



Whistlestop

Silver Express

Serving Marin's Older Adults and Persons with Disabilities for Over 55 Years



www.thewhistlestop.org

March 2010

Lifelong Learning Opportunities

A great benefit of retiring (or working less) is having more time to read and learn.

In this issue we feature myriad possibilities for lifelong learning in Marin. As Whistlestop Board President Debbie Mills writes on Page 2, it all starts at the Whistlestop, where classes for older adults abound.

College of Marin and Dominican University also offer lifelong learning programs. We hope you find something that will inspire you to "go back to school."

Lifelong Learning Opportunities Abound at Whistlestop, Dominican, College of Marin

Keeping our minds agile and challenged as we grow older is essential for those who want to stay active, energetic and maintain a positive outlook on life.

The Whistlestop's Active Aging Center provides numerous opportunities for older adults to keep their minds vibrant, offering everything from classes to Wii to board games. One of the most often repeated tips for staying sharp is to learn a new language. You can do that at Whistlestop, too. You can also improve your computer skills, learn to make jewelry,



For information on current Whistlestop classes, see pages 5 & 8

and manage your finances. *The Silver Express* makes its own contribution to the cause with its WordSearch and Sudoku puzzles and Gary Gruber's Brain-Teasers.

Dominican University and College of Marin provide many stimulating opportunities. One of the most heralded programs of lifelong learning in the country is the Osher Lifelong Learning Institute, funded by the Bernard Osher Foundation. A model OLLI program is offered at Dominican University in San Rafael. A fundamental goal of OLLI is to provide educational opportunities to older adults who want to "learn for the joy of learning – without homework or examinations."

Katherine Henderson, director of the program, said the basic membership is a one-time \$20 fee for the entire academic year. After that, 4-week courses (offered in the summer) are \$70; 6-week courses are \$100, and 8-week courses are \$130.

She added that there are also session memberships for \$225, which enable a member to take up to 5 courses in a single session: fall, winter or spring. For more information or to register for classes, call 415-458-3763.

Spring classes at OLLI start as early as April 19. A sampling of OLLI classes follows:

April 19–May 24: Those Wild Women Poets: Celebrating the Beautiful, Fierce, Stunning Poetry of the World's Great Wild Woman Poets Past and Present. Instructor, Dale Biron. Six classes, 10–11:45 am at Library 207, main campus.

April 23–May 28: Afghanistan/Pakistan: Unthinkable Options. Why is Jihadism spreading and deepening in Afghanistan and Pakistan? Instructor, Jay Gurian, PhD. Six classes, 10–11:45 am, at the Margaret Todd Senior Center, 1560 Hill Road, Novato.

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April 22–June 10: The Hero's Journey Through Music, Myth, Poetry and Art. Using Joseph Campbell's blueprint of the Hero's Journey, we'll examine the quest of the Hero in its themes of Departure, The Beloved, Initiation, Shadow, Road of Trials, Transformation and Homecoming. Instructor, Kayleen Asbo, MA. Eight classes, 10–11:45 am, at Angelico Concert Hall, main campus.

April 23–May 28: How to Write a Novel that Tells the Story of Your Soul. This workshop helps you to access your inner wisdom, to express it with power and beauty and to use language to communicate with your soul. Instructor, Diane Frank. Six classes, 10–11:45 am at the Margaret Todd Senior Center, Novato.

College of Marin's Emeritus College is a program of free, noncredit and fee-based classes, which are designed to meet the unique needs of older adult learners, aged 55 and older. Emeritus classes seek to support the principles of quality of life, lifelong learning and creative retirement.

Some of the Emeritus courses offered this Spring include:

Celebrate Retirement, The Freedom and the Frustration: taught by former corporate executive Roberta Dillon. She was a vice president with a company that downsized her out of a job about 10 years before she had planned to retire. She began to look for workshops and programs that were designed to help people adjust to such a jarring reality. She wound up designing this class, which was offered in February and March at College of Marin's Kentfield campus.

The class, which may be repeated, depending on response to the first class, is recommended by the Emeritus Students Curriculum Committee for those newly retired or thinking about retirement. Check the college's website for updates: www.marin.edu.

Advanced Wild Goose Qigong for Active Older Adults B: Wild Goose, an ancient Chinese form 1700 years old, is a beautiful set of 128 movements imitating the daily life of the Wild Goose. This advanced Second Set of 64 movements is for students who have previous knowledge of the first 64 movements taught in HSFN 9027 and instructor consent. This is class HSFN 9028. Fridays, 12:10–2 pm.

Chorus Emeritus B: If you like to sing or think you would like to sing in a mixed chorus, join us! We have a friendly, relaxed group who sing a wide variety of music: show tunes, popular, folk, classical, spirituals, etc. Each year, in April and May, we perform at retirement and convalescent facilities. No auditions; everyone is welcome. Ask for OLAD 7063. Thursdays, 3:10–5 pm.

For more information about the Emeritus Program, contact Karen van Kriedt: karen.vankriedt@marin.edu or 415-485-9368.

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