

Pg 3: Benefits of Lifelong Learning

Pg 4: How to Keep Your Brain Fit

Pg 10: Classes for 50+

JANUARY 2020

Monday Tuesday Wednesday Thursday Friday

**MAKE IT A YEAR TO
LOOK FORWARD TO WITH
LIFELONG LEARNING**

**ENGLISH AS
A SECOND
LANGUAGE**

MAH-JONGG

OPEN LAB

**OPEN
ART STUDIO**

YOGA

**ITALIAN
CLASS**

TAI CHI

**POSITIVE
AGING
SERIES**

**UKULELE
CLASS**

**WRITE
YOUR
LIFE
STORY**

**HOLISTIC
HEALTH**

**MUSIC &
MOVEMENT**

**french
CLASS**

Physical Health Emotional Well-being Spiritual Renewal

A commitment to lifelong learning

Phoebe Cowles

Whistlestop Donor

I have always loved to learn. I guess it's part of my natural curiosity, wanting to know something about nearly everything. It seems to be in my family's DNA, we all valued an excellent education.

I grew up in a world where we all loved to talk about nearly every topic imaginable, never finding time to gossip or complain because we were too busy sharing information and ideas with one another. It was a wonderful place and time to grow up.

When we are young our minds are like sponges, absorbing everything around us. We find excitement in learning something new. As we age, we tend to put more value into learning, but as we all know, other priorities compete for our time.

I am lucky. I'm a student at the Fromm Institute for Lifelong Learning in San Francisco. Everyone there is over 50. There are no papers or tests. Everyone is there to learn, share and be intellectually stimulated.

I'm excited to help create another program like this for Marin County

- a place where adults could learn purely for the love of learning, to share ideas, keep their minds razor sharp, and maybe even start a book club or share some of their passions with others.

I'm grateful to be in a place where I can now help make that dream a reality. I am so honored to share with you the creation of the new Cowles Lifelong Learning Program at Whistlestop, coming in 2022.

Helping to establish this new program at Whistlestop is a chance to share my passion for lifelong learning with others. In the coming months, you'll be learning more about the program and how you can become part of it.

It's never too late to learn and you're never too old to discover something new. It's my sincere desire that you share my love of learning, and I hope that we will meet in a class at Whistlestop one day to share that love with others.



Phoebe Cowles

KEY CONTACT INFORMATION

ACTIVE AGING CENTER

930 Tamalpais Avenue | San Rafael, CA 94901

Open Monday-Friday 9:00AM-5:00PM

Website: whistlestop.org | **Email:** info@whistlestop.org

Guest Services Reception | **415-456-9062 ext. 100**

Volunteer Opportunities | **415-456-9067**

Resource Office | **415-459-6700**

Covia Home Match & Social Call | **415-456-9068**

JACKSON CAFÉ

Monday-Friday | 11:30AM to 2:00PM

MEAL DELIVERY SERVICES

Whistlestop Nourish | **415-456-9062 ext. 176**

Meals on Wheels Eligibility (Marin County) | **415-457-4636**

TRANSPORTATION SERVICES

CarePool Volunteer Driver Program | **415-454-0927**

Travel Navigators/Marin Access Eligibility | **415-454-0902**

Schedule a Paratransit Ride | **415-454-0964**

Cancel a Paratransit Ride | **415-457-4630**

OUR MISSION

Whistlestop believes we share a responsibility to ensure all Marin residents have an opportunity to age with dignity, independence and grace.

Want to receive the Express at home? Send \$10 to Whistlestop for an annual delivered print subscription, or sign up at whistlestop.org for a free email version.

WHISTLESTOP EXPRESS

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PacificSun  **Whistlestop**

Cover by Missy Reynolds



Learn Italian at Whistlestop

Learning isn't a young person's game anymore

Kelly Krueger Thomas

Whistlestop Express Editor

According to the National Center of Education Statistics, college students are getting older. In fact, 15% of college students are over 35 today, and that includes many who are 50 and beyond.

Lifelong learning is fast becoming a way of life. So much so that places like College Factual and other websites are offering rankings on the best schools for older students. Some schools are even offering free programs that are targeted specifically to this growing demographic

as well as innovative financial aid options to cover expenses.

As many older Americans have come to understand, being happy is even more important than attaining status or achieving wealth. Lifelong learning, studies are showing, plays a major role in the increasing your happiness index in this regard.

For starters, learning keeps your brain chugging along on all eight cylinders. New research shows it can limit cognitive and memory decline and even delay the onset of Alzheimer's. Learning doesn't have to take place in a formal setting either. It can happen informally, whether it's self-

guided, a seminar, workshop or lessons.

Learning can also make you feel more fulfilled in life, an important component of the happiness index. When you take time to invest in learning new things, you not only find out something about the world around you, but something about yourself, too.

As older adults, there's no longer any pressure to learn what others say you need to learn. There are no job requirements to meet, no certifications, no credits to earn. You get to choose what interests you. Perhaps you've always wanted to learn to play an instrument or write a novel,

TODAY'S TRIVIA

How many Social Security recipients are 100 plus years old?

- A. 12,800
- B. 35,600
- C. 63,700
- D. None of the above

Answer:

C - There are about 63,700 centenarians collecting Social Security benefits in the United States.

or you've always wanted to know more about dinosaurs or medieval history. Not only do you get to choose what you want to learn, but where to learn it, since there are dozens of online places you can take classes, such as Masterclass.com.

You don't even have to go far to learn. Whistlestop offers members plenty of choice each month, from painting and gardening to finances and technology. There's something for virtually everyone.

While you're considering your lifelong learning options, don't forget that Uncle Sam has a \$10,000 lifetime senior citizen deduction for higher education. Visit the IRS at www.irs.gov/newsroom/tax-benefits-for-education-information-center to learn more about the deduction and its tax implications.

BOOST YOUR BRAINPOWER

Think of your brain as a muscle and exercise it regularly. Studies have shown that your brain really likes to be exposed to new activities, such as learning a new skill or changing your routine. Here are some tips to give your brain a good workout:

- **Socialize:** Get out of the house and visit with friends, join an organization or club, volunteer or become active at the local senior center.
- **Stay Active:** Schedule some time to exercise. If a treadmill isn't your idea of a good time, go for a walk, take dance lessons, do a little gardening, go for a swim or try yoga.
- **Get Out of Your Comfort Zone:** Play a new game, learn a language, pick up an instrument, learn to paint or follow some other passion. If you're right-handed, use your left to brush your teeth or hair or write occasionally. Memorize a poem or a song. Play memory games that challenge your ability to recall colors, phrases, places, objects or names.
- **Be Your Own Best Advocate:** Don't be afraid to speak with your doctor about any concerns you may have about your memory. Work with your healthcare provider to explore options.

Information compiled from seniorsathome.org



Playing Games Stimulates Your Brain

Keeping the brain busy (and healthy)

The brain is an amazing creation. Ask chemists to build a brain out of its basic building blocks – fatty acids and water – and they couldn't do it in a million years.

While there are still many mysteries left to uncover about the body's control center, recent research has shown that the nerve tissues in your brain are a lot like muscles in your body – they like to get a regular workout in order to be a peak performance.

A good starting place is playing games. There are websites dedicated entirely to brain games that will stimulate the different parts of your brain. If you're not really into online games, traditional board and card games will do the trick, as will learning to play music or dabbling in art.

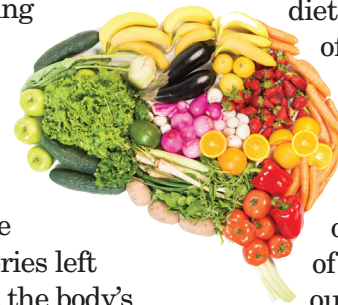
Brain stimulation is a good start, but don't stop there. Your brain will also respond

to physical exercise and a healthy diet and lifestyle.

When it comes to your diet, U.S. Department of Agriculture recommends that you eat 1½ to 2 cups of fruit, 2 to 3 cups of vegetables, 3 cups of dairy, 5 to 7 ounces of grains, and 5 to 6 ounces of proteins daily (choosemyplate.gov).

There are some foods you should stay away from, or at least limit. You want to reduce your intake of fried foods, pastries (and sweets in general), processed foods, red meat, full-fat dairy and sodium. Stay hydrated. Plain old water will do just fine.

Another tip for keeping the brain healthy is to stay active. Getting enough exercise, physically and mentally, will help you feel young and keep some age-related health problems at bay. It's never too early to start exercising but be sure you consult with your physician.



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HAPPENINGS@WHISTLESTOP

JANUARY

WEEKLY ACTIVITIES

FOOD COMPUTER EXERCISE LANGUAGE MISC

	TIME	CLASS	INFO	FEE
MONDAYS	9:00AM-10:30AM	Tai Chi	Drop-in	\$8/10
	10:00AM-NOON	Computer Lab	Drop-in	Free
	10:30AM-NOON	German Social Group	Drop-in	Free
	10:30AM-NOON	Persian Social Group	Drop-in	Free
	12:30PM-1:45PM	Russian Social Group	Drop-in	Free
	1:00PM-3:00PM	CalFresh	Drop-in	Free
	2:00PM-3:00PM	Line Dancing	Drop-in	\$5/\$7
TUESDAYS	9:30-10:30AM	Whistlesizers	Drop-in	\$4/5
	10:00AM-NOON	Manicures	Register	
	10:00AM-NOON	Mah-Jongg	Drop-in	Free
	11:30AM-12:30PM	French (All Levels)	Drop-in	\$3/5
	1:00PM-3:00PM	Spanish 2	Drop-in	\$3/5
	1:00PM-2:00PM	French Social Group	Drop-in	Free
	3:00PM-4:00PM	Too Much Stuff	Drop-in	Free
	3:00PM-4:00PM	Beginning Spanish	Drop-in	\$3/5
WEDNESDAYS	9:00AM-9:50AM	Zumba - Begins on 1/15	Register	\$3/\$4
	9:30AM-12:30PM	Monthly Food Box for Seniors	Register	Free
	10:00AM-11:50AM	Stretch and Breath Begins 1/15	Drop-in	\$3/14
	10:00AM-NOON	Computer Lab	Drop-in	Free
	10:30AM-NOON	Persian Social Group	Drop-in	Free
	11:15AM-12:15PM	Beginner Ukulele	Register	\$40/45
	12:30PM-1:30PM	Inter. Ukulele	Register	\$40/45
THURSDAYS	9:30AM-11:00AM	Italian 1	Register	\$40/45
	11:00AM-NOON	Whistlesizers	Drop-in	\$4/5
	12:30PM-1:30PM	Italian 3	Register	\$40/45
	12:30PM-3:00PM	Write Your Life Story	Prerequisite	Fee: TBD
	1:00PM-2:00PM	Italian Study Group	Drop-in	\$2/4
	2:00PM-3:00PM	Italian 2	Register	\$40/45
FRIDAYS	10:30AM-NOON	CalFresh	415-697-7411	Free
	11:00AM-NOON	Brown Bag Pantry	Register at 11:30 am	Free
	1:30PM-3:00PM	Spanish Social Group	Drop-in	Free
	2:00PM-4:00PM	Ping-Pong	Drop-in	\$2/4
	3:00PM-4:00PM	Yoga with Kelly	Drop-in	\$3/5

ONGOING EVENTS

For a full list of classes, visit whistlestop.org/classes/calendar or call 415-456-9062, ext. 100

Community Breakfast

No community breakfast in January

Movement & Music

Begins Mondays, January 27th; 11:00 am - Noon; Fee \$15 yearly Emeritus Students College of Marin (ESCOM) membership, plus \$63 for ESCOM members \$82 for Non-members (6 week class) paid to the College of Marin registrar. Call 415-485-9318 to register.



If you have not been exercising regularly or have arthritis-related problems, this class is for you. Join instructor, Diane Haine in the comfortably paced class that meets individual needs. Both chair and standing mobility exercises tone both upper and lower body muscles. Includes: joint flexibility, muscle strengthening, balancing, breathing coordination and modified Tai-chi movements.

Therapeutic Medical Massage by Rabel

By Appointment Only. Tuesdays, 3:30 pm – 5:00 pm, Wednesdays, 9:00 am – 3:00 pm, Thursdays, 12:00 pm – 3:00 pm

To schedule please call 415-419-4608

Rabel is a soft tissue specialist, certified by the American Medical Massage Association. Massages are located in the alcove by Whistlestop's Jackson Café.

Holistic Health by Pam Arnott

By Appointment Only. Mondays and Fridays.

To schedule please call 415-456-9062

Pam Arnott is a Board-Certified Holistic Health Practitioner. She also holds Certifications in several other modalities in the Healing Arts. Pam addresses each client's individual needs such as Stress, Pain, and various ailments. She utilizes an advanced form of Energy Healing, Nutrition and Lifestyle, Breath-work, Whole Body Intelligence™, and Hypnosis. Pam's favorite part of her work is receiving an unexpected phone call from a client the day after a Healing Session excitedly sharing their positive results! Call to schedule a FREE 10-minute Consultation to discuss the best way Pam can help you to reduce pain, lower stress levels, feel more energized and more.

CONTINUED ON PAGE 6 >

SPECIAL EVENTS & WORKSHOPS

New Year's Luncheon

Thursday, January 9th,
11:30 am – 2:00 pm

Come celebrate with us the
New Year with musician Jonny
Darlin. No ticket needed. Same
lunch price \$6/\$10.



Explaining Care at Home; Medical, Non-Medical, Hospice, Palliative, & durable Medical Equipment.

Wednesday, January 15th; 10:00 am – 11:00 am; Registration required; No fee
Educate yourself and your family on vital resources post discharge so they
continue the healing process.

Estate Planning

Third Wednesday of each month, 9:30 am – 11:00 am
Call 415-456-9062 x100 to register.

As we enter the new year, now is a great opportunity to update and review
your estate plans, including taking inventory of your assets, drafting a will,
creating a living trust, and assigning financial and health care powers of
attorney. Our 2020 series will begin with accredited estate planner and
chartered financial consultant, Peter Tabet. Peter recently retired after a 40-
year career as a Financial Advisor at Northwestern Mutual, and is distinctly
knowledgeable about the complex financial aspects of estate planning.
Join Peter at Whistlestop for an informative presentation on the processes
involved in fiscally preparing your estate on Wednesday, January 15, 9:30-
11:00am. This presentation is sponsored by Valley Memorial Park Cemetery
and Funeral Home in Novato.

Marin Gardens

Tuesday, January 21st; 11:00 am – Noon

Have any CBD questions? Come by for pamphlets and information.
Come ask a budtender about Cannabis.

Positive Aging Series

Wednesday, January 29th; 6:00 pm – 7:30 pm;
Registration Required

Join us in a discussion on sleep, stress and health.

SELECTED CLASSES

Zumba

Wednesdays,
begins January 15th;
9:00 am – 9:50 am;
\$3/\$4; Drop-in

It is time to get up and dance with Jimna Calmell!



ESL

Monday and Wednesdays, Starting February 3rd 2:00 pm – 3:30 pm;
\$40/45; Registration Required

We will be offering levels 100, 150 and 250.

Tai Chi

Tai Chi: Mondays, 9:00 am – 10:30 am; \$8/10; Drop-in
Beginning Tai Chi: Mondays, 9:00 am – 9:30 am

The first 30 minutes of the class will focus on the introduction to Tai Chi. Join
David MacLam on a Tai Chi journey. This non-competitive martial art known
for its self-defense techniques and health benefits combines gentle physical
exercise and stretching with mindfulness.

Whistlesizers

Tuesdays, 9:30 am – 10:30 am; \$4/5; Drop-in
Thursdays, 11:00 am – Noon; \$4/5; Drop-in

Join Elizabeth Lynn, instructor for gentle chair exercises and light cardio to
improve your strength, flexibility and motion.

Beginning Ukulele

Wednesdays, December 4th – January 22nd; 11:15 am – 12:15 pm; \$40/\$50

Strum your way to happiness with instructor Sandy Bailey! Please bring your
own ukulele. Each session runs for 6 weeks.

Stretch and Breath

Every Wednesday beginning January 15th; 10:00am - 10:50am. Fee is \$3/\$5.

This class will help to strengthen, loosen and balance your body for better
health and quality of life. It will include deep, gentle, simple stretches from
dance, primal and yogic movements, always working with the breath to
a variety of peaceful music. You will need a stretching mat, blankets or
pillows. Please wear loose stretchable clothing and non-slip socks or soft
dance slippers. This class will be taught by Kathy Burch, aka KaRasheba.



Valentine's Day card making

Create Valentine's Day Cards for our Meals on Wheels & Nourish Clients

All cards should be handmade, in unsealed envelopes addressed to:
Dear Neighbor/Friend. Cards are due on Friday, January 24th.

Whistlestop, 930 Tamalpais Ave., SR

WE APPRECIATE ALL THE WARM WISHES OUR VOLUNTEER
HOLIDAY CARD CREATORS SENT TO OUR HOMEBOUND MEALS
ON WHEELS AND NOURISH CLIENTS THIS HOLIDAY SEASON!

Drop-In Writers

First Thursday of every month beginning January 9th, with the exception of July; 12:30pm-3:00pm.

Secessions are \$10. Beginners welcomed! Class is limited to 8 people.

Registration required. This is a drop in writers group facilitated by Jean Stumpf.

Life Story Writing

Free intro! Workshop series begins January 30th 2020; 2:30pm - 4:00pm.

This workshop will be held in the computer room at Whistlestop. This workshop will help you decide if you want to join the basic life story workshop part one series starting February 6, 2020. There is no fee for this workshop, but limited to 12 participants.

HIGHLIGHTED SUPPORT SERVICES

Victim-Witness Assistance

Thursdays, January 9 and 23,
9:00am-12:00pm; No Fee

Advocate Yolanda Johnson from the District Attorney's office answers questions, provides information, and connects you to resources. For more information, please call 415-473-6450.

CalFresh (eligibility & application assistance)

Mondays, January 6, 13, 23, 30 Fridays, January 3 & 17,
10:00am-1:00pm; Free; Drop-in

The Supplemental Nutrition Assistance Program, CalFresh, provides qualified applicants with an EBT card to use at participating grocery stores and farmer's markets.

CONTINUED ON PAGE 8 >

COMPUTER CLASSES

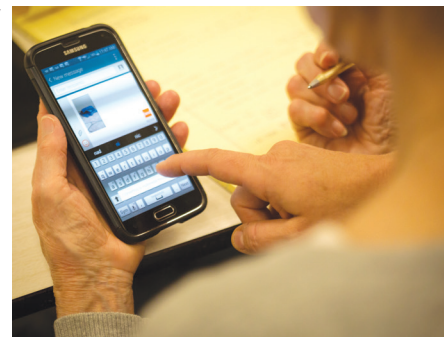
**PRE-REGISTRATION AND
PAYMENT REQUIRED: 415-456-9062**

ANDROID Basics 1: Getting to Know Your Device

Tuesdays, Jan 14 & 21, 10:00am – 12 noon (2 classes)

Fee: \$48 Maximum 8 people

In this two week course for those new to the smart phone/wireless device world Android products, you'll learn how to make calls, send emails, take pictures, surf the internet, download music and add applications. Each session provides one-on-one help and comes with instructional handouts so you can practice at home! (For Android devices only, including Samsung and LG)



iPad/iPhone Basics 1: Getting to Know Your Device

Tuesdays, Jan 28 & Feb 4, 10am – Noon (2 classes)

Fee: \$48 Maximum 8 people

In this two-week course for those new to the smart phone/wireless device world, you'll learn how to make calls, send emails, send texts, download music and add applications. Each session provides one-on-one help and comes with instructional handouts. (Bring your charged-up Apple device to class.)

CONTINUED ON PAGE 8 >

THANK YOU TO OUR AMAZING VOLUNTEERS!



*Volunteer Appreciation
Party at Whistlestop*

For the 6th year we hosted a Volunteer Appreciation Holiday Tea Party. It was our opportunity to thank and acknowledge all the hard work, time and energy volunteers gave to our programs.

This year over 300 volunteers gave over 22,446 hours of volunteer time equating to \$648,443 if we had to pay staff for these services.

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Covia

Tuesdays and Thursdays, 10:00 am – Noon; Free; Drop-in

Covia will be at Whistlestop to answer your questions and provide information on housing and other services.

Financial Consulting

Wednesdays, January 8th & 22nd; 10:00am-12:00pm. Free; Appointment only.

Peter Tabet, CLU, ChFC, AEP, MBA, brings a wide-ranging portfolio of education, experience, skills & interests to his career in insurance and financial services.



SF-Marin Food Bank's Monthly Food Box for older adults

Wednesday, January 15, 9:30 am – 12:30 pm; Free; Drop-in

The SF-Marin Food Bank operates the Supplemental Food Program, providing a monthly box of quality U.S. Dept. of Agriculture food to low income older

adults. To register, bring an ID, proof of income, and proof of residency and one of the Food Bank specialists will determine your eligibility.

Free Legal Consultation

Thursday, by appointment only, call 415-459-6700

Legal Aid of Marin provides free 30-minute consultations for Marin County residents who are 60+. Volunteer trusts and estates lawyers give limited scope consultations on trust and estates, wills, trust administration, Health Care Directives, Powers of Attorney, and some related real estate matters.

Celebrating Together

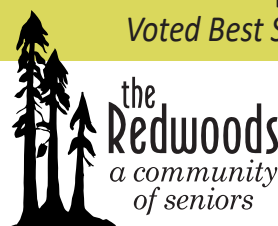


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Managing Your Photos

Tuesdays, Feb 18 & 25, 10:00 am – Noon (2 classes)

Fee: \$48 Maximum 8 people

Learn how to take and edit photos on your iPhone, iPad, or Android device (Samsung, LG, Motorola, etc.). We'll also show you how to store your photos, transfer them all into one place, organize them into folders and how to get them printed. Bring photos on your digital camera, smartphone, iPad or tablet (and all charging cords), to class, and if you have a laptop bring that too!

Intro to Computers – Windows or Apple

Tuesdays, March 24, 31 and April 7, 10am – Noon (3 classes)

Fee: \$65 Maximum 6 people

Designed for first-time computer user, you will learn how to start your computer and turn it off, use the mouse and keyboard to perform basic computer tasks, how to create and print a document, identify the basic parts of a computer and their use, search the Internet to find information and set up an email account.

iPad/iPhone Basics 3: World of Applications



Tuesdays, April 21 & 28, 10am – Noon (2 classes)

Fee: \$48 Maximum 8 people

In this two-week course we will focus on how to use apps for shopping, brain training, fitness, internet radio, stock trackers, games, translation, and travel (Lyft/Uber). Learn how to organize apps and how to get rid of unwanted apps.

This is a perfect sequel to "How to Use Your iPad/iPhone" and "Essential

Built-in Applications" classes. Bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only.)

ONGOING Open Lab

Every Monday and Wednesday, 10am – Noon, No Fee

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VOLUNTEER OF THE MONTH

Gayle Moore

A lifetime of service

By Laurie Vermont

Whistlestop Volunteer
Services Program Manager

You'd think that after 40 years as a Flight Attendant, the last thing that would be on your mind would be to serve more trays of food as a volunteer at Whistlestop's Jackson Café. But for Gayle Moore, the joy of serving others at 30,000 feet was more about connecting with others – hearing their stories as they flew from one destination to another – than wheeling a food cart down the aisle.

“Listening to the stories of others is a tribute to my mum,” says Gayle. “She was a yoga teacher for 50 years. She had outlived my dad, but when she went to the community events at her condo, she didn't find them to be very welcoming. We can never underestimate the importance of being a welcoming community, and that is what brought me to Whistlestop, to show older adults, especially women, that they are still important.”

Gayle finds ways to incorporate her mother's spirit into her days, always approaching someone who is sitting alone and striking up a conversation.

Gayle's large assortment of workout outfits, complete with matching shoes, is a perfect



Gayle Moore

conversation starter. Patrons of the café look forward to every Wednesday to see what she is wearing that day. “Jackson Café is a real community,” says Gayle. “I have wonderful friends here, along with my co-workers. Every day reminds me of the importance of community. It's part of what brought me to Whistlestop and why I look forward to volunteering every chance I get.”

It seems Gayle's mum's love of yoga rubbed off as well. It's one of her passions and she tries to do it at least three times a week. She might even find more time for yoga, if it weren't for her other passion, golf. “Yoga inspires me to share peace and compassion, which I use to reach out to anyone who is struggling, grumpy or difficult. Golf, on the other hand, is very social and you



YOU CAN MAKE A DIFFERENCE!

We are seeking friendly and reliable volunteers who want to give back to their community.

DATE: Thursday, Jan. 16, 2020

TIME: 3pm-4:00pm (drop-in)

LOCATION:
930 Tamalpais Avenue
San Rafael, CA 94901

VOLUNTEER POSITIONS INCLUDE:



- CarePool Volunteer Drivers
- Meals on Wheels Delivery Drivers
- Jackson Café Lunch Servers & Cashiers
- Arts and Crafts Teachers
- General Office help and Parking Services

For more information contact:
Laurie Vermont,
Volunteer Program Manager
Phone: 415-456-9067 or
Email: volunteer@whistlestop.org



have plenty of time to share stories on the course.”

No matter where her days take her, no matter how busy she may get, Gayle always finds time to have a chat, no matter how brief. “It's important that they feel heard,” she says. “Lending a friendly ear to someone who feels isolated can brighten anyone's day, especially mine.”



Are you ready for a Transition?

Let's cheers together! Change can be overwhelming, but as a **Senior Real Estate Specialist** I am here to help you make the move. From finding the adult community that matches your lifestyle to helping you get into a smaller more manageable home, **I can assist you. Contact me today!**





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Misha Villere
Senior Real Estate Specialist
MishaVillere@ZephyrRE.com
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COMMUNITY CONNECTIONS



OLLI members discussing a lecture at the Dominican Campus

A lifelong commitment to learning

The end of high school or college is hardly the end of your educational road. Older adults have plenty of options to choose from when it comes to lifelong learning, from one-day classes to a deeper dive in a subject you've never had time to explore before.

In Marin County, Osher Lifelong Learning Institute at Dominican University of California and ESCOM at the College of Marin offer programs specifically for older adults.

The Osher Lifelong Learning Institute is offering courses on the Films of Alfred Hitchcock, Ancient Philosophy, British Revolutions and American Music: The Golden Age of Folk Music this winter quarter. A professor at the university teaches each

six-week lecture and the institute offers scholarships based on need. Scholarship recipients pay just \$25 for up to two classes. Premium members pay \$700 per year and can take up to 12 courses annually and participate in as many clubs as they wish. Winter quarter clubs include those focusing on economics, American fiction and short stories. In summer, the lectures are singular as opposed to the six to eight-week courses during fall, winter and spring quarters.

The oldest student in the Lifelong Learning program is 96. Most enrollees are retired. To be eligible, adults must be at least 50 years old.

More information is available at dominican.edu/academics/osher. Registration for winter quarter begins December 9.

ESCOM is the student organization for adults at the College of Marin. It is affiliated with the college's Community Education Department. ESCOM works with the college to offer members lifelong learning, and friendship opportunities through classes, events and clubs.

ESCOM's 1,800 members sponsor events, socials, coffee meetups and more than 30 clubs, from current events and chess to healthy eating, philosophy and film noir. ESCOM has been around since 1973. The College of Marin has two campuses, Novato and Kentfield, and clubs and classes are offered at both.

More information on ESCOM can be found at escom.marin.edu/home.

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Lifelong Learning Classes at Whistlestop

Lifelong learning opportunities at Whistlestop

It's a pretty exciting time here at Whistlestop.

Many of you are already familiar with the many education and enrichment programs offered through the Active Aging Center. We offer regular classes in music, art, technology, writing, and several different languages, in addition to workshops on a variety of topics to satisfy a range of interests. Now, thanks to a significant investment, we will be taking continuing education at Whistlestop to a new level in the coming years.

We will be offering more classes in more categories, with a special focus on

healthy aging topics such as nutrition, exercise, personal health and a wide variety of liberal arts courses.

To guide us in this process, we will be forming an advisory committee of Whistlestop members to ensure that this programming meets your needs. After all, we're here to serve you.

We are very excited about this opportunity to expand our lifelong learning programs, which reflects the core of Whistlestop's mission. We hope you are as excited as we are as we look forward to the launch of this new program in 2022.

MARIN TRANSIT SEEKS INPUT ON FARE & ELIGIBILITY POLICY PROPOSAL

Marin Transit, the local public transit provider, recognizes the value of being able to choose between a variety of transportation options. To ensure that older adults and people with disabilities have a wide range of mobility options, Marin Transit offers a suite of programs under the Marin Access umbrella of services specifically designed to meet the needs of older adults and persons with disabilities. These programs include paratransit, operated by Whistlestop, Catch-A-Ride, and the STAR and TRIP volunteer driver programs.

Marin Transit is considering policy updates to simplify eligibility for

Marin Access programs, maximize social equity by adjusting low-income fare assistance for older adults and persons with disabilities, and update local bus and paratransit fares.

On November 18, the Board of Directors voted to kick off the public comment period for the proposal on fares and eligibility policies. Marin Transit will hold a public hearing to receive public comment and will consider adopting of these policies at the February 3, 2020 meeting.

To learn more about the proposed changes and opportunities to provide comment, please visit www.marintransit.org/farepolicy2019.

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The Basics: What You Need to Know about Estate Planning

Whistlestop is continuing our annual Estate Planning Series through 2020. Join us on the third Wednesday of each month from 9:30 - 10:45 am in the Jackson Café to hear from experts and connect with community members about subjects like family mediation, organizing and protecting assets, financial planning, and more.

As we enter the new year, now is a great opportunity to update and review your estate plans, including taking inventory of your assets, drafting a will, creating a living trust, and assigning financial and health care powers of attorney.

Our 2020 series will begin with



Yvonne Roberts

accredited estate planner and chartered financial consultant, Peter Tabet. Peter recently retired after a 40-year career as a Financial Advisor at Northwestern Mutual, and is distinctly knowledgeable about the complex financial aspects of estate planning.

Join Peter at Whistlestop for an informative presentation on the processes involved in fiscally preparing your estate.

This presentation is Wednesday, January 15, 9:30 -10:45 am. Kindly register at our front desk or by calling 415-456-9062 x100.

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This presentation is sponsored by Valley Memorial Park Cemetery and Funeral Home in Novato.

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