



San Rafael Goldenaires NEWSETTE

AUGUST 2013

VOLUME XLVI

Phone: (415) 485-3348

You can also read the Newsette online:

http://www.cityofsanrafael.org/Government/Community_Services/Programs/Senior_Programs

SIGNUP NOW! NO NEED TO WAIT!
IT'S A GREAT DAY & GREAT FUN!

GOLDENAIRES ANNUAL PICNIC
SEPTEMBER 6th (FRI) - \$15
(Bocce, Games & Prizes, Lunch & BINGO) Let's celebrate National Senior Center Month!
San Rafael Community Center

This is one event that you definitely don't want to miss!!! Last year's picnic was fabulous!!! Your day begins at the Bocce Ball Courts. Check-in begins at 9am, followed by open play from 9:30am – 11:30am (next door to the Goldenaires). You may park your car in the Community Center lot and walk over to the bocce ball courts. This will be a fun time for those who already know how to play, but especially enjoyable for newcomers as there will be fellow members who can teach you bocce ball. No experience required. Coffee will be available all morning! Then, from 11:30am to 12:15pm, games will take place in the garden area at the Community Center. You will have the chance to play some fun games & win some great prizes- salami & gift certificates. We have so much fun at our Center!

After the games, we will have a delicious barbecue luncheon at 12:30pm in the auditorium at the Center. MENU: Hamburgers OR hot dogs, green salad, chips, baked beans, watermelon, beer OR soda. PLEASE INFORM OFFICE IF YOU WOULD PREFER A GARDEN BURGER. After lunch, it will be Bingo time for you Bingo lovers! We will be using the hard slider Bingo cards. Please bring \$1 bills for Bingo-\$1 per card/6 cards for \$5- maximum 6 cards. Day should end approx. 2:30pm.

CANCELLATION DEADLINE: Sept. 3rd (Tues)

SEATS STILL AVAILABLE!

13th ANNUAL CHINESE LUNCHEON
 **AUGUST 2nd – FRIDAY**
12:30PM **
SAN RAFAEL COMMUNITY CENTER \$15 per person

Come celebrate the **Year of the Snake** with your fellow friends and members and enjoy an authentic Chinese day with delicious food and lively entertainment. Buffet lunch will be served at 12:30pm (** doors open at 12/12:15pm). Seating is first come, first served, but no need to rush, as all seats will be great. Lunch will be provided by **YET WAH RESTAURANT**.

MENU: Spring Rolls (1), Lemon Chicken, Sweet & Sour Pork, Mongolian Beef, Chicken Chow Mein, Vegetable Deluxe, Steamed Rice, Fortune & Almond Cookies and plenty of tea. Please bring your own "doggie bag". MENU SUBJECT TO CHANGE. WOW! After lunch, we will be entertained by the Marin Chinese Cultural Association with lovely costumes & delightful music and the traditional LION DANCE. Let's have a big crowd! The event will end around 2pm. **This event is open to members & adult non-members (\$20 for non-members)**. Get your tickets NOW – don't be left out on this special day! Tables reserved for seating for 9.
RESERVATION DEADLINE: July 30th (TUES)



TABLE OF CONTENTS

Special Events.....1, 4-7, 8-20
 Sunshine Report 2
 President’s Message 3
 Upcoming Outings 4-7, 13-14
 Goldenaires Calendar..... 19
 Announcements..... 2-3, 8 -20

**The Newsette, City of San Rafael
 San Rafael Goldenaires Senior Citizens
 Organization, Inc.**

**Community Services Department
 P.O. Box 151560 – 618 B STREET
 (next to Safeway-off 2nd Street)
 San Rafael, CA 94915-1560
 (Non Profit # 59-3837185)**

**Phone: (415) 485-3348 Fax: (415) 485-3186
 Office Hours: Mon–Fri 9:00 AM—3:00 PM
 All Goldenaires activities take place at the
 San Rafael Community Center
 (ADA accessible) at 618 B Street**

President

Joanne Castaldo

Vice President

Mary Holcombe

Recording Secretary

Peggy Rivette

Treasurer

Effie Lee

Past President

Vivian Berliner

Board Members

Elida Canziani

Joyce De Martini

Carol Herbert

Isabelle Keeney

Loretta Soldavini

Committee Chairpersons

Kitchen – Marge Wehrer

Bingo – Carol Herbert & Lynn Goodfellow

Decorations – Joanne Perrone

Crafts – Elida Canziani & Jillian Robinson

Newsette – Linda O’Brien & Pat Mason

Dances – Joanne Castaldo & Harvey Perry

Office Volunteers

Peggy Rivette, Isabelle Keeney, Patty Kelly,

Mary Holcombe, Lorraine Raggio

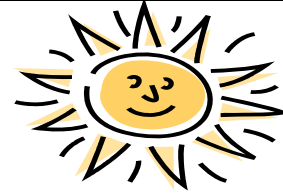
(Relief: Joan Terrell)

Program Director

Carol Jacobs-Courtz

Have a friend who would like to join the Goldenaires?
 Tell them to call the office or have them come to the
 center and we’ll show them around. Annual membership
 fee is \$30/year. A name badge is optional at \$7.00.
 Membership will expire December 31, 2013.
 Members must be 62 years or older.

SUNSHINE REPORT by Lorraine Raggio



The thought of the day is as follows: "Youth is a
 frame of mind. If you get out there and enjoy it, you
 can have it at any time of your life."
 by Kenny Rogers

ILL MEMBERS:

Shirley Burke had a stroke and a heart attack, Jane
 Gill had another cataract surgery, Velda Draper had
 knee surgery, Yvonne Brown had pneumonia, Maria
 Carter had knee replacement, Fran Vogel fell and has
 a broken shoulder, Doris Velasco needed a little note
 of cheer, Barbara Nelson had gall bladder surgery,
 Glenda Malburg is ill, Jane & Mario Perranda are in
 Kinder Care Center, 1200 South Eliseo Dr.,
 Greenbrae, CA 94904 - It would be lovely if you
 could find the time to send them a “get well” card or
 two. Thanks We wish you all a speedy recovery.

DEPARTED MEMBERS:

Jan Escallier will be missed by her husband Peter,
 Elizabeth Philcox greatly misses her husband
 Sydney, Emma Davolos misses her son, Audrey
 Hulburd is survived by her daughter Jeanne. We
 remember with sorrow and sadness all our relatives
 and friends. Please contact the office if a fellow
 member would like some cheer.

**Goldenaires have started to allow
 advertisements in our Newsette. Many
 thanks to our 1st patron-DRAKE TERRACE!
 We welcome more agencies and businesses to
 become a part of the Goldenaires Newsette.
 Please contact the Office for details on rates!**

| | |
|--|---|
| | <p>INDEPENDENT & ASSISTED LIVING</p> <p>Call (415) 491-1935 today to experience Drake Terrace for yourself!</p> |
| | <p>275 Los Ranchitos Rd., San Rafael, CA 94903 LifeatDrakeTerrace.com Lic. #216801028</p> |



PRESIDENT'S MESSAGE

Just in case you haven't noticed, we are entering the second half of this recently new year.

Summer has arrived and with it high temperatures along with high humidity. It's hard to imagine the days when I would be overjoyed to sit in the sun trying to get as tan as I could. Now I sit in the house, with the fan going at full speed, praying for the fog to come through the gate. I believe that's another facet of getting to this age. So many things of our youth are fading into memories, replaced by this new "mature age". Even the popcorn, cotton candy and hot dogs of the Fair don't make the grade without an antacid.

Our "Summer Splash-Mexican Style" luncheon was a huge success. The food, catered by Blueberry Hill was excellent, the decorations, as always, were lovely and the only thing missing was the entertainment. We were to have two (2) young singers from San Rafael, entertaining us with songs from "the good old days" however car trouble prevented them arriving at our luncheon. So our entertainment was in the form of CDs. The spirit was not dampened and a good time was had by all.

Our trips for July are slowly filling up, however the trip to Jackson Rancheria Casino/Ironstone Vineyards/Murphy had to be cancelled. This was one of those trips that needed the money up front, with no refund if the quota was not met. Niles Canyon Railway is full with a waiting list, Jelly Belly/Budweiser had to be cancelled due to lack of signups, but there is still room on the tour to the Paragon outlets. I am also looking forward to seeing all at our Luau Dinner Dance on July 12th. This the first of two dinner dances and everyone always has a good time. The Manny Gutierrez trio is always great dancing, or listening, music and Yet Wah's food is delicious. Hopefully, you have gathered your friends together for this night and have your table reserved. We have some great trips planned for August: Filoli Gardens; the Apple Festival; Camelot; Giants baseball; and Cache creek. And, of course, there is Bingo Night on August 19th. We hope all you Wednesday bingo players will join us for this night of dinner and bingo (or just bingo) and encourage your friends to join you. Reservations are also now due for February's Cirque du Soleil-Amaluna.

How can you top a Cirque du Soleil production!!!!!!

On July 24th Jenny Cottrell, from LITA (Love is the Answer) will be here to talk to those in attendance about the agency and volunteer opportunities. Please mark that date on your calendar if interested.

I am pleased to announce a Board decision made at our July 1st meeting. I know that it is in bold on the front of this newsletter, but since I take great pains in writing this column each month I wanted you to read it through before explaining this decision. As I am sure most of you are aware, the Goldenaires have been charging more for non-members to take our trips. That will change for the trips during the months of August and September. We are calling it **"take a friend on a trip"**. During those two months non-members will pay the same cost of a trip as do members. We are hoping that this might stimulate the interest and sign-ups for our trips. We will evaluate this at the end of September and see if it indeed makes a difference. So this is the time to invite a non-member relative, friend, etc. to accompany you on a trip.

In closing a reminder to please support your club by purchasing the raffle tickets you received. Whether the amount is the full \$10.00, or whatever you can afford, all will be greatly appreciated. Also, I would like to thank those who have mentioned my new picture. I, along with you, am also glad to see that other one disappear. It certainly wasn't my finest!!!!!!

Until next month as Cora Harvey Armstrong stated; "Inside every older person is a younger person wondering what happened!!!!!"

Joanne

WELCOME

NEW MEMBERS

**MILLIE JOHANSSON – DEAN CLEMENTS
ROSE MERRITT – DEBORAH LEWIS
CLIFFORD BAKER – LLYOD WATSON
CHRISTINE VALENTE – JOANN KERN
DARRELL WILCOX – VICKI CRASE**

Please give a warm welcome to our newest members. We encourage our new members to participate in the many fine activities that we have to offer. Please try to attend our trips, classes, movies in the afternoon, meetings, bingo, social luncheons, workshops, dances and special events. You'll meet many of our members & make new friends. Suggestions welcome!

GENERAL MEETING**JULY 24th 11:45 am****AUGUST 28TH 11:45 am**

Executive Board & General Meeting minutes will be read along with the treasurer's report and open time for new business. Come support your club. Don't forget that Good Earth Natural Foods lunches are being served on Wednesdays at 11:00 AM. If you are interested, please call (415) 382-1334 the Monday prior for a reservation. LUNCH SERVED FROM 11:00 - 11:30AM. **"This program is made possible through funds from the Federal Older American Act, administered locally by the Marin County Health & Human Services, Division of Aging & Adult Services"**. \$3 donation for 60 years and older OR \$6 charge for under 60 years of age. LUNCHESES ARE REALLY DELICIOUS & NUTRICIOUS! BINGO begins promptly at 12Noon. On July 24th at 11:30AM, we will have a guest speaker from LITA (Love is the Answer) and on August 28th, we will be holding the drawing for our annual Summer Raffle.

SIGNUPS BEGIN TUES. JULY 16th 9:30AM**RINGLING BROS. BARNUM & BAILEY "CIRCUS" – SEPT. 2nd****(MON) - \$57**

ITINERARY: We will depart Park & Ride at Smith Ranch Road at 1:15PM and from the San Rafael Community Center at 1:45PM. From there, we will head to the Cow Palace for the 3:30PM show. **Built To Amaze!(SM)**, the 143rd edition of The Greatest Show On Earth®. Surprise and wonder delights audiences with over-the-top feats of strength, agility and courage There are plenty of eateries to grab a bite, or bring goodies for the bus. Our seats are on the lower level with few stairs to descend/climb; show is approx. 2 hours. We will depart the 5:30PM and arrive back in San Rafael at approx.6:30/7PM. NO PARKING IN CENTER/SAFEWAY LOTS. DRIVER'S GRATUITY INCLUDED.

Cancellation Deadline...August 2nd, 2013**"TAKE A FRIEND ON A TRIP"**

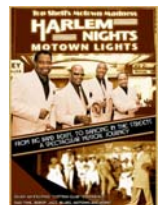
New at the Goldenaires for tours that are happening during the months of August and September, you can bring a friend (over 21 years of age) at the regular priced tour- NO ADDITIONAL FEE OF \$10. So share the good times with a friend!

SIGNUPS BEGIN TUES. JULY 16th 9:30AM**SANTA CRUZ FOLLIES – Sept. 12th****(Thurs) - \$83**

Return to one of America's hottest nightclubs and experience the legend "THOSE MAGICAL MEMORIES" – Remembering moments that time can't erase - Santa Cruz Follies celebrating 59 years of these older adults singing and dancing their hearts out! LAST YEAR'S TRIP WAS FABULOUS! ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 8:00AM and from the San Rafael Community Center at 8:30AM. We will head to Santa Cruz and arrive at MICHAEL'S ON MAIN RESTAURANT (11:00AM) in Soquel for a hosted lunch prior to the performance. No-Host Bar available. MENU SELECTION AT TIME OF SIGNUPS: 1) Turkey Club Sandwich 2) Classic Rueben Sandwich 3) Tuna Melt Sandwich-all served with fries, dessert & beverage. After lunch, we will have a short drive to the Civic Auditorium – downtown Santa Cruz for the 1:00PM performance (approx. 2 hrs. + intermission). We will arrive back in San Rafael at approx. 5/5:30PM. NO PARKING IN CENTER/SAFEWAY LOTS. Driver's Gratuity Incl. **CANCELLATION DATE.Aug. 27th (TUES)**

**SIGNUPS BEGIN TUES. JULY 16th 9:30AM****HARLEM LIGHTS & MOTOWN NIGHTS- SEPT. 14th (SAT) \$95**

ITINERARY: Depart Park & Ride at Smith Ranch Road at 11:15AM and from the San Rafael Community Center at 11:45AM. We will head to San Francisco to enjoy a delicious family style luncheon at BUCADI BEPPO RESTAURANT (1:00PM) followed by a delightful and foot tapping show –HARLEM LIGHTS (2:00-3:45pm)! From Big Band Beats, to Dancing in the Streets; take a journey from Harlem Nights to Motown Lights! Become part of an exciting tribute as the rich heritage of rag-time, bebop, jazz, blues, and classic soul is depicted in music, songs, dances, and marvelous costumes that reflect the times. A dynamic cast has audiences, young to old, snapping their fingers, tapping their feet, singing along and dancing in their seats! MENU: Mixed Green Salad, Apple Gorgonzola Salad, House Bread, Spaghetti with Meat Sauce, Fettuccine Alfredo, Chicken Parmigiana, Cheesecake, Soft Drinks, Tea &



Coffee. No Host Bar available. Should arrive back in San Rafael at approx. 4:30/5:00PM. NO PARKING IN CENTER/SAFEWAY LOTS. **CANCELLATION DATE...AUGUST 20th**

SIGNUPS BEGIN TUES. JULY 16th 9:30AM
"NEW" EXPLORATORIUM –
SEPT. 24TH (TUES) \$50

ITINERARY: Depart Park & Ride at Smith Ranch Road at 8:45AM & from the San Rafael Comm.



Center at 9:15AM. We will then head to San Francisco to explore the NEW EXPLORATORIUM at Pier 15. No matter what your age, if you're curious about the world around you, the Exploratorium is the perfect location to fascinate, entertain, and inspire you. Such attractions include 3 galleries: 1) Tinkering: South Gallery - Think with your hands as you explore and investigate exhibits that use familiar objects in new ways. The line between art and science is blurred when tinkerers are at work—or is it play? Featured exhibits include Tim Hunkin's Tinkerer's Clock and San Francisco in Toothpicks. 2) Perception, Light, and Color: Central Gallery - Take a deeper look into such classic Exploratorium exhibits such as Giant Mirror, Sun Painting, and Colored Shadows. We'll explain the physics of light and color and show you how your eyes and brain work together to inform—or fool—you. 3) Living Systems: East Gallery - Explore the beauty and diversity of the natural world close up as you examine a 7-ton chunk of a 330-year-old uprooted Douglas fir or peer at microscopic, wriggling plankton taken from the bay right outside our door. Tip: Look up for the Algae Chandelier! We will stay at the Exploratorium for approx. 4 hours where you will also have time to enjoy a delicious no-host luncheon their delicious restaurant. SEAGLASS RESTAURANT is a casual, sit-down, waterside venue with stunning views located at the east end of the museum. Chef Loretta Keller has created family-friendly, multicultural, locally sourced menus that showcase small producers. The menus change seasonally but may include tacos and quesadillas, Welsh rarebit (a riff on grilled cheese), pizzas, salads, and sandwiches. You'll also find fresh seafood approved by the Monterey Bay Seafood Watch list. We will depart S.F. at 2:30pm and should arrive back in San Rafael at approx. 3:30pm. NO PARKING IN SAFEWAY/COMM. CENTER

LOTS. Driver's grat. included. **CANCELLATION DATE...Sept. 9th, 2013 (MON)**

SIGNUPS BEGIN TUES. JULY 16th 9:30AM
WIZARD OF OZ- OCT. 16th (WED) \$100

Click your heels together and join Scarecrow, Tin Man, Lion, Dorothy and her little dog



Toto, as they journey through the magical Land of Oz to meet the Wizard and obtain their heart's desires in Andrew Lloyd Webber's enchanting new production of *The Wizard of Oz*. This new production contains all the beloved songs from the Oscar®-winning movie score, all the favorite characters and iconic moments, plus a few surprises along the way, including new songs by Tim Rice and Andrew Lloyd Webber. ITINERARY: We will depart Park & Ride at Smith Ranch Road at 11:00AM and from the San Rafael Community Center at 11:30AM. We will head over to the Orpheum Theatre for a 1:00PM performance of WIZARD OF OZ. Should arrive back in San Rafael at approx. 4:30PM. NO PARKING IN CENTER/SAFEWAY LOTS.

CANCELLATION DATE...AUGUST 1st, 2013

SIGNUPS BEGIN TUES. JULY 16th 9:30AM
BEACH BLANKET
BABYLON "HOLIDAY"
SHOW NOV. 24th (Sunday)



\$91 (Bus & show)- 54 Tickets

ITINERARY: Depart from the Park & Ride on Smith Ranch Road at 3:00PM and from the San Rafael Community Center at 3:30PM. We will head over to San Francisco to the Club Fugazzi Theatre to see this wonderful show BEACH BLANKET BABYLON "XMAS" for the 5:00PM performance. (44 SEATS ARE IN THE RESERVED SECTION CENTER BALCONY & 10 SEATS IN FRONT CABARET OPEN SEATING). This is a show that is always full of excitement and great entertainers. If you haven't seen it, it is a MUST that you attend. If you have already seen it, the show is always changing and adding new characters and the XMAS production is great! Non-alcoholic beverages & snacks for sale. The show is approximately 1 and 1/2 hrs. Arrive back in San Rafael at approx. 7:00/7:30PM. NO PARKING IN CENTER/SAFEWAY LOTS.

CANCELLATION/RESERVATION DATE.....SEPT. 24th (TUES)

SEATS STILL AVAILABLE
FILOLI MANSION & GARDENS
TOUR –AUG. 6TH (TUES)-\$76

Located thirty miles south of San Francisco on the eastern slop of the Coast Range, the 654-acre **Filoli** estate in Woodside contains as its central portion a historic house and sixteen acres of formal garden. The house was occupied from 1917 to 1937 as a private residence. In 1975, the residence was donated to the National Trust for Historic Preservation. **THERE IS PLENTY OF WALKING ON THIS TOUR.** ITINERARY: We will depart from the Park & Ride at Smith Ranch Road at 8:15AM and from the San Rafael Community Center at 8:45AM. We will travel to Woodside for a docent lead tour of the Filoli mansion & gardens. Our 10:30-12:30pm tour will take us through the estate and give information on the history of the home and formal gardens. This grand Georgian mansion sits amongst these gardens where hundreds of rare flowers, plants and trees flourish. Following our tour, we will have a gourmet boxed lunch in a private dining room of the mansion. MENU SELECTION: 1) Roast Beef Sandwich 2) Turkey Sandwich 3) Ham & Cheese Sandwich 4) Veggie Sandwich. All served with pasta salad, cookie, fruit & Beverage. We will depart Filoli at 1:30pm to arrive at our next stop - Sunset Gardens for a self-guided walking tour (2-3PM). Should arrive back in San Rafael at approx. 4/4:30PM. **NO PARKING IN CENTER/SAFEWAY LOTS. CANCELLATION DEADLINE ..JULY 1ST**



SEATS STILL AVAILABLE APPLE
FESTIVAL – AUG. 11TH (SUN) - \$45

The Gravenstein Apple Fair is hosted by Sonoma County Farm Trails and has a long and rich history in Sonoma County. Sebastopol staged its first Apple Show in 1910 on Main Street in a tent across from the Petaluma and Santa Rosa Railway Depot. Today, the Gravenstein Apple Fair continues the tradition of celebrating and exhibiting apples, combined with fantastic live music on two stages, great food, cooking demonstrations from local chefs, arts and crafts booths, a petting zoo, pony rides and so much more. Visitors experience the feeling of an old time country get-together, you can throw darts at apples, ride in a wagon pulled by plow horses, shop the local artisan booths for handmade jewelry, clothing,



pottery and gourmet goodies. There are fun activities, like the Hay Maze for the kids, kid focused performances, bee keeper displays, and a fine selection of local wine and brews for the adults. With an incredible selection of food, a wine tent featuring award winning wine from all over Sonoma County and two beer tents, there truly is something for everyone. ITINERARY: We will depart San Rafael Community Center at 9:00AM and from the Park & Ride at Smith Ranch Road at 9:30AM. We will head up to Rage Ranch Park in Sebastopol for a fun filled day at the Gravenstein Apple Festival. Plenty of food and drink for you to enjoy. We will depart the festival at 2:30pm and arrive back in San Rafael at approx. 3:30pm. **ADMISSION, DRIVER'S GRAT. INCLUDED. NO PARKING IN CENTER/SAFEWAY LOTS. CANCELLATION DATE..AUGUST 1ST (FRI)**

SEATS STILL AVAILABLE
CAMELOT at SF Playhouse &
LUNCH– AUG. 17th (SAT) - \$99

Camelot is the timeless and powerful love triangle between legendary King Arthur, his Queen Guinevere and his best friend Lancelot. With one of Broadway's most enchanting scores featuring the hauntingly romantic "If Ever I Would Leave You", "I Loved You Once in Silence", and "Follow Me", Camelot is the definitive musical theatre fable. The production is being performed at the San Francisco Playhouse. ITINERARY: Depart the Park & Ride at Smith Ranch Road at 11:30AM and from the San Rafael Comm. Center at 12Noon. We will arrive at the SPINNAKER RESTAURANT in Sausalito for a hosted lunch. MENU SELECTION: 1) Club House Sandwich 2) Hamburger with Cheese. Each sandwich comes with French fries and ice cream. After lunch, we will head to San Francisco to see the 3:00pm musical theatre production CAMELOT. Should arrive back in San Rafael at approx. 6:00PM. **NO PARKING IN SAFEWAY/CENTER LOTS. Driver's grat. Incl. CANCELLATION DATE...JULY 19th**



SEATS STILL AVAILABLE
CACHE CREEK CASINO – AUG.
29th (THURS) - \$34

PACKAGE!!! \$5 FOOD COUPON, THE CHOICE OF A \$10 MATCH PLAY COUPON OR \$10 BONUS PLAY ADDED TO THE CLUB CARD FOR A TOTAL VALUE OF \$15 ALL PASSENGERS MUST USE CACHE CREEK'S PLAYERS CARD. IF YOU DO NOT HAVE

ONE, YOU MUST GO THE PLAYERS CLUB AT THE CASINO AND REGISTER. BRING YOUR PICTURE I.D. ITINERARY: We will depart the San Rafael Community Center at 9:00AM and from the Park & Ride at Smith Ranch Road at 9:30AM. We will then head to Esparto for a 4 hour stay at Cache Creek Casino (11:00AM to 3:00PM). **YOU CAN CASH IN YOUR "GOODIES" AT ANYTIME WHILE YOU ARE AT THE CASINO.** Should arrive back in San Rafael at 5:00/5:30PM. Driver's gratuity incl. **NO PARKING IN CENTER/SAFEWAY LOTS.**
CANCELLATION DATE...Aug. 16th (FRI)

SEATS STILL AVAILABLE
CIRQUE DU SOLEIL-
Amaluna – FEB. 9th, 2014
(SUN)- \$115



Please note
RESERVATION/CANCELLATION DATE as we MUST pay in advance for tickets.

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 10:30AM and San Rafael Community Center at 11:00AM and venture to San Jose at Taylor Street Bridge for the 1:00PM performance CIRQUE DU SOLEIL - AMALUNA. AMALUNA invites the audience to a mysterious island governed by Goddesses and guided by the cycles of the moon. Their queen, Prospera, directs her daughter's coming-of-age ceremony in a rite that honors femininity, renewal, rebirth and balance which makes the passing of these insights and values from one generation to the next. In the wake of a storm caused by Prospera, a group of young men lands on the island, triggering an epic, emotional story of love between Prospera's daughter and a brave young suitor. But theirs is a love that will be put to the test. The couple must face numerous demanding trials and overcome daunting setbacks before they can achieve mutual trust, faith and harmony. The show is approx. 2 1/2 hours with intermission; should arrive home at 5:00/5:30pm. Although held in a tent, it is temperature controlled and seating is cushioned individual seats-every comfortable. *MARIN CHARTER & TOURS BUS*
CANCELLATION DATE...Sept. 11th, 2013
(WED) PLEASE NOTE THE DATE INORDER FOR US TO RECEIVE THE LOW RATE!

SEATS STILL AVAILABLE
PARAGON OUTLETS in
Livermore- JULY 18th
(THURS) - \$35



Itinerary: We will depart Park & ride at Smith Ranch Road 9:00AM and from the San Rafael Community Center at 9:30AM. Enjoy a great "shopping spree" at the "NEW" PARAGON OUTLETS with more than 120 leading designer and top brand name stores including Saks Fifth Avenue OFF 5th, Bloomingdale's The Outlet Store, Armani Outlet, J. Crew, Prada, Polo Ralph Lauren , Tommy Hilfiger and Burberry, Coach and DNKY among many more, which offer savings up to 65 percent off every day. Also, plenty of restaurants to treat yourself to a delicious lunch. We will depart Livermore at 2:30pm and arrive back in San Rafael at approx. 3:30/4:00pm. **NO PARKING IN SAFEWAY/COMM. CENTER LOTS. CANCELLATION DATE....July 11th**

PROGRAMS AVAILABLE FOR

OLDER ADULTS

Below is a list of five (5) programs that are available in Marin County for older adults:

SENIOR CENTER Without Walls



A Telephone Community for California Elders is a non-denominational. Non-profit community outreach program of Episcopal Center Communities. Senior Center Without Walls offers activities, friendly conversation and an assortment of telephone groups to adults 60 and older in California who find it difficult to participate in activities in their communities. Participants call from the comfort of home AND IT'S FREE! Activities Include: Reading and Writing, Armchair travels, Brain games, Supportive Groups, etc. How it works-it's easy! Call 1-877-797-7299 and learn how simple it is to use Senior Center Without Walls. A separate toll-free number connects participants to group activities. NO COST TO CALL, FREE TO JOIN! So if you know of someone that is housebound and would like interaction with fellow friends, please pass this information onto them!

TELEPHONE REASSURANCE PROGRAM

A free telephone check-in program serving elders, disabled and housebound individuals in Marin County. Program is sponsored by WHISTLESTOP, EPISCOPAL SENIOR COMMUNITIES & NOVATO INDEPENDENT ELDERS. Registered clients receive a



phone call from a trained volunteer two mornings per week. Calls are brief with enough time to determine the safety and well-being of the recipient. To register yourself or a friend or possibly become a volunteer in the program, please call Leslie Klor at 456-9062, ext. 132.

CAL FRESH – (formerly Food Stamps). This program helps people with little or no income buy nutritious food. CalFresh benefits are not cash. They come on an electronic benefit transfer (EBT) card that you use like a bank card to buy food. Most grocery stores take CalFresh benefits. Call 473-3400 for an application.

UNITED WAY 2-1-1 Free, confidential, information and referrals 24 hours per day seven days per week in over 150 languages. Dial 2-1-1 for any kind of health or human service needs.

GET EMERGENCY ALERTS! Marin Co. Sheriff's Office of Emergency Services Register your cell phone to receive emergency alerts sent by voice, text or email! Landline numbers are listed in the system. **CELL PHONES ARE NOT!** The emergency notification system's (Marin Co. Telephone Emergency Notification System-TENS) primary purpose is to advise you of any situation occurring or about to occur that threatens harm to life and/or property or is deemed dangerous by officials. This may include: extreme weather, man-made disasters, crime, hazardous materials incidents and missing persons. REGISTER at www.alertmarin.org

MOVIES IN THE AFTERNOON

Doors open 12:45PM Movie starts 1:00PM
Free popcorn and bottled water! Call the



Goldenaires office to reserve a space- there are no bad seats! The movies are shown in the auditorium at the San Rafael Community Center. **NON MEMBERS WELCOME TO ATTEND FOR A FEE-\$2.00**

Tuesday, AUGUST 27th

TROUBLE WITH THE CURVE

Starring: Clint Eastwood, Amy Adams, Justin Timberlake, John Goodman



Gus Lobel has been one of the best scouts in baseball for decades. Despite his efforts to hide it, age is catching up with him. But Gus refuses to be benched for what could be the final innings of his career. PG-13 111 minutes



BINGO DAYS
Wednesdays
JULY 24th, 31st
AUG 7th, 14th & 28th

(NO Bingo on the 3rd Wednesday)

(Except Oct. 16th as No Bingo Oct. 23)
OPEN TO THE PUBLIC! YOU DO NOT HAVE TO BE A MEMBER TO PLAY!

Bingo, held at the San Rafael Community Center, is open to anyone 18 years and older. **Doors open at 9:30 AM Bingo games start promptly at Noon.**

Free coffee! 16 games of Bingo are played. Bingo packs of 10 sheets per pack – 3 squares per sheet - \$4.00/pack, 6 squares per sheet – \$7/pack. ALL SPECIAL GAMES ARE \$1.00 per sheet and prizes pay out at \$100 - \$150! Cash prizes for regular games range from \$60 to \$200. If your birthday occurs during the week of a Wednesday Bingo (Sunday to Sunday), you will receive a FREE set of our specials. If your birthday occurs during the 3rd week, when there is no Bingo, it will be recognized on the 4th Wed. Applies to Goldenaires members **ONLY!**

***** GOOD EARTH NATURAL FOODS** will serve lunch on Wednesdays before Bingo at 11:00 AM. Lunch served till 11:30 AM. Besides a wonderful meal, you can share special times with your fellow friends. **MEALS ARE DELICIOUS & PLENTIFUL!** Suggested donations for lunch are \$3 for seniors and disabled persons and \$6 fee for those under 60 years old. **"This program is made possible through funds from the Federal Older American Act, administered locally by the Marin County Health & Human Services, Division of Aging & Adult Services".** Lunch reservations must be made by calling (415) 382-1334 **by 4:30 PM the Monday before.** Please state that the meal site is at the San Rafael Community Center. Home-delivered meals are also available for those in need. Call 456-9062 for details.

New program - HICAP

(Health Insurance Advocay Program) will be meeting at the Goldenaires on the 3rd Thursday of each month starting Aug. 15th. To schedule an appointment call 1-707-526-4108.



MEMOIR WRITING CLASS FOR SENIORS

“Telling Your Story”

Barbara Withers, Instructor

Goldenaires have started up a new writing course

Thursdays, 9:00AM – 11:00AM San Rafael Community Center

August 22nd - September 26th (7 weeks) \$84

Barbara began her writing career as a radio and newspaper reporter in the SF Bay Area, then worked for 25 years in corporate communications and as a freelance writer. She now owns a communications consulting and event planning business called Ducks in a Row Communications & Events and teaches memoir writing. She received a BA in Communications at SF State University and is currently working on two memoirs of her own.

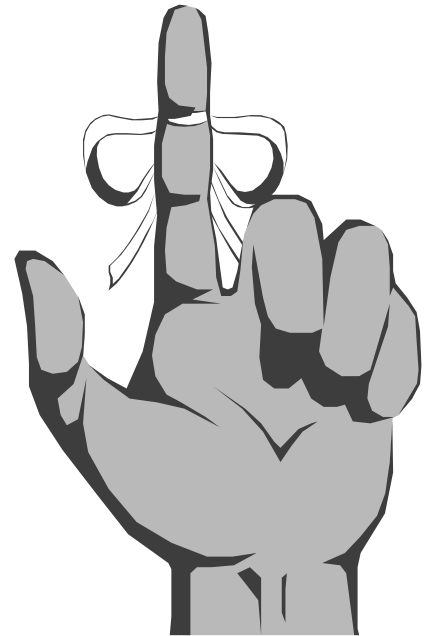
- At the first class, the class lists a set of “agreements or ground rules” (e.g., careful listening, confidentiality, not being judgmental, willingness to share) and the instructor captures this and distributes to the students at the second class meeting.
- Also at the first class, we discuss what is a memoir, with the instructor helping the class to understand that a memoir is a personal memory, the importance of being yourself in your writing, the need for a beginning/middle/end for each story, and the value of capturing small episodes to weave a colorful quilt and striking an emotional chord with your readers. We also discuss how journals or diaries can provide good starting points.
- At each class, the instructor leads a brief discussion on different memoir writing techniques, including tips on editing, and a “check-in” for questions and sharing on progress.
- At each class, there is 10 minutes of “free” writing from a topic given by the instructor to demonstrate the building blocks of memoir writing and to “sharpen the memory cells” (i.e., place, playing with language, point of view, dynamic verbs, bringing characters alive, images, sensual details, scenes, dialogue).
- At each class, each student brings copies of their two pages of writing for the class and reads aloud. The student is asked what kind of feedback they want and the class and instructor comment aloud and also note on their copy, then return to the writer. The instructor leads a discussion on “what did you like about this piece, what worked for you, how could it be improved” so that the students feel supported in their memoir writing.
- Each student is asked to turn in two edited pages of a memoir “story” to the instructor at week six. The instructor will collate the stories from the class and create a spiral-bound anthology for each student to keep, which are distributed at the last class, with a class celebration.
- **Small materials fee for copying and binding (spiral bound with covers) final memoir stories as noted above. (\$5.00 fee paid to instructor at first class)**

***COME ON DOWN TO THE GOLDENAIRES TO REGISTER AND PAY THE CLASS FEE.
MINIMUM OF 10 STUDENTS REQUIRED FOR THE CLASS TO BEGIN WITH A
MAXIMUM OF 15.***

Don't be left out on this wonderful & challenging experience!

JUST A REMINDER: GET YOUR FLU SHOT before it's too late

- Remember to get your flu shot. It's the best way to help fight this uncompromising virus and enjoy a healthy flu-free season.
- The flu is much worse than the common cold – or winter bug. When it hits, the uncomfortable symptoms can disrupt your life for days...
- But, you can protect yourself. A flu shot now will give your body time to develop immunity before flu season begins. It's the smart way to protect yourself against the flu.
- Remember, you cannot get flu from a flu shot. The vaccine is made from inactivated or "killed" flu viruses, which are not infectious.
- Influenza vaccine should not be administered to anyone with a history of hypersensitivity to eggs or egg products. As with any vaccine, vaccination may not protect 100% of all susceptible individuals. The most common side effect is soreness at the injection site for up to two days. Less common side effects are fever and fatigue.



FLU SHOT CLINICS HERE – on these days!

| | | | |
|--------------|------------------------------|--------------|--------------|
| Date: | Mon-Sept. 9 th | Time: | 9:00-1:00pm |
| | Thurs-Sept. 26 th | | 9:00-11:30am |

| | | |
|---------------|---|-------------|
| Place: | San Rafael Community Center-618 "B" St. | |
| | Cost: | \$25.00 flu |

No charge with proof of Medicare Part B

High-dose flu vaccine available for those 65 and older while supplies last.
 (Bring your red/white/blue card and a second ID) Donations appreciated!
 If you have Kaiser or Medicare HMO, you will need to pay for shots.

Sponsored by San Rafael Goldenaires
 & Sutter Care At Home

www.sutterhealth.org
 1-800-500-2400

TRAVEL WITH COLLETTE TOURS & THE GOLDENAIRES!!!

All trips INCLUDE air from SFO, Air Taxes, Transportation to/from San Rafael to the airport, cancellation insurance. Brochures available for all trips listed below including Panama & Ireland in the Goldenaires office.

Canyon Country- 9 days- Sept 12th, 2013 – Enjoy visits to Sedona, the Grand Canyon, Scottsdale, Lake Powell, Monument Valley, Bryce, Zion and Las Vegas. Enjoy stays at the Lake Powell Resort and the Park Lodges at the Grand Canyon and Zion.

America’s Music Cities- 8 days – October 20th, 2013 - Enjoy 3 nights in New Orleans, 2 nights in Memphis and 2 nights in Nashville (Opryland Hotel). Highlights include the New Orleans School of Cooking, Graceland, RCA Studio B, tickets to the Grand Ole Opry, Country Music Hall of Fame & more!

Coming in 2014 – Panama Winter Getaway-Feb. 2014 and Ireland for St Patrick’s Day-March 2014

SUNDAY DANCES

San Rafael Community Center
618 "B" Street, San Rafael 485-3348 or 485-3333

FEATURING
THE MANNY GUTIERREZ QUARTET



JULY 28th, 2013
AUGUST 25th, 2013

SEPT. 29th, 2013
OCT. 27th, 2013

2:00 pm – 5:00 pm (doors open at 1:30)

\$10.00 GENERAL

\$7.00 GOLDENAIRE MEMBERS (MUST SHOW MEMBERSHIP CARD)

Open to the Public/Singles & Couples

Snacks and Refreshments provided

Plenty of mixers so all dance

Great wood floor; air conditioning; and plenty of parking

GOLDENAIRES CRAFTERS’ SUMMERTIME SALES!



The crafts group is holding summer sales as we do a bit of closet cleaning and preparation for fall shows. Shop with us in August for a variety of bags. All wine bags will be on sale for \$1 each to fancy up beverage gifts, now or at Christmas. Eco friendly, reusable bags, totes, and plastic bag dispensers all marked down for the month. Purse organizers, jewelry pouches, etc. also sale priced.

Mark downs on select floral theme items and a special on flower pins and clips at \$1.75 will continue through July. Check the showcase and in the office.

MONDAY NIGHT BINGO

AUGUST 19TH, 2013

SAN RAFAEL COMMUNITY CENTER
618 B STREET - SAN RAFAEL
(Sponsored by the San Rafael Goldenaires)

Call Whistlestop Wheels for transportation: 454-0964



DOORS OPEN 5:30pm
BUFFET DINNER 6:00-6:45pm
(Chicken, Salad, French Bread, Dessert, Coffee/Tea)

BINGO GAMES BEGIN AT 7:00pm (PROMPTLY)

ADVANCE RESERVATION: \$20.00 per person
Deadline for advance reg. : Friday, August 16th, 2013
AT THE DOOR: \$25.00 per person

(Includes dinner, one (1) 6-on game pack & one (1) FREE bingo dauber)

DINNER ONLY: \$15.00
PLAY BINGO ONLY: \$10.00 (1 free dauber & one 6-on game pack)
CASH PRIZES: \$60 TO \$200 (15 GAMES OF BINGO PLAYED)

Additional games available for purchase:

Packs of 10 sheets-3 squares per sheet - \$5.00/pack
6 squares per sheet - \$10/pack.



SPECIAL GAMES ARE \$1.00 per sheet
Prizes pay out: \$100

4-5-6 GAME is \$2.00 per sheet or 3 sheets for \$5
Prizes pay out: \$200

Mail in your reservation with payment or come to the San Rafael Community Center (San Rafael Goldenaires' office) and sign up! Anyone over the age of 18 is welcome to join in for a night of fun!

NEW YEAR'S ROSE PARADE



News Year's Eve Party

DECEMBER 29, 2013 - JANUARY 2, 2014

5 Days & 4 Nights

\$1,414.00 Per Person, Double Occupancy \$1,714.00 Single Occupancy

Presented by Friendly Excursion, Inc. & San Rafael Goldenaires

Tour Price Includes: Deluxe Motorcoach, Driver's Gratuity, Escort, 4 Nights stay at Hilton Garden Hotel Montebello

Admissions: Tournament of Roses Bandfest, Huntington Library Art Collections, and Botanical Gardens, Pasadena Rose Parade Float Viewing, Ronald Reagan Presidential Library, New Year's Eve Celebration Party, Tournament of Roses Parade.

Meals: 3 Breakfasts, 1 Box Breakfast, 2 Lunches, 2 Dinners (New Year's Eve Party & New Year's Day)

Tour Itinerary

Day 1 (Dec. 29) Today you will depart by motorcoach to Southern California. After lunch in San Luis Obispo, we board Amtrak to travel from San Luis Obispo to Los Angeles Union Station. The train ride will take in some of the lovely coastline of California, continuing on to Los Angeles Union Station. 4 Nights' Accommodation – Hilton Garden Inn – Montebello. This hotel is located on a beautiful championship golf course. Dinner on your own.

Day 2 (Dec. 30) Breakfast. Our morning will begin with the Tournament of Roses "Bandfest" that will feature the prizewinning bands of the 2014 Rose Parade. This will give everyone a chance to see these talented musicians, dancers and auxiliary performers in action. Then it's on to the Huntington Library, Art Collections and Botanical Gardens. The Huntington Library is comprised of three separate entities, the Library with its collection of rare and historic books including a Gutenberg Bible, the Huntington Art Gallery, devoted primarily to British and French art of the 18th and 19th centuries, including Gainsborough's Blue Boy, and the Botanical Gardens, which features a lovely new Chinese Garden. Then we'll spend time in Old Town Pasadena exploring the many shops, cafes and restaurants. Dinner on your own.

Day 3 (Dec. 31) After breakfast you are off to Pasadena to see the making of the Rose Parade Floats in the final stages prior to the famous Rose Parade. We continue on to the Ronald Reagan Presidential Library and Museum which has 24 exhibit galleries, which includes photographs and memorabilia of Reagan's life, a full scale replica of the Oval Office, Air Force One, Marine One helicopter, and President Reagan's burial site. After visiting the Reagan Library you will be brought back to your hotel to have time to freshen up for New Year's Eve. The party is complete with a fabulous dinner, romantic dancing, and a champagne toast to 2014! Dance to the sounds of our favorite D. J. as he plays today's hottest music as well as your old favorites. Hat and party favors abound. Celebrate a traditional toast with your newest friends and create your own holiday memories. We will celebrate it on New York Time, for it is an early morning departure for the parade on Jan. 1st.

Day 4 (Jan. 1) Happy New Year! We depart to celebrate the New Year with the 125th Rose Parade themed "Dreams Come True". This Rose Parade will feature the beautiful pageantry and tradition of magnificent floral floats, high-stepping equestrians, and spirited marching bands. This parade is viewed by over a million spectators and we will be right there in our reserved seats on the shady side of the street enjoying our box breakfast. We will return to our hotel to relax and see the Rose Bowl Football Game. The evening brings an enjoyable dinner at an Italian Restaurant with good Italian food and Italian singing waiters.

Day 5 (Jan. 2) Breakfast. We depart this morning for home. On our way home we will have lunch at Harris Ranch and start the New Year reflecting on our memories of 2013 & looking forward to a healthy & prosperous 2014.

AN INSURANCE PACKAGE is available for Trip Cancellation, Accident, Life, and Luggage coverage during the tour, and is strongly recommended. Contact your group leader (forms available in Goldenaires office) for an application for this insurance program. Approx. fee: \$110/person double & \$130 single. FOR PRE-EXISTING CONDITION, INSURANCE FEE: \$145/person double & \$171 single. This insurance must be paid 14 days after paying deposit). \$5 enrollment fee added to all insurance premiums.

DEPOSIT: \$200 is required to hold your reservation. Your deposit is fully refundable up to 58 days prior to departure. Final payment is due on Nov. 1, 2013. Make check out to Friendly Excursions Inc. Check or credit card accepted (credit card form available in Goldenaires office)

CANCELLATION: At 58 days prior no refund will be given.

The San Rafael Goldenaires Senior Citizen Organization
sponsored by the city of San Rafael Community Services Department



♥ Youthful Hearts, Fitness

Classes for 62+ ♥

**Instructor: Jeanette Logan, ACE-Certified Group
Fitness Instructor**

Non-Impact Chair Aerobics A Seated Exercise Program For Men and Women 62+



Do you have a physical challenge such as limited mobility that prevents you from doing conventional exercise? Would you like to relieve stress and joint pain, improve your circulation, lower high blood pressure, and stretch and tone your muscles without strain? Join us for this gentle, unique exercise program that blends elements of tai chi, yoga, non-impact aerobics, and meditation all done while sitting in a chair. You'll become more capable while revitalizing your body, mind and spirit. Don't be limited by your limitations!

This class offers a safe and practical alternative to traditional forms of exercise! It is ideal for you if you're new to exercise or just returning after a very long break, or if you have difficulty standing for prolonged periods. It is a fun, convenient, energetic way to burn calories, improve muscle tone, increase range of motion and feel better all over in your body. Experience noticeable results and enjoy aerobic fitness like never before!



Mondays, 12:35-1:10pm

(Occasionally class meets on Friday due to holidays and city events.)
Meets in San Rafael Community Center Auditorium
618 B Street, San Rafael, CA 94901

1x week fee is \$16 month.
Plus, \$30 yearly membership fee. Drop-In Class is \$6.



**For more information, call 415-485-3348 or
707-642-3603 or Visit www.YouthfulHearts.com**





ALOHA !! CRUISE TO HAWAII ROUNDTRIP SAN FRANCISCO
ON PRINCESS CRUISES NEWLY RENOVATED GRAND PRINCESS
15 FUN-FILLED DAYS – OCTOBER 4 – 19, 2013

ENJOY A LEISURELY CRUISE TO THE BEAUTIFUL ISLANDS OF MAUI (OVERNIGHT),
OAHU, KAUAI (OVERNIGHT), AND KONA AND HILO SIDES OF HAWAII

SPEND YOUR DAYS IN PORT: SWIMMING WITH THE DOLPHINS, WALKING THE
RAINFORESTS, ENJOYING THE BEAUTY OF HAWAII’S GREEN LAND, BLUE SKIES, AND WHITE SANDS.

RATES INCLUDE A 2-CATEGORY UPGRADE
\$75.00 PER STATEROOM ONBOARD CREDIT

RATES START AS LOW AS \$114.00 A DAY

ENJOY THE NEW PRIVATE CLUB CALLED “THE SANCTUARY” FOR ADULTS ONLY

AND VISIT DINING AT ALFREDO’S PIZZERIA, CROWN GRILL, SABBATINI’S

AND INDULGE IN CROONER’S MARTINI BAR, VINE’S WINE BAR WITH TAPAS & SUSHI, LEAVES TEA

LOUNGE & LIBRARY WITH OVER 500 TEAS TO SELECT FROM

AND DANCE AWAY THE NIGHT AT THE NEW NIGHT CLUB, ONE5.



ROOM CATEGORY

FARE

| | | |
|----------------|--------------------|----------------------|
| MINI-SUITE MB | MID-SHIP | \$3199.00 PER PERSON |
| MINI-SUITE MD | MID TO AFT | \$3099.00 PER PERSON |
| BALCONY BB | MID-SHIP | \$2699.00 PER PERSON |
| BALCONY BC | MID-SHIP | \$2649.00 PER PERSON |
| BALCONY BD | SLIGHTLY AFT | \$2599.00 PER PERSON |
| OCEAN VIEW OE | AFT WITH PORTHOLES | \$2299.00 PER PERSON |
| OBSTRUCTED OV | (OW) MID-SHIP | \$1899.00 PER PERSON |
| INSIDE ROOM ID | AFT | \$1699.00 PER PERSON |

CALL OR EMAIL BARBARA NELSON, BARBARA’S TRAVEL/SAN MARIN TRAVEL & PRINCESS CRUISES is offering a special deposit of only \$100 per person and a coupon booklet valued at \$350 for ANY CRUISE that they are offering.

866-462-7887 – Toll Free

barbarastravel@earthlink.net

Ship is Bermudan Registry

CST 1003321-10



Mature Driving Safety Course

SEPT. 17th & 19th (TUES & THURS) 1:00-5:00pm

****NOV. 6th (WED)**

12:30-5pm

This AARP-sponsored course is offered at the San Rafael Community Center and is available to all motorists ages 55 and older. **Fee: \$12 for AARP members and \$14 for non-members (includes certificate which is valid for 3 years. Please provide your AARP membership number when signing up for this class for reduced fee.** The Mature Driver Safety Program will substantially improve the driving skills of older motorists. This 8-hour classroom course is designed to meet the specific needs of older drivers and will focus on sharpening their driving skills, as well as developing strategies for adjusting to age-related changes in vision, hearing and reaction time. **You must attend BOTH days at the same location. ***The 4 ½ hour refresher course is for people who have already taken the 8-hour course within the last 4 calendar years (review class).** To register, call the Goldenaires at (415) 485-3348, stop by their office or mail in your payment **with a self-addressed stamped envelope for the return of your receipt.** Instructor: Paul Roye. **If you do not cancel by the day before the class is held, or if you do not attend the first class, your fee will be retained.**



TULIPS AND WINDMILLS

BELGIUM AND HOLLAND

11 Villages and World Renown Cities

EUROPEAN RIVERBOAT CRUISING

8 Days - April 29 to May 6, 2014

NEW RIVERBOAT – AMAWATERWAYS “AMAPRIMA”

****SIGNUP BY JULY 30th AND RECEIVE 5% DISCOUNT!****

\$300 PER CABIN ONBOARD CREDIT

OPTIONAL PRE-CRUISE STAY IN AMSTERDAM !!

YOUR PERSONAL HOSTS GAIL & MIKE FANNING

BLUE HILL GARDEN DESIGN-OFFERING 50% DISCOUNT ON GARDEN DESIGN CONSULTATION

**EXCLUSIVE GARDEN TOURS – BIKE RIDING – PALACES
HEATED SWIMMING POOL – REGIONAL CUISINE & MORE**

PICK YOUR PRICE: \$3099 - \$3249 - \$3748 w/French Balc.

French Balcony AND Full Balcony - \$4248 - \$4348 \$4548

\$4748 – \$5098 (only 1 of these) and 3 Suites at \$5748

All rates are Per Person fares/double occupancy.

NON-STOP Air About \$1250 pp.

\$161 port charges and \$395 travel insurance additional.

Space is Limited so Reserve Your Stateroom Early.

Gail and Mike will Host if 20 people in 10 Rooms Travel with them.

PRESENTED BY BARBARA NELSON, SAN MARIN TRAVEL

FREE BROCHURES AND DVD'S AVAILABLE

Call Barbara at 707-538-3836 OR Email

barbarastravel@earthlink.net

cst 1003321-10



**ORIENTATION MEETING WITH BARBARA NELSON
TUESDAY, JUNE 25TH AT 11:00am IN GOLDENAIRES OFFICE
CALL 485-3348 TO RESERVE A SEAT AT ORIENTATION!**

MORE CRUISES TO CHOOSE FROM! THERE IS SOMETHING FOR EVERYONE!

TOO HOT FOR YOU ?? CRUISE TO ALASKA IN JUNE 2014 !!
2-CATEGORY UPGRADE AND \$75.00 ONBOARD CREDIT
STAR PRINCESS – 11 NIGHTS/12 DAYS---JUNE 14, 2014



NOTE THE EXTRA DAY FOR 2014!!!

Call Barbara Nelson at 1-866-462-7887 for prices and details!!!

PAN FOR GOLD, VIEW GLACIER BAY, SAIL FROM SAN FRANCISCO
ONLY \$100 PP. DEPOSIT FOR TWO WEEKS – JULY 15 – 30, 2013

INSIDE STATEROOM FARES START AT \$1599 PER PERSON/DBL.
OCEAN VIEW STATEROOMS FOR \$2400 PER PERSON/DBL.
PERFECT BALCONY FOR \$2889 PER PERSON/DBL.

Govt. fees/\$195 pp and Insurance additional.

ADDITIONAL DISCOUNTS MAY APPLY.

CALL BARBARA’S TRAVEL – 866-462-7887 OR barbarastravel@earthlink.net

GRAND PRINCESS NEW 7-NIGHT CALIFORNIA COASTAL CRUISE
2-CATEGORY UPGRADE AND \$50 PER CABIN ONBOARD CREDIT

OCTOBER 19-26, 2013

STOP IN SANTA BARBARA, LOS ANGELES, SAN DIEGO &
ENSENADA

TRY CRUISING, CLOSE TO HOME, AFFORDABLE
INSIDE STATEROOMS FOR ONLY \$799 PER PERSON/DBL.
OCEAN VIEW ROOM FOR ONLY \$999 PER PERSON/DBL.
PERFECT BALCONY FOR ONLY \$1229 PER PERSON/DBL.



Govt. Fees at \$90.00 pp and Travel Insurance are Additional.

ADDITIONAL DISCOUNTS MAY APPLY

Call Barbara’s Travel at 866-462-7887 or barbarastravel@earthlink.net

Ships are Bermudan Registry

CST 1003321-10

The San Rafael Goldenaires Senior Citizen Organization

♥ Youthful Hearts Fitness Classes ♥

Fit & Fun After 62!

Low Impact Aerobics For All Levels, Men and Women 62+

Instructor: Jeanette Logan, ACE-Certified Group Fitness Instructor

Move into a more vibrant life of natural wellness!

Come join us for positive support, safe low-impact aerobics, music and fun! You'll boost your mood, burn fat, build stronger bones, improve your stamina and your heart and brain health. Fitness levels 1, 2 and 3 are demonstrated so you can choose which one is right for you. Second half of class includes stretching, strengthening and guided relaxation for stress release. Get past whatever is holding you back and be the awesome person you are! Equipment is provided. (No floor work in this class at the Goldenaires location.)

Monday / Friday 9:30-11:00am

(Occasionally class meets on Wed. due to holidays and city events.)

1 x week fee is \$20 month; 2 x week fee is \$36 month.

Plus, \$30 yearly membership fee. Drop in fee is \$9

For more information, call 415-485-3348 or 707-642-3603

Or visit www.YouthfulHearts.com

San Rafael Community Center - 618 B Street, San Rafael, CA 94901, (415) 438-3348



UPCOMING BROADWAY SHOWS - SEASON 2013-2014



Below are the new Broadway shows coming to San Francisco. If interested in attending one of these productions, call the office and put your name on the interest list. If enough names, we will reserve tickets. Each production will range from \$100-\$150 (depending on the the price of the ticket). We always reserserve seats in the orchestra section.

BEAUTIFUL – The Carole King Musical (Sept. 24-Oct. 20, 2013) Long before she was CAROLE KING, chart-topping music legend, she was Carol Klein, Brooklyn girl with passion and chutzpah. But it wasn't until her fairytale life began to crack that she finally managed to find her voice.

PETER & THE STAR CATCHER (Nov. 5-Dec. 1st) A company of a dozen actors play more than a hundred unforgettable characters, all on a journey to answer the century-old question: How did Peter Pan become The Boy Who Never Grew Up?

The Gershwins' PORGY & BESS-The American Musical (Nov. 10-Dec. 8)

The classic story is set in Charleston's fabled Catfish Row, where the beautiful Bess struggles to break free from her scandalous past, and the only one who can rescue her is the crippled but courageous Porgy.

ONCE (June 17-July 13, 2014) Featuring an impressive ensemble of actor/musicians who play their own instruments onstage, ONCE tells the enchanting tale of a Dublin street musician who's about to give up on his dream when a beautiful young woman takes a sudden interest in the haunting love songs.

AUGUST 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|--|--|
| <p>ALL CLASSES, PROGRAMS AND EVENTS ARE HELD AT THE SAN RAFAEL COMMUNITY CENTER UNLESS NOTED IN THE NEWSLETTE.</p> | | | | <p>1 Bocce League Bridge 10:45-3pm</p> | <p>2 Wood 9-12Noon Exercise 9:30-11 Mat 11:15-12:15 Bocce (open play) 9-3 Crafts 12:30-3pm CHINESE LUNCH</p> | <p>3</p> |
| <p>4</p> | <p>5 Bocce League Painting 10-3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:10 EX.BD.MTG 9:30AM</p> | <p>6 Painting 9-12:30/ 12:30-3:30pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 FILOLI & SUNSET</p> | <p>7 Bocce League BINGO 12 PM Good Earth Meal 11am</p> | <p>8 Bocce League Bridge 10:45-3pm</p> | <p>9 Wood 9-10:30AM Exercise 9:30-11 Mat 11:15-12:15 Bocce (open play) 9-3 Crafts 12:30-3pm</p> | <p>10</p> |
| <p>11 APPLE FESTIVAL</p> | <p>12 Painting 10-3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:10 Bocce League</p> | <p>13 Painting 9-12:30/ 12:30-3:30pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 NEWSLETTE</p> | <p>14 BINGO 12 PM Good Earth Meal 11am Bocce League</p> | <p>15 Bocce League Bridge 10:45-3pm HICAP 1:00-4:00pm</p> | <p>16 Wood 9-12Noon Exercise 9:30-11 Mat 11:15-12:15 Bocce (open play) 9-3 Crafts 12:00-3pm</p> | <p>17 CAMELOT</p> |
| <p>18</p> | <p>19 Painting 10-3:30pm Bridge 10:45-3pm Bocce League Exercise 9:30-11 Mat 11:15-12:15 Chair Aerob. 12:35-1:10 MON NIGHT BINGO</p> | <p>20 Painting 9-12:30/ 12:30-3:30pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 Signup Day 9:30am</p> | <p>21 Bocce League</p> | <p>22 Bridge 10:45-3pm Bocce League Memoir Writing 9:00-11:00am</p> | <p>23 Wood 9-10:30 Exercise 9:30-11 Mat 11:15-12:15 Bocce (open play) 9-3 Crafts 12:30-3pm</p> | <p>24</p> |
| <p>25 GIANT'S GAME DANCE 2:00-5:00pm</p> | <p>26 Painting 10-3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:10 Bocce League</p> | <p>27 Painting 9-12:30/ 12:30-3:30pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 MOVIE 1:00pm</p> | <p>28 Bocce League BINGO 12 PM Good Earth Meal 11am GENERAL MEETING – 11:45AM- SUMMER RAFFLE Exercise 9:30-11 Mat 11:15-12:15</p> | <p>29 Bocce League Bridge 10:45-3pm CACHE CREEK Memoir Writing 9:00-11:00am</p> | <p>30 Wood 9-10:30 Exercise 9:30-11 Mat 11:15-12:15 Bocce (open play) 9-3 Crafts 12:30-3pm</p> | <p>31</p> |

San Rafael Goldenaires, Inc.
P.O. Box 151560 (618 B Street)
San Rafael, CA 94915-1560

Non-Profit
Organization
U.S. Postage
San Rafael, CA
94901
Permit No. 147

CURRENT RESIDENT OR

IMPORTANT DATES TO REMEMBER FOR 2013!

Please read the Newsette - dates are subject to change & more activities may be added



**LUAU DINNER/DANCE
FRIDAY, JULY 12th**

**CHINESE LUNCH FRI,
AUG. 2nd**



**SENIOR INFO. FAIR
WED, OCTOBER 23rd**

**HALLOWEEN LUNCHEON
FRIDAY, OCT. 25th**



**MONDAY NIGHT BINGO
August 19th**



**CRAFT FAIR
FRIDAY, NOV. 1st**



**PICNIC
FRIDAY, SEPTEMBER 6th**

**HOLIDAY PARTY
FRIDAY, DEC. 13th**



**MONDAY NIGHT BINGO
October 7th**



**BREAKFAST WITH SANTA
SATURDAY, DEC. 14th**