

## AgeSong Marin – a good resource for seniors

---

Printed in the Marin Independent Journal [Letters to the Editor Readers' Forum](#) March 28, 2015.

### **AgeSong Marin a good resource for seniors**

I read with interest your March 20 article about the challenges facing Marin's growing aging population, and would like to call people's attention to another valuable resource available for seniors 65 years and older.

AgeSong Marin, sponsored by the Family Service Agency, has been providing small, weekly discussion groups for seniors to share their concerns, insights and experiences. Topics range from resource information, supportive companionship of other seniors, dealing with loss, looking for new directions, and just plain coping with difficulties of aging.

The groups of seven to nine people are led by experienced facilitators (also seniors) and meet for one-and-a-half hours a week for eight weeks.

Beginning groups are all first-time members, but other ongoing groups are available for those who wish to continue their participation. Most of the groups meet at the Family Service Agency in Terra Linda, but there are now groups meeting at the Mill Valley Community Center, Whistlestop and San Rafael Community Center; a new group is planned at the Margaret Todd Senior Center in Novato.

As a 77-year-old semi-retired engineer and long-time Marin resident, I have personally benefited from several AgeSong groups, and have made many lasting friendships with fellow seniors as a result.

I can highly recommend them and encourage anyone interested in learning more to contact the Family Service Agency at 415-491-5726 or visit their website at [www.agesongmarin.org](http://www.agesongmarin.org).

— *Dennis Furby, Greenbrae*