

The San Rafael Chamber of Commerce
Leaders Circle



For 65 years, Whistlestop has helped older adults and people with disabilities in Marin to thrive through the power of human connections.

Although Whistlestop is perhaps best known for our **various transportation programs that provide almost 300,000 rides a year**, we also offer a multitude of programs and services uniquely designed to keep our most vulnerable and isolated neighbors vibrant and connected to the community.

Our **Active Aging Center** is a hub where older adults come to gather and connect, and to stay healthy, find resources, and make new friends. Did you know that Whistlestop offers free weekly blood pressure and cholesterol checks? How about ESL and citizenship classes, free legal counsel, and housing assistance? We also offer one of the best Zumba classes in town, along with computer training, ukulele classes, writing workshops, art classes, multicultural groups and volunteer opportunities. [Here's a calendar](#) of classes and events going on this month at our Active Aging Center in downtown San Rafael. We hope you'll stop by soon!

Our **many nutrition programs** feed body and soul. Whistlestop delivers Meals on Wheels for most of Marin, we also have a food pantry and a mobile farmer's market to help nourish our neighbors in need. [Watch this touching video](#) to see just how much these nutrition programs make a difference. Our fresh, affordable and delicious Jackson Café is open to the public. We hope you'll consider hosting your next business breakfast or event with us.

As the fastest aging county in the state, the demand for our services keeps growing. **We are looking for CarePool volunteers** to drive older adults to the grocery store or medical appointments. It's a meaningful way to give back, with flexible scheduling around volunteers' availability. To learn more, please call (415) 454-0927 or email: carepool@whistlestop.org.

We couldn't do our important work without dedicated volunteers, business sponsors and donors like you. For **more information**, visit www.whistlestop.org. To **volunteer**, contact us at 415-456-9062, x117 or volunteer@whistlestop.org.