

Senior STYLE

You need to know

A resource guide for seniors

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Special to the Marin IJ

Marin County has a wealth of resources and activities for people 60 and over. Many programs have been virtual over the past year, but in-person activities are gradually returning, and some programs are operating on a hybrid model, offering a choice of in-person or online participation. Check regularly to find out the status of the ones that meet your needs.

SUPPORT

Vivalon

Vivalon, formerly Whistlestop, offers a wide range of services for Marin's elders, including a grocery distribution program, home-delivered meals, a food pantry and CarePool rides for vital medical appointments and trips to the grocery store. It also offers resource referrals and classes for exercise and enrichment. In-person classes have resumed but require reservations. 415-456-9062, vivalon.org