistance, incontinence care—you name it, we handle it, all within our monthly fee. With our experienced owners and a full-time administrator, Three Home Village is all about caring for your loved ones, so you can simply enjoy the beautiful moments together. Peace and love, always.

Thank You!

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Whether it's Assistance with Daily Living, Dementia Care or Hospice Support, our experience and professionalism mean your security and peace of mind.



HIRED HANDS HOMECARE gave my parents extraordinarily fine care. Your caregivers were thoughtful, highly competent, sympathetic and warm. They became friends of my parents. For them to remain at home was entirely a function of the quality, scope and continuity of care your people provided.

— Eugene M.



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- Fun outings and so much more

Drake Terrace is the perfect way to transition from your home to a progressive senior living community without a big change to your daily living. Once you leave the big house behind, you can enjoy maintenance free living without the hassle of cooking, cleaning or maintaining a yard. Spend your time outside the community and come home to your apartment as your sanctuary for rest and relaxation while the community serves as your home full of new friends, activities, and amenities to fit your lifestyle.



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Legal Aid of Marin is Awarded the 2024 Nancy Martin Outstanding Nonprofit Award

Each year, members of the Marin Senior Fair Steering Committee select a non-profit for the **Nancy Martin Outstanding Nonprofit Award** for "outstanding services to Marin seniors".

Legal Aid of Marin has been selected as the recipient of the 2024 award. Legal Aid of Marin receives a cash award of \$500 and a free booth at Marin Senior Fair. Legal Aid of Marin is honored in an on-stage award ceremony at the fair. Visit Legal Aid of Marin in booth 188.

About Nancy Martin

Nancy Martin was a long-time supporter of the Marin Senior Fair and a member of the all-volunteer Senior Fair Steering Committee for many years. Nancy was the Marketing Director of The Tamalpais, a retirement community in Greenbrae, for 24 years. Her work touched the lives of many and she was

particularly loved by the residents of The Tamalpais. After her sudden death in 2013, members of the Senior Fair Steering Committee wished to commemorate her commitment to the older adult community in Marin by naming the Fair's Nonprofit of the Year Award in her honor.

Previous Recipients of the Nancy Martin Award

- Community Action Marin, 2023
- Margaret Todd Senior Center, 2019
- Alzheimer's Association North Bay, 2018
- Hospice By the Bay, 2017
- Jewish Family and Children's Services/ Seniors at Home, 2016
- San Rafael Goldenaires, 2015
- Marin Villages, 2014
- LITA, 2013
- Senior Access, 2012

Free

TRANSPORTATION

Free round-trip transportation is provided by Vivalon between downtown San Rafael and the Fair. No reservation is needed. Shuttles run approximately every 30 minutes throughout the day.

Shuttles to the fair leave from Vivalon at 930 Tamalpais Avenue, San Rafael (near the Smart Train station, from the North parking lot near 4th Street). The first shuttle to the fair leaves Vivalon at 8:30 am and the last shuttle departs the Fair at 3:15 pm. Shuttles drop off and pick up at the Fair's main entrance.

We thank Vivalon for providing this valuable service to our attendees.

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Best Home Healthcare Provider 2024
by Pacific Sun

Best Eldercare Services 2023, 2024
by Marin Magazine

Best Senior Home Care 2024
by Marin Independent Journal

Business of The Year 2023
by Tiburon Peninsula Chamber of Commerce

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Laura Belluomini, RN, Founder

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What Does the Marin County Commission on Aging Do?

Answer: Information and Advocacy

Marin County has one of the fastest growing older adult populations in California. In 2024, more than 30% of Marin's population is over 60 years old compared to 20% statewide. It will increase to 40% within the next 10 years.

The Marin County Commission on Aging is federally mandated by the Older Americans Act as an advisory council to the Marin County Board of Supervisors and the Area Agency on Aging, part of Marin's Aging and Adult Services.

The Marin County Commission on Aging:

- Promotes the dignity, independence and quality of life of older persons through advocacy, information and related programs.
- Educates and informs older adults in areas that may impact their welfare including housing, health care, nutrition, transportation, financial security and related legislation.
- Encourages an understanding of ageism and

ableism in the community by focusing on respect and collaboration for all.

- Provides a forum for public feedback and involvement.
- Raises awareness on aging topics and issues through community education.
- Consults with special groups that have responsibilities related to the over-60 population.

Commissioners represent their respective cities, towns and districts and are appointed to three-year terms by either the Board of Supervisors or their City or Town Councils.

The public is encouraged to get involved and attend the general and committee meetings and participate in discussions dealing with issues impacting older adults.

Marin County's Aging and Adult Services maintains a "help" phone number manned by trained, friendly staff — 415-457-INFO (4636). The Marin

Senior Fair was started 38 years ago by this organization.

Visit [www.https://www.marinhhs.org/aging-adult-services](https://www.marinhhs.org/aging-adult-services) to find out more about the MCOA and its work with Aging and Adult Services.

Visit Marin County Commission on Aging in Booth 209/210.

FREE PHOTOS



Have your photo taken by the Marin Photography Club, **Booth 101**.

Help yourself to printed photographs donated by club members and get free hands-on advice about using your digital or mobile phone camera.



aquatic therapy

marinjcc.org/aquatic-therapy

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1:1 specialized sessions

This highly individualized program begins with a one-hour intake appointment with our licensed aquatic physical therapist—a great starting point for anyone interested in aquatic therapy and exercise!

group hydrotherapy

This individualized, self-directed program is set within a group environment and monitored by our aquatic physical therapists and therapeutic specialists.

arthritis/mobility classes

A gentle aquatic exercise program that's designed to support the reduction of pain and stiffness associated with arthritis and other mobility-related conditions.

parkinson's classes

Exercise is proven to help alleviate the symptoms of Parkinson's disease. This six-week aqua-based class allows you to enjoy moving again in a safe and supportive environment.

EveryBODY is welcome at the JCC.



To enroll in aquatic therapy or to learn more:

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aquatictherapy@marinjcc.org

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San Rafael, CA

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Every day is a new opportunity to **Never Stop Growing** at The Tamalpais Marin.
See us at the Marin Senior Fair booth **#208**.

Marin's Legal Lifeline: Serving the Underserved Since 1958

E Since 1958, Legal Aid of Marin (LAM) has served as the pre-eminent no-cost civil legal services provider for low-income and otherwise marginalized Marin community members. LAM's service areas include: recovering wages for immigrant workers, primarily through wage claims; advocating for tenants' rights and enforcing renter protections; and providing housing legal services in eviction defense, homelessness prevention, housing stability, and habitability cases. We also represent individuals in consumer protection matters, connect seniors with estate planning services, eliminate fines and help restore driver's licenses through the Marin Community Court and Driver's License Workshop programs, and increase access to pro bono legal services through partnerships with the private bar.

In 2023, LAM closed 1,303 client cases. Our

in-house legal services directly impacted an estimated 3,280 individuals. Staff conducted 200 outreach events across Marin County reaching an estimated additional 2,600 attendees.

We partner with trusted community-based social services organizations to ensure that the communities we serve have meaningful access to critical safety net services. LAM is committed to increasing access to justice for many communities, including seniors, who comprise approximately 30% of our client base. As attorneys and advocates, we focus on educating Marin residents on their rights, representing clients facing life-defining legal matters, and changing laws to ensure that equity is not just an ideal but a reality for everyone who calls Marin home. LAM is proud to serve Marin County and is grateful to participate in the Marin Senior Fair.

Paul Martin

MASTER OF CEREMONIES



Paul Martin is back again this year as the Master of Ceremonies. Paul will keep us entertained and informed throughout the day by announcing upcoming acts and giving away prizes and awards on the main stage in the Main Exhibit Hall.

Helping People. Changing Lives.

We provide individuals, families, & older adults in need with assistance:

- Paying rent and utility bills
- Accessing healthy food
- Budgeting finances
- Securing a job

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Community Action Marin is a 501(c)(3) non-profit anti-poverty agency that helps people throughout Marin County achieve well-being, dignity, and hope.

DID YOU KNOW?

In 1968, Vivalon provided its very first ride to an aging resident.

In 1971, Vivalon opened its first senior center, known then as Whistlestop, inside the historic San Rafael train depot.

In 1976, Vivalon launched its impactful nutrition program.

Today, thousands of older adults participate in our programs to enhance their wellness and connect with others.

Join us at our 70th Anniversary Celebration and discover a community dedicated to healthy aging!



FREE EVENT!

Sunday, September 22

2:00 – 4:00 pm

Vivalon Healthy Aging Campus

999 Third Street, San Rafael

Learn more and RSVP at vivalon.org/70years

Thanks to our event sponsors.



Flower Power and Community Spirit at Aldersly

For over a century, Aldersly Retirement Community has been a welcoming presence in Marin County, offering so much more than just a place to live; we're a vibrant community of older adults where the spirit of Marin shines in every smile, and where there's a friend behind every door.

Every day at Aldersly, we embrace Flower Power! Our beautifully landscaped gardens and warm, welcoming atmosphere reflect the essence of Marin living.

We are honored to receive the 2024 Marin IJ Readers' Choice Honor Award for Best Retirement Community, a testament to our dedication to quality care and enriching the lives of our residents.

Swing by and visit us at booth 173/174 to learn more about how Aldersly can be your next home. Whether you're looking for the independence of your own apartment or the comfort and care of specialized support, Aldersly is dedicated to your continued well-being.

Make sure to ask about our stunning new residences opening in 2025, designed to enhance our community's offerings and provide even more opportunities for joyful living and embracing outdoor spaces.

We look forward to meeting you and helping you find the perfect place to enjoy this vibrant chapter of life. Welcome home.

Thank You! STEERING COMMITTEE



The Marin Senior Fair would not be possible without the help of the Steering committee who work tireless hours to make the fair a fun and entertaining day.

Shown (left to right): David Knepler, Shaune Wilson, Jeff Wilson, Teresa Tooker, Salamah Locks, Lynn Von der Werth, Carol Jacobs-Courtz, Laurie Vermont, Liz Rottger, and Lorena Garbarino. Not shown: Teresa Ehteshami, Erik Flatt, and Effie Lee.



Assisted Living



The Redwoods, A Community of Seniors is an affordable, non-profit senior housing community where residents choose from over 100 life enrichment programs each week.

In our Creekside Assisted Living Apartments, we offer a variety of tailored support services when needed. Enjoy our open, 10-acre campus in Mill Valley, conveniently located near San Francisco.

Call today (415) 383-2741 to set up an orientation and tour of our campus.



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FOR MORE INFORMATION

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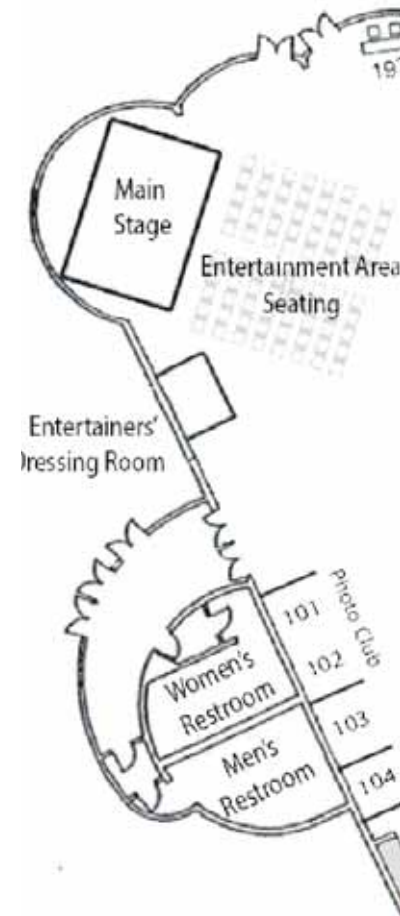
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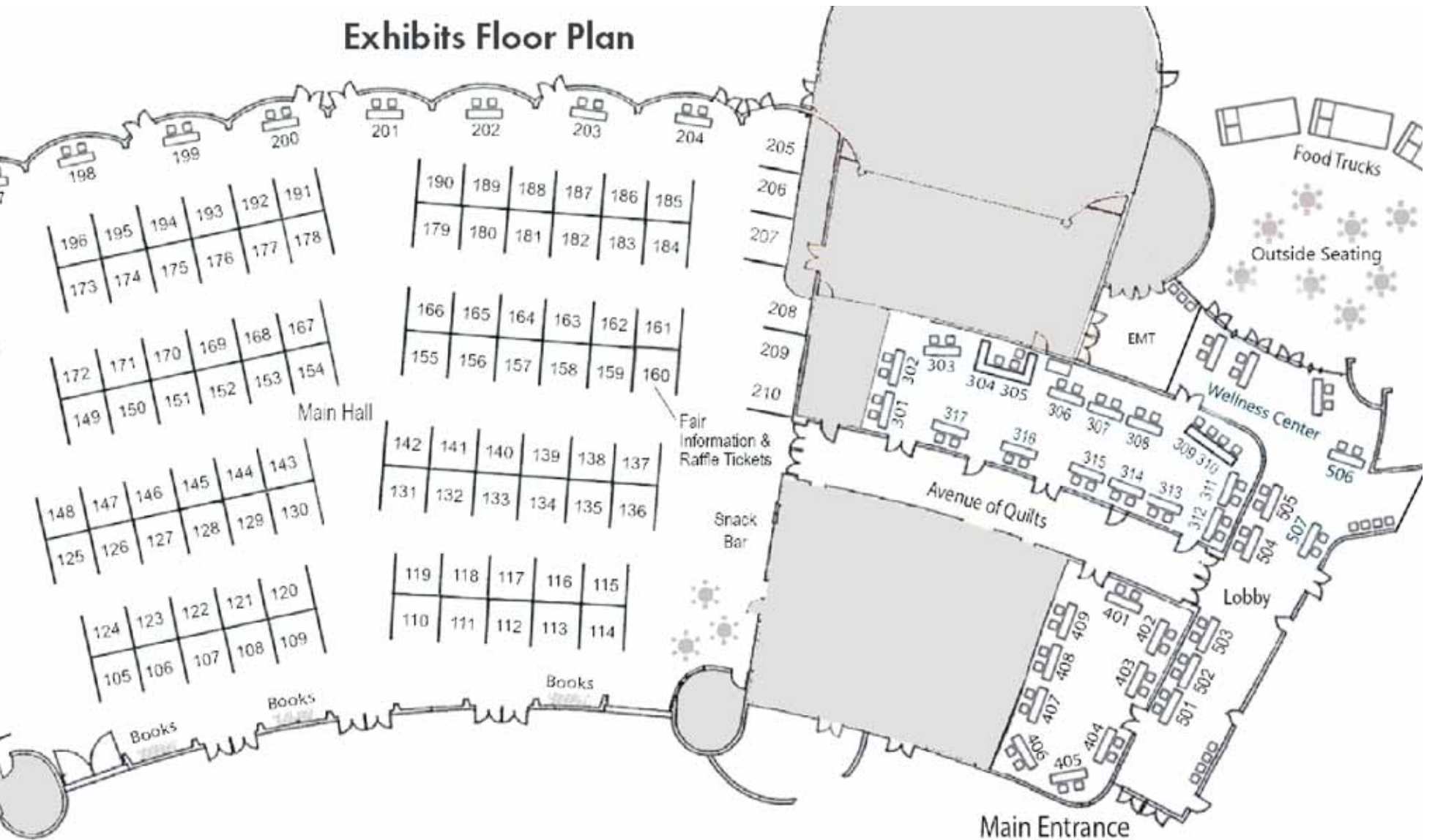
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Exhibits Floor Plan



Drake Terrace – A Retirement Community Centered on Choice

Living at Drake Terrace is a lifestyle, one that is all about choice. The community offers Independent Living, Assisted Living as well as Memory Care in a friendly environment where residents and associates enjoy being served and serving others.

Tucked in the hills of Marin County and near beautiful open space preserves and parks, Drake Terrace is a warm and friendly community with an intimate village feeling. At the center of the community is an outdoor courtyard where residents can share the village atmosphere with fellow neighbors engaged in popular community activities, socialize with family and friends or enjoy a favorite personal pastime.

Their caring team of associates will customize a care plan that is right for each resident while they continue to enjoy time with friends, hobbies, and new opportunities at Drake Terrace. Surrounded by beautiful, lush trees and filled with the comforts of a modern resort, this community immediately feels like home. Full of down to earth residents and truly compassionate associates that tailor services to anticipate residents' needs.

At Drake Terrace residents enjoy personal attention and service provided by an engaged and passionate team of associates, this is what makes the community so special.

Entertainment

Music and entertainment is provided continuously throughout the day

ON THE MAIN STAGE

Time	Entertainer
10:00 - 10:30 am	Mayflower Chorus
10:30 - 11:00 am	Kurt Huget
11:00 - 11:30 am	Tucker Spolter
11:30 am - 12:00 pm	Ralph Tinkerton
12:00 - 1:00 pm	Awards and Prizes
1:00 - 3:00 pm	Starduster Orchestra

OUTSIDE PATIO (by the Food Trucks)

Time	Entertainer
12:30 - 1:30 pm	Basam Habal

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San Rafael Goldenaires Full of Power & Wisdom!

Experience a sense of community with the San Rafael Goldenaires Senior club! Since 1968, the San Rafael Goldenaires, in partnership with the City of San Rafael, has welcomed adults over 62 to participate in trips, classes, special events and workshops for an annual membership fee of \$40.00. Day trips include live theatre, casino adventures, shopping excursions, wine tours, museums, boat tours and more. Weekly classes offered in painting, exercise, mahjong, contract bridge, woodworking, crafts, dominoes, cooking and duplicate bridge. Special events include monthly themed luncheons, quarterly Monday Night Bingo, monthly Sunday afternoon

dances (with live music) and bingo every Wednesday (except the 3rd Wednesday) of each month. The Goldenaires will host an Annual Holiday Craft Fair and Bake Sale on Saturday, November 2nd, 2024 from 10:00 am - 4:00 pm at the San Rafael Community Center. For more information about any of our programs please call 415-485-3348 or drop by the San Rafael Community Center Monday - Friday, 10:00 am - 2:00 pm (closed Thursdays). Drop by our booth #149 & #150 and #201 (Watercolor Painting) and see everything we have to offer or check out our website www.srgoldenaires.org for more information.

Choosing Home-Based Care for Your Loved One: By the Bay Health Goes Above and Beyond

Navigating healthcare decisions is challenging, especially when choosing skilled home health care, palliative care or hospice care for yourself or a loved one.

By the Bay Health, the largest independent, nonprofit adult and pediatric home health, palliative care and hospice provider in Northern California, sets the standard for quality individualized and compassionate care. For nearly 50 years, By the Bay Health has been a trusted care provider in Marin County and beyond, prioritizing patient and family needs with diverse, multi-disciplinary teams sensitive to cultural, spiritual, and personal

preferences. One family member stated, "By the Bay Health provided compassionate, experienced, and excellent care for my mother from the moment of her home arrival. Whether nurses, social workers, home health aides, or spiritual supporters, your care was beyond great—just superb."

As a nonprofit, By the Bay Health reinvests millions annually into the communities it serves, ensuring quality care for all patients, regardless of their ability to pay.

Visit Booth 142 to speak with a By the Bay Health representative and learn how we can make a difference in your loved one's care.

All Inclusive Independent Senior Living at Deer Park Retirement Community

Welcome to Deer Park!



- Enjoy the serene beauty of our lush, landscaped grounds and charming walking paths tucked in the hills of Novato.
- Engaging activities: From fitness classes to arts and crafts, group outings; there's something for everyone.
- Enjoy three chef prepared meals daily in our dining room with beautiful views.
- Our caring staff and friendly residents make Deer Park feel like home.

Are you exploring senior living options? Deer Park Retirement Community offers a vibrant, active lifestyle where you can enjoy your golden years to the fullest. Spacious Studios, One Bedrooms and Two Bedrooms.

Visit Our Booth Today! Learn more about Deer Park and enter to win a special prize. Check out our Move in Incentive!

Deer Park Retirement Community – Where Every Day is a New Beginning!

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LITA: Connecting Generations Since 1975

Love Is The Answer (LITA) is a Marin County only non-profit dedicated to relieving loneliness in isolated older adults. Established in 1975, our clients live in Assisted Living, Independent Living, Memory Care, Nursing Homes, and private homes. Our volunteers bring themselves, perhaps a pet, perhaps a musical instrument, perhaps their family. All of our services are free.

If you'd like to Volunteer, or perhaps know of someone who could use our services, please visit us at our booth (179), check our website (www.litamarin.org), call (415-472-5482) or email our Director of Volunteers, David Knepler, dknepler@litamarin.org

Our Programs include: One-to-

One Connection, Pet Connections, Family Connections, Bridging Thru Music, Bridging Generations (connecting schoolchildren to older adults) and Seniors in the Park, where we picnic with older adults in Marin County's Parks.

"The volunteers are doing GREAT! It's been so wonderful to see their impact in such a short time. Such a treasure!"

"Dad has framed a photo of his LITA volunteer and her dog and set it up with the family photos! If that's not positive feedback, I don't know what is."

When you change one person's life it is said that you change the world. Come join us.

Raffle Prizes

Pick up your raffle ticket at the Fair entrance or the Fair Information Desk in Booth 160.

Raffle tickets are drawn at noon and winners announced on the Main Stage. You need not be present to win.

Win a Lunch or Dinner cruise for two aboard an elegant Hornblower Yacht, two tickets to the December presentation of the Mayflower Chorus, a Gift Basket donated by the San Rafael Goldenaires, or a \$50 Gift Card donated by one of the following organizations:

- ◆ Alegre Home Care
- ◆ Care for Seniors
- ◆ Hired Hands Homecare
- ◆ Home Instead
- ◆ JK Medicare Solutions
- ◆ Kerry Spence Estate Plans, Inc.
- ◆ Marin Gerontology
- ◆ Marin Home Care Association
- ◆ Meadow Creek Senior Living
- ◆ Meeting Perfect - Event Planners
- ◆ Mom's New Pad
- ◆ Oakmont Gardens - Independent and Assisted Living
- ◆ OLLI at Dominican University
- ◆ Right at Home
- ◆ Sunrun
- ◆ The Redwoods a Community of Seniors
- ◆ Three Home Village
- ◆ Yet Wah Restaurant

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ElderCareAlliance.org



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Flower Power Meets Senior Power at the Margaret Todd Senior Center

The Margaret Todd Senior Center, a program of the City of Novato Parks, Recreation and Community Services Department, believes in promoting healthier, happier lives for active and engaged adults. We offer a variety of enrichment and fitness classes, themed special events, and social groups to serve this purpose. Upcoming events include our Fall Trash to Treasures Flea Market on September 28th and the Holiday Crafts Faire on December 6th and 7th.

The Holiday Crafts Faire features more than 55 artisans selling handmade crafts including jewelry, ceramics, specialty foods, wreaths, ornaments, housewares and more!

Our Faire co-sponsors, the Novato Garden Club, will be selling fresh greens, wreaths, and swags. Don't miss this festive opportunity to purchase unique holiday gifts! Admission is free. For information, call (415) 899-8290.

Are you interested in tai chi, nature journaling, sewing, or yin yoga classes? The Margaret Todd Senior Center has dozens of classes throughout the year to keep you healthy, active, and engaged. For the most current information on all of our program offerings, please see the Novato Digital Activity Guide at www.novato.org/regforfun or visit the Senior Center website at novatoseniors.org.

Food at the Fair



COFFEE COUNTER
OPEN 9:00 – 11:00 AM

Located inside the Main Exhibit Hall
Free coffee is available at the inside snack counter.
Inside seating is available.



FOOD TRUCKS
OPEN 11:00 AM – 2:30 PM

Located outside the Lobby near the Showcase Theater
Three food trucks are available for lunch near the back patio.

Casablanca Moroccan & Mediterranean Food
Rock Club Burgers
Rosie's Mexican Food Truck





Retirement is much, much more difficult than I thought it would be.



Loneliness. Anxiety. Depression. Grief. Thoughts of suicide. Whatever it is, Buckelew Programs' hotline counselors are here to listen.

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988

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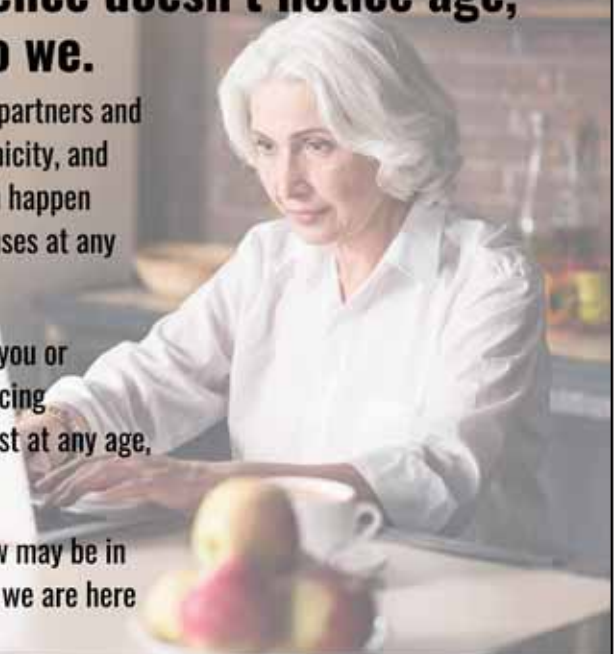
Suicide Prevention | Buckelew.org

Domestic violence doesn't notice age, and neither do we.

Abuse happening between partners and spouses spans gender, ethnicity, and age. Domestic violence can happen between partners and spouses at any stage in life.

We can help in supporting you or someone you love experiencing domestic violence. We assist at any age, and any stage.


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SHIRLEY JOHNSON*

PROFESSION: Livin' life, baby ... livin' life.

FAVORITE THING TO DO: Sing, Golf, Swim, Bunco, Dancing Divas, Pickleball, Zentangle, Cannabis Club, Dead Ringers Horseshoe Club. Wait, I was only supposed to name one?

LAST ACCOMPLISHMENT: Two words: Bunco Champion

I CAN'T HELP BUT: Jump on stage and sing R-E-S-P-E-C-T with the band, wherever, whenever.

QUOTE: "In my mind I'm 25. So, when somebody tells me to act my age ..."

PROFILE: Quick-witted. Good friend. Darn glad to be here.

*Shirley Johnson is Not Real.

But if she were, she'd live at Oakmont Gardens.

Oakmont Gardens is a resort-style senior community made for life-living, fun-loving people like Shirley. And you.

Our residences are light-filled, beautifully appointed, and some of the largest one- and two- bedroom Assisted and Independent living apartments you will find anywhere in the Santa Rosa area. Enjoy maintenance-free living while you take advantage of the many opportunities waiting for you just outside your door!



- 2 golf courses
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- 4 rec centers
- 160 social clubs

- Tennis & pickleball courts
- Chef-prepared dining
- Dog park
- Fitness center



Call 707-827-0994 or scan the QR code to schedule a visit today!

301 White Oak Drive, Santa Rosa, California 95409

Senior-friendly Transportation Services Offered by Marin Transit

Giving up your car keys doesn't mean giving up your independence. Age independently with Marin Transit and Marin Access! We offer a variety of senior-friendly transit programs to help older adults get around Marin County and beyond. These programs include a voucher program for discounted taxi or Uber/Lyft rides, a volunteer driver reimbursement program, local and regional paratransit service, local bus service, a fare assistance program, and travel training! Visit our website at marintransit.org to learn more! Questions? Email us at travelnavigator@marinaccess.org to find the best program for your needs. Make sure to stop by the Marin Transit/Marin Access booth 153/154 to speak with a Travel Navigator.

Discover Luxury Senior Living in Napa

An award-winning community for seniors offering Independent Living, Assisted Living, The Bridge and Memory Care in one of the world's most prominent wine-country destinations, The Watermark at Napa Valley has it all. Immersed in Napa's food and wine culture and surrounded by rolling hills, this is a place where it's easy to grow and thrive—thanks to stylish residences, unrivaled amenities, and limitless potential for exploration and adventure.

With upscale dining venues featuring dynamic menus and local ingredients, engaging educational offerings, integrative wellness programs, and expert care, it's an extraordinary setting where you can live life on your terms with the luxury you deserve.

Discover what makes us different! Schedule a tour today and enjoy lunch on us. Call 707.304.5014 to learn more.

Visit us at the Marin Senior Fair in Booth 404-407.
The Watermark at Napa Valley
WatermarkNapa.com
4055 Solano Ave, Napa, CA 94558

FREE BOOKS

Hundreds of books to choose from, generously donated by the Tiburon Library and Steering Committee members.

Book Tables are located in the Main Exhibit Hall.

WATERCOLOR DEMONSTRATIONS

See Watercolorists in action! The San Rafael Goldenaires will be demonstrating watercolor techniques at **Booth 201**. Large and small pieces are available for purchase.

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Presenting our beautifully constructed glass niches in our refurbished Mount Olivet Chapel



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PLEASE CONTACT:

Judy Edmonson
Superintendent
Mount Olivet Cemetery
Phone: 415-479-9020



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Sutter Care at Home: Here for You, Here for Marin

Sutter Care at Home touches the lives of Marin County residents every day. We are here in Marin and throughout Northern California bringing support directly to patients where they live and where they want to be – at home. The Sutter Care at Home team provides compassionate service with experienced providers in home health, mom & baby, home infusion, hospice and Advanced Illness Management, our unique palliative care program. Sutter Care at Home collaborates together, with extensive clinical expertise, to truly support patients in their homes throughout their recovery or illness. Sutter Health cares deeply for seniors in this community. You can also find information on our website, www.suttercareathome.org. We look forward to sharing information with you about all that we provide to our Marin community. We are Sutter Health, and we are WE PLUS YOU.

Over 140!

BOOTHS

The Fair features valuable information and resources in a variety of categories, including:

- ◆ Medical, Health and Wellness
- ◆ Caregiving
- ◆ Mental Health and Counseling
- ◆ Legal and Financial Services
- ◆ Vacation and Travel
- ◆ Housing and Transportation
- ◆ Education
- ◆ Fitness, Hobbies, and Activities
- ◆ Music and Entertainment
- ◆ Technology
- ◆ Volunteering and Community

Quilting

DEMONSTRATIONS

Witness the artistry of the Mt. Tam Quilt Guild in **Booth 304**. See quilters in action and learn how to become a quilter yourself! Browse handmade items for sale.

Quilts are on display in the Avenue of the Quilts, in the Lobby, and in the Main Exhibit Hall.



Valley Memorial Park is here for you and your family

At Valley Memorial Park Cemetery & Funeral Home in Novato, California, we've proudly served Marin County for over 60 years with compassion and affordability. As the most budget-friendly option in Marin County, we offer a comprehensive range of services including full-service funeral home, on-site cremations, traditional and green burial, and mausole-

ums. Our facilities feature beautifully designed chapels and an event center, perfect for honoring loved ones with meaningful Celebrations of Life. Being locally owned, we are deeply committed to our community, providing personalized care and support during life's most challenging moments. Trust Valley Memorial Park to guide you with respect and affordability every step of the way.

FREE COVID AND FLU SHOTS

Free COVID and Flu shots are available in the Wellness Center located at the back of the lobby. Shots generously provided by Kaiser Permanente and Golden Gate Pharmacy Services.



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**Safely dispose of unwanted or
expired medication for FREE at
the Marin County Senior Fair.**

**Marin Center Exhibit Hall, booth #315
Sept 18th, 9AM-3PM**

All medications accepted; NO sharps/needles

**Can't make it?
Go to medtakebackmarin.org to find
an everyday disposal location near you!**



RACHEL KEMIJI

“RACHEL HELPED US FIND AN ASSISTED LIVING FACILITY FOR OUR DAD.”

“We had a great experience with Rachel at Neighborly Senior Placement. She was extremely knowledgeable about the various options in the area we were interested in. She lined up tours for us, negotiated price with our top choices, coordinated my dad’s transportation to his new home, and much more. I wouldn’t have even known where to begin and she ended up handling everything for us.”

–JEAN FINNEY

Rachel offers hyper-local, personalized, and concierge-level placement services for seniors interested in finding senior living communities. She and her team provide personal guidance to families and their loved ones for the best match of their lifestyle preferences, care needs, and budget. She has personal experience working with families to navigate the world of senior living options and has relationships with all the senior living communities in Marin County and beyond.

Neighborly Senior Placement is with you every step of the way, even after you move to your new community. We coordinate, schedule, and join you for tours at communities that we recommend, and help expedite the move-in process, educating you at all times so you can make informed and confident decisions. Best of all, our services are **absolutely free** to you and your family.

To learn more, please call 707.620.3890 or email Rachel@NeighborlySeniorPlacement.com.

www.NeighborlySeniorPlacement.com

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