



San Rafael Goldenaires

NEWSETTE

Live life locally

FEBRUARY 2016

VOLUME XLVI I

Phone: (415) 485-3348

You can also read the Newsette online:

<http://www.cityofsanrafael.org/comsvcs-rec-senior/>

LAST CHANCE TO PAY YOUR....

MEMBERSHIP

**DUES ARE
NOW DUE!**

\$30

PERSON

**PLEASE SEND YOUR
CHECK IN IMMEDIATELY,
SO YOU WILL NOT MISS
RECEIVING THE
NEWSETTE!**

**Please include a self-
addressed-stamped-envelope
for the return of your
membership card.**

**Thank You in advance for
taking care of this request!**

SIGNUP NOW- NO NEED TO WAIT!



**“LET ME CALL YOU
SWEETHEART”**

**THE GOLDENAIRES
INVITE YOU TO THEIR**

**VALENTINE’S LUNCHEON
FRIDAY, FEBRUARY 12TH
AT THE SAN RAFAEL
COMMUNITY CENTER**

**LUNCH SERVED AT 12:30pm
(Doors open at 12/12:15pm)**

ONLY \$12.50 PER PERSON

Come and share this special holiday-
VALENTINE’S DAY with your fellow members &
friends. Buffet lunch will be served at 12:30pm.
Seating is first come, first served. No need to
rush in as all seats will be great. For groups of 8
or more, we will reserve a table (round tables).
Lunch will be provided by our wonderful kitchen
crew. Wine & beer will be sold for \$4 a glass!
MENU: Ham, potatoes, salad, “red” velvet
cupcakes & coffee! MMM! After lunch, we will
have special entertainment along with music to
enjoy! Let’s have a big crowd of Goldenaires to
help us celebrate “St. Valentine’s” Day! The
event should end around 1:30/2pm.

Get your tickets NOW! Do not delay and be left
out on this special day!

**CANCELLATION/RESERVATION :
FEB. 9th (TUES)**

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

**Community Services Department
 618 B STREET
 (next to Safeway-off 2nd Street)
 San Rafael, CA 94901
 (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

Co-Presidents

Loretta Soldavini & Vivian Berliner
Vice President

Recording Secretary

Peggy Rivette

Treasurer

Effie Lee

Past President

Board Members

Elida Canziani

Jack Ciardelli

Carol Herbert

Isabelle Keeney

Dorothy Rogers

Committee Chairpersons

Kitchen – Marge Wehrer

Bingo – Carol Herbert & Lynn Goodfellow

Decorations – Joanne Perrone

Crafts – Elida Canziani

Newsette – Pat Mason

Dances – TBA

Office Volunteers

Peggy Rivette, Gudelia Adams

Isabelle Keeney,

Karen Torney & Lorraine Raggio

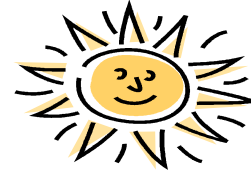
(Jackie Dema, Patricia Semple - relief)

Program Director

Carol Jacobs-Courtz

Have a friend who would like to join the Goldenaires? Annual membership fee is \$30/year. Name badge is optional - \$9 fee. Membership expires Dec. 31, 2016. Members must be 62 yrs.

SUNSHINE REPORT by Lorraine Raggio



The thought of the day is as follows:

Before you open your mouth, open your heart.

unknown

ILL MEMBERS:

Doris Jansen had hip surgery, Walter Johnson had a slight stroke, Peggy Rivette was in the hospital for tests, Irmengard Wessels had a stroke, Olivia Schultz has pneumonia, Marlene Caldwell had gall bladder surgery. Lorraine Raggio (your Sunshine Reporter & Friday office volunteer) had back surgery. She will be out of commission for a while (she will still manage the Sunshine report) and we all miss her deeply. Bobbie Cunningham has a torn rotator cuff, Joyce Littler has sciatica, Janet Stranahan had internal bleeding. We wish you all a speedy recovery.

DEPARTED MEMBERS:

Virginia Ord is missed by her daughter Sue and all her woodcrafter friends, both David and Gloria Simmons will always be missed by their son Charles. Longtime member, Tony Raffo-trip escort, raffle seller & active event & trip goer will be missed by his wife Barbara and his family, longtime member, past president & Bingo chairman, Bob Soldavini will be missed by his wife Loretta and family. Helen Boes, at the age of 100 leaves behind her loving family. Effie Lee deeply misses her brother. We remember with sorrow and sadness, all our relatives and friends. Please contact the office if a fellow member needs some cheer.

OFFICE WILL BE CLOSED & NO CLASSES

MON, JAN. 18TH (Martin Luther King, Jr. B'day)

MONDAY, FEB. 15TH (President's Day)

BOOKS – BOOKS – BOOKS – BOOKS

Yes, we have 4 bookcases of paperback books for your enjoyment. Please drop by and browse through our wide selection. We also welcome paperback books that are in decent condition with no torn covers. We also have a few jigsaw puzzles. **PLEASE – NO HARDBOUND BOOKS-** not enough space on the bookshelves in the office. *Thank You*

PRESIDENT'S MESSAGE

Dear Members:

We're back again! Loretta Soldavini & Vivian Berliner as Co-Presidents to fill out the remaining one (1) year term of Joanne Castaldo's presidency. We look forward to bringing all of you the best and most exciting trips, events and luncheons & possibly a dinner this coming year. All we need now is your early signups and participation in the wonderful programs offered by the Goldenaires.

First off, I need to share with you the fantastic Holiday Gala held on December 11th. We had the auditorium filled with 14 round tables and they and the stage were beautifully decorated by Joanne Perrone and helpers. Our meal was excellent catered by Debbie Ghiringhelli and staff. An added bonus provided by the Goldenaires was 2 bottles of wine (1 white & 1 red) on each table. We had the Lee Russell Band for dancing and listening pleasure and the drawing for our Annual Holiday Raffle. The lucky winners were: 1st Prize-\$300: Charles Breese, 2nd Prize-\$100: Barbara D.Lee, 3rd Prize-\$100: Ethel Barclay, 4th Prize-\$100: Cheryl Moscone, 5th Prize-\$50 Certificate to Café Arrivederci: Armida Rambke, 6th Prize-\$25 Certificate to Yet Wah: Lillian Lessler, 7th Prize-\$25 Certificate to Goldenaires: Marcella Murray. We are happy to report that we had a profit of \$2,589.68. Thank you to all of our members that contributed so generously in purchasing raffle tickets!

OUR MEMBERSHIP DUES ARE NOW DUE AT A NOMINAL FEE OF \$30 FOR THE YEAR 2016. DO NOT DELAY AS THIS WILL BE YOUR LAST NEWSETTE IF NOT PAID BY END OF JANUARY!

- Our trips, excursions and luncheons for January & February are:
- Jan. 9th (SAT) Cavalia "Odysseo" – SOLD OUT
 - Jan. 21st (THURS) Red Hawk Casino-we need more people to sign up!
 - Jan. 27th (WED) Jersey Boys – SOLD OUT
 - Feb. 6th (SAT) "Kits & Kats" – need more signups
 - Feb. 9th (TUES) – Pasquale Esposito-need a few more people to enjoy this fabulous event
 - Feb. 12th (FRI) Valentine's Day Lunch
 - Feb. 21st (SUN) Chinese Lunch & Play-signup now!

I am happy to report that our Annual Craft Fair that was held back in November was a great fundraiser for us – a profit of \$3,366.56!!!! Many thanks are extended to the volunteers that worked not just the day of the event, but all of the days & hours prior to put the event together! We are currently looking for a chairperson or co-chairpersons to work alongside with Carol (our coordinator) for next year's fair! Please call the office and ask for details!

We look forward to the New Year – 2016 and seeing all of you at our many and varied activities. Remember, we are always open and ready to learn about suggested trips!

My best: VIVIAN

WELCOME

- | | |
|-------------------------|---------------------------|
| JANICE DONDERO | LUCY TURRINI |
| GAILLE GRISSOM | MARIAN ROSSI |
| BARBARA PERKINS | DORIS HUNTER |
| NANCY SCHLEGEL | LILA TESCON |
| PENNY MOORE | JENNIFER DAVIS |
| NANCY MACONE | JEANNETTE BERNARD |
| ABBY JOHNSON | BONNIE HEMMERLING |
| CAROL COOK | VERA COOK |
| MARY STIEHM | STANLEY SCULLEN |
| MELINDA MIXER | MAUREEN DEGNAN |
| CHRISTIE HEMPEL | DIANNE COPLAND |
| JOHANNA PETERSEN | ELAINE MORIARTY |
| ROSE ALEXANDER | PENNY WELLS |
| SHARYN FOSTER | JUDY RINALDI |
| CORK ENDY | CHRISTIANE MENHARD |
| CAROLYNNE KNOLES | JOLI WILSON |
| SAMDRA McEOWEN | |

A warm welcome to our newest members. We encourage our new members to participate in the many fine activities that we have to offer. You'll meet many of our members & make new friends. Look forward to seeing you!

GENERAL MEETING

JANUARY 27TH 11:45AM
FEBRUARY 24TH 11:45AM

Executive Board & General Meeting minutes along with treasurer's report and open time for new business. Good Earth Natural Foods lunches are served on Wednesdays at 11:00 AM. If interested, please call (415) 382-1334 the Monday prior for a reservation. LUNCH SERVED FROM 11:00 - 11:30AM. **"The lunch 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. BINGO begins promptly at 12:00Noon.

NOTE FROM CAROL (Coordinator)

Happy New Year to all of our members & friends! I am involved in the American Legion Auxiliary-Unit 179-San Anselmo, and our group is planning a Valentine's Day Luncheon (2/14) for Marin County Women Veterans. If you know women that served, please contact me at 415-497-6379! It will be a beautiful day and luncheon to honor the courageous women that served in the military! Thank you all for your support!



SIGNUPS BEGIN TUES-JAN. 19TH 9:30AM

HORSE RACES – MARCH 4TH

(FRI) -\$70 (Lunch/Turf)

ITINERARY: We will depart Park & Ride on Smith Ranch Road at 10:30AM and the San Rafael Community Center at 11:00AM. Then it's off to Golden Gate Fields Race Track for a delicious buffet luncheon in the Turf Club and a day of betting on the horses. Post time is 12:45PM. THE DRESS CODE FOR GOLDEN GATE FIELDS: GENTLEMEN: Collared shirts & dress slacks. Please no worn denim pants or jackets, shorts, sweat pants, t-shirts, windbreakers, thong sandals, tank tops, baseball caps or visors. LADIES: Dresses or tailored pants are preferred. Please no worn denim pants or jackets, shorts, sweat pants, t-shirts, tank tops, thong sandals, baseball caps or visors. TENNIS SHOES are not permitted for either men or women. Should arrive back in San Rafael approx. 5:30/6:00PM. NO PARKING IN CENTER/SAFEWAY LOTS. DRIVER'S GRATUITY INCL. MARIN CHARTER & TOUR BUS CANCELLATION...FEB.19TH (TUES)



SIGNUPS BEGIN TUES-JAN. 19TH 9:30AM

SAKE TOUR /TASTING & LUNCH – MARCH 10TH

(THURS) - \$67

ITINERARY: Depart the San Rafael Community Center at 8:00AM and from the Park & Ride at 8:30AM. We will then head to Folsom for a tour & tasting at the GEKKEIKAN SAKE COMPANY. Japan's tradition of sake making began more than 2,000 years ago shortly after rice cultivation was introduced from China. Though the first few centuries yielded a beverage quite unlike that of today, years of experience perfected brewing techniques and increased sake's overall appeal and popularity. In 1637, Gekkeikan's founder, Jiemon Okura established his sake brewery in the town of Fushimi, a location well-known for its high quality of water. To meet this increase in demand, Gekkeikan Sake (USA),Inc. was established in Folsom, California in 1989. Today, Gekkeikan's passion for pleasing the sake connoisseur remains unchanged. Dedicated just as the founder was over 370 years ago, both Gekkeikan Japan and Gekkeikan USA continue the tradition of both taste and quality. We will visit the state-of-the-art brewery, beautiful koi pond and Japanese garden. The tasting room offers complimentary tasting of "Kobai", the latest plum wine, as well as a variety of their locally produced sakes. Also enjoy unique snacks and time for shopping in their gift shop for sake sets, Japanese dishes, dolls, and sushi-making accessories. After our tour, we will arrive at the KANPAI SUSHI RESTAURANT for lunch (12:30PM) in Folsom. MENU: BENTO BOX served with Miso Soup, Rice, Salad, Gyoza , Tea & Green Tea Ice Cream. 1) Chicken Breast Teriyaki 2) Beef Teriyaki 3) Salmon Teriyaki. Arrive back in San Rafael approx. 4/4:30PM. DRIVER'S GRAT. INCL. CANCELLATION DATE.....FEB. 25th (Thurs)



DO NOT DELAY- CALL NOW! 9 TICKETS

“DIRTY DANCING” - GOLDEN GATE THEATRE – MARCH 16TH

(WED) - \$105 (9) SEATS LEFT-THOSE ON INTEREST LIST SIGNED UP FIRST!

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 12:00PM & from the San Rafael Community Center at 12:30PM. We will head to S.F. to the Golden Gate Theatre to see the 2:00pm performance-DIRTY DANCING. Seen by millions across the globe, this worldwide smash hit features the hit songs “Hungry Eyes,” “Hey Baby,” “Do You Love Me?” and the heart-stopping “(I’ve Had) The Time Of My Life.” It’s the summer of 1963, and 17-year-old Frances “Baby” Houseman is on vacation in New York’s Catskill Mountains with her older sister and parents. Baby discovers her own entertainment when she stumbles upon the staff quarters where an all-night dance party is in full swing. Mesmerized by the raunchy dance moves and the pounding rhythms, Baby can’t wait to be part of the scene, especially when she catches sight of Johnny Castle the resort dance instructor. Baby’s life is about to change forever as she is thrown in at the deep end as Johnny’s leading lady both on-stage and off with breathtaking consequences. We should arrive back in San Rafael at approx. 5:30PM. Driver’s grat.incl. NO PARKING IN CENTER OR SAFEWAY LOTS. Orchestra Section! CANCELLATION...Feb. 1ST

SIGNUPS BEGIN TUES-JAN. 19TH 9:30AM

SAN FRANCISCO FLOWER & GARDEN SHOW–MARCH 17th

(THURS) \$54

ITINERARY: We will depart Park & Ride at Smith Ranch Road at 8:30AM and from San Rafael Community Center at 9:00AM; then on to the San Mateo Event Center in San Mateo to enjoy this fabulous exhibit. If you have access to a web site, go for a tour and see the many wonders that the show will offer- www.sfgardenshow.com. What this entails is that the Event Center is transformed into this magical and beautiful world of flowers and trees-this year’s theme *DISCOVERY!* Here are a just a few of the things planned: Stroll through gorgeous designer gardens, with artfully arranged plants, trees and flowers in full bloom, see the designs and watch the demonstrations by world-class floral designers, discover how to create your own remarkable garden with hands-on demonstrations and inspiring seminars, meet professional gardeners and nursery owners who can answer all your questions...and help solve those nagging problems, browse a wide selection of specialty shops featuring unique flowers, plants, gifts, tools and more & learn how to grow and



prepare fresh home-grown food. You will have plenty of time to wander on your own and enjoy all of the attractions. In addition, there is a restaurant that offers a wide selection of lunch items: salads, soups, pasta and sandwiches and there are also concession stands to purchase food & beverage items. Plenty of seating areas around the show to take a rest. We will depart the Show at 3:00PM & arrive back in San Rafael at approx. 4/4:30PM.

CANCELLATION DATE...March 3rd (THURS)

SIGNUPS BEGIN TUES-JAN. 19TH 9:30AM



**MARRAKECH
MAGIC SHOW &
LUNCH-\$127
MARCH 29TH (Tues)**

World renowned sleight of hand magician Magician, Peter Morrison, who was featured at

the Magic Castle in Hollywood in 2008-2009, will entertain with magic and comedy during his hour and fifteen minute energetic performance. The show combines of, intriguing feats of mentalism, mind blowing sleight-of-hand magic, and laugh out loud charming humor. Enjoy a three course Moroccan lunch prior to the show, complete with belly dancer at the MARREKECH MOROCCAN RESTAURANT (downstairs in the Sultan's Lounge- no elevator; can use elevator in building next door to get to this level). Appetizer, Moroccan Chicken dish, Baklava, bread & coffee/tea. ITINEARY: We will depart Park & Ride at Smith Ranch Road at 10:15AM and from the San Rafael Community Center 10:45AM & head to S.F. for show & lunch. Should arrive back in San Rafael at approx. at 3:30/4:00PM. NO PARKING IN SAFEWAY/CENTER LOTS. DRIVER'S GRATUITU INCLUDED. Bring water if needed. **CANCELLATION DATE....Feb. 26th**

SEATS STILL AVAILABLE!!!!

**RED HAWK CASINO
JAN. 21st (THURS)
\$35**



ALL PASSENGERS MUST SIGNUP FOR A PLAYERS CARD TO RECEIVE A PACKAGE (you will have a choice of either \$15 slot play or \$20 match play for table games). YOU MUST BRING YOUR PICTURE I.D. ITINERARY: We will depart the San Rafael Community Center at 8:00AM and from the Park & Ride at Smith Ranch Road at 8:30AM. We will then head to RED HAWK for a 5 hour stay (10:30AM to 3:30PM). If you haven't attended before, this is a time to go-great casino, great prizes & great food! Home in San Rafael at approx. 5:30/6:00PM. Driver's gratuity incl. NO PARKING IN SAFEWAY/CENTER LOTS.

CANCELLATION DATE...Jan. 11th

FEW TICKETS STILL AVAILABLE!!!!

**TAKE ME OUT TO THE
BALLGAME! Let's go see the
GIANT'S in 2016! SIGNUP**

NOW! First-come-first seated!! Once you pay, you are committed in going and **there is no refund! (If we have a waiting list ,you will receive 90% refund)**



WEDNESDAY,

AUGUST 31ST 12:45PM game against the Arizona Diamond Backs.

COST: \$98 (includes ticket and bus). Great seats are located in lower box reserve-by Giant's dugout. We need your money NOW to buy the tickets as the Giant's do not hold seats without payment. So RUN down to the Goldenaries and reserve your seat to see the 2 TIME WORLD CHAMPIONS right in your own backyard! We have contacted the Giant's regarding drop-off & pickup location for this game & it should be much smoother than last year. Drop-off will be at 2nd & King and there is a gate right there that will take you to seat location. Will have information next year on pickup! **DO NOT DELAY! THIS WILL BE THE ONLY GIANT'S GAME FOR THE YEAR – DON'T MISS OUT!**

SEATS AVAILABLE TILL -JAN. 14TH !!!!

**"KIT & KATS -REMEMBER
WHEN" AT EL CAMPANLE
THEATRE-FEB. 6TH
(SAT) - \$85**

Put a nickel in the jukebox for ... Kit and the Kats. Kool tunes ... a little R&B, a little Pop, a little Rock and Roll. Songs of that first dance, that first kiss



...From the days of teen idols, slow dancing, bouffant hairdos, petticoats, pompadours. and the Twist! Kit and the Kats - vocal trio plus band featuring Laura Ellis as Kit. 50's and 60's Rock and Roll hits - Rock and Roll Music, Peggy Sue, the Twist, Mama Said, Will You Still Love Me Tomorrow?, Teenager in Love, Great Balls of Fire, Johnny Angel, Crying, Cathy's Clown, Cupid, Poison Ivy, I Saw Her Standing There & more!
ITINERARY: We will depart Park & Ride at Smith Ranch Road at 9:45AM and from the San Rafael Community Center at 10:15AM. From there, we will venture to Pittsburg for a hosted lunch at LA VERANDA RISTORANTE ITALIANO (11:30-1PM). Menu Selection:

- 1) Fettuccini Alfredo with Chicken
- 2) Talapia with lemon, capers & white wine
- 3) Eggplant Parmesan.

All entrees served with salad, cheesecake and coffee/tea. After lunch, we will then arrive at the El Campanile Theatre in Antioch for the 2PM performance-KT & KATS-REMEMBER WHEN!! Should arrive back in San Rafael at approx. 5:30pm. DRIVER'S GRATUITY INCL. NO PARKING IN CENTER/SAFWAY LOTS. **CANCELLATION DATE...Jan. 15th**

SEATS STILL AVAILABLE TILL JAN. 19

A VALENTINE'S DAY SPECIAL with PASQUALE ESPOSITO-FEB. 9th (TUES)-\$120



ITINERARY: We will depart the San Rafael Community Center at 9:30AM and from Park & Ride on Smith Ranch Road at 10:00AM. From there, we will head to Vacaville for a hosted lunch at the ORIGINAL PIETRO'S RESTAURANT (11:30-1:45PM). MENU SELECTION-salad plus: 1) Cannelloni 2) Ravioli 3) Pasta Marinara. After lunch, we will arrive at the Vacaville Opera House for an exclusive performance by PASQUALE ESPOSITO and you will enjoy a hosted glass of "bubbly", dessert and coffee/tea. Pasquale, an amazing Italian Tenor, immigrated to the United States in 1998. Enjoy a taste of Broadway, Opera and traditional American and Italian songs at this exclusive performance. He is known for his recently released PBS special "Pasquale Esposito Celebrates Enrico Caruso". Pasquale's voice will enchant and move you as he serenades us with his beautiful Italian tenor voice! With sparkling chandeliers above you, beautiful music serenading you & a tasty dessert to nibble on, this exclusive small venue performance is one you will not want to miss! We should arrive back in San Rafael at approx. 6:00/6:30PM. NO PARKING IN CENTER/SAFWAY LOTS. *Driver's Gratuity Incl.* **CANCELLATION....JANUARY 8TH**

SEATS STILL AVAILABLE!!!!

CHINESE LUNCH & PLAY - "PORTRAIT OF PEONY" - A



Bilingual play set in Ancient China - FEB. 21^S (SUN)-\$68 ONLY 30 Tickets!

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 10:30AM and from the San Rafael Community Center at 11:00AM. We will then head over to San Francisco for a delicious Chinese luncheon (Cathay House Restaurant) at 12Noon.

After lunch, we will walk around the corner to the BUDDHA'S UNIVERSAL CHURCH to watch a delightful performance (2:00PM) of adults & children in a classical bilingual musical drama set in ancient China. We use to attend this production for years & have not for the last few years and they now have new sets, props & costumes! It truly is a delightful production! The fateful story of White Peony & Jun Yip continues...A new bundle of joy has appeared in their lives, but their bliss is punctuated by the relentless malice of Auntie, who has redoubled her efforts to torment Peony...and eliminate her for good. Enjoy a unique play performed in alternating Chinese and English, with modern day wit, sparkling costumes and graceful imperial dancers.. We should arrive back in San Rafael at approx. 5/5:30PM. Great way to spend a Sunday afternoon! NO PARKING IN CENTER/SAFWAY LOTS. Driver's gratuity Incl. **CANCELLATION DATE...Feb. 5th**

SEATS STILL AVAILABLE!!!!

AN ACT OF GOD- GOLDEN GATE THEATRE - APRIL 2ND (SAT) -\$125



ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 12:00PM & from the San Rafael Community Center at 12:30PM. We will then venture to the Golden Gate Theater in San Francisco for the 2:00pm performance- AN ACT OF GOD. Emmy Award winner SEAN HAYES ("Will" & "Grace") stars in AN ACT OF GOD, the sinfully funny and critically acclaimed new play direct from Broadway where God and His devoted angels answer some of the deepest questions that have plagued mankind since Creation! He's finally arrived to set the record straight...and He's not holding back! Don't miss this hilarious 90-minute comedy written by 13-time Emmy Award winner David Javerbaum ("The Daily Show with Jon Stewart") and directed by two-time Tony Award winner JOE MANTELLO (Wicked). We should arrive back in San Rafael at approx. 5:30PM. *Driver's gratuity incl.* NO PARKING IN CENTER OR SAFEWAY LOTS. **ONLY 36 TICKETS-Orchestra Section!** **CANCELLATION DATE...Feb. 16th**

CIRQUE DU SOLEIL RETURNS TO S.F. AT&T PARK! NOV. 2016-JAN. 2017.

CALL THE OFFICE 415-485-3348 & PUT NAME ON INTEREST LIST. WHEN DATE IS DECIDED YOU MUST PAY THEN & NO REFUNDS AS TICKETS NEED TO BE PURCHASED AT TIME OF BOOKING! This is always a fabulous show with great seats. **Cost: \$100-\$115**



**BINGO DAYS –
WEDNESDAYS**

**JAN. 13TH & 27TH
FEB. 3RD, 10TH & 24TH**

OPEN TO THE PUBLIC!

**Anyone over the age of
18 yrs. can 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!!! If your birthday occurs during the week of a Wednesday Bingo (Sunday to Sunday), you will receive a FREE dauber. If your birthday occurs during the 3rd week, when there is no Bingo, it will be recognized on the 4th Wednesday!
**BIRTHDAYS APPLY TO ALL PLAYERS!!
MUST SHOW DRIVER’S LICENSE OR ID.**

***** 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. 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 (Meals on Wheels) are available for those in need. Call 415-473-2734 for details, menus and to sign-up.

**TICKETS NOW ON SALE!
“TOP O’ THE MORNIN’ TO YOU!”**

**THE GOLDENAIRES INVITE YOU TO THEIR
ST. PATRICK’S DAY
LUNCHEON
FRIDAY, MARCH 18TH
AT THE SAN RAFAEL
COMMUNITY CENTER**



**LUNCH SERVED AT 12:30pm
(Doors open at 12/12:15pm)
ONLY \$15 PER PERSON**

Come spend a lovely afternoon with your fellow members and enjoy a day of fun with delicious food and lively entertainment. Don’t forget to come in “green” or you may be pinched! Buffet lunch will be served at 12:30pm. Seating is first come, first served. Groups of 8 or more can reserve a table.

Lunch will be provided by “Debbie Ghiringhelli Catering” AND our wonderful kitchen crew. Wine & GREEN Beer will be sold for \$4 a glass! MENU: Corned Beef & cabbage, salad, potatoes, dessert & coffee! MMM! After lunch, you will be entertained by Irish dancers who will dance your hearts away & put a smile on your face! Let’s have a big crowd of Goldenaires to help us celebrate “St. Patty’s” Day! The event should end around 2:00pm. Get your tickets NOW! Do not delay and be left out on this special day!

**RESERVATION DEADLINE-
MARCH 15th (TUES)**

SUNDAY DANCES

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

FEATURING
THE MANNY GUTIERREZ QUARTET



JANUARY 31ST
(NO DANCE IN MARCH)

FEBRUARY 28TH
APRIL 24TH

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**



2016 AARP Driver Safety Program Course

**** JANUARY 20TH (WED) 12:30-5:00PM

MARCH 15TH & 17TH (TUES & THURS) 1:00-5:00PM

***MAY 5TH (THURS) 12:30-5:00PM

This AARP-sponsored course is offered at the San Rafael Community Center and is available to all motorists ages 55 and older. **Fee: \$15 for AARP members and \$20 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 course 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 class is held, or if you do not attend the first class, fee will be retained.**

IT'S COOKING TIME AGAIN!!!!

COOKING WITH EFFIE

MONDAY. FEBRUARU 22ND SIGNUP NOW!!!!

11:30-1:30PM in the Kitchen at the

San Rafael Community Center RESERVATIONS REQUIRED!

MAXIMUM 20 MEMBERS

FEE: \$12.00 (DEMONSTRATION, LUNCH,

RECIPES & LAUGHS)

Luncheon including: Entrées, Dessert & Tea.

DON'T MISS OUT ON A FUN TIME!



ONGOING CLASSES AND PROGRAMS FOR MEMBERS

Youthful Hearts

FIT & FUN-Low Impact Aerobics



Mondays & Fridays (some Wednesdays due to events in building or holidays) from

9:30 to 11:00 AM. Certified instructor, Jeannette

Logan, teaches safe exercise for older adults.

Schedule: 9:30-10:45 AM, Aerobics, Stretch & Strength. 10:45-11:00 AM, Guided

Relaxation. It's a great way to keep in

shape and meet new members. Attend twice a week and pay the full monthly fee of just \$36 (8 classes-9th is bonus). Attend only one day a week (Mon or Fri) and pay \$20. Drop-in fee is \$9 per day. Both men and women welcome. *Jeannette Logan invites you to check her website-www.YouthfulHearts.com*

Youthful Hearts STILL GOING STRONG – Strength Training & Stretch

Mondays & Fridays (some Wednesdays due

To events in building or holidays) from

11:15 AM to 12:15 PM. This is a great class for those who want to build stronger bones and muscles and improve their range of motion. Mats are provided.

Instructor: Jeannette Logan. Both men and women

welcome. Attend twice a week and pay the full monthly fee of \$30. Attend only one day a week (Mon or Fri) and pay \$17. Drop-in fee is \$8 per day.

Jeannette Logan invites you to check her website-www.YouthfulHearts.com

Youthful Hearts Non-Impact Chair Aerobics

Mondays (some Fridays due to events) from

12:35-1:10 PM. A SEATED Exercise Program for

Men & Women. 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 chi gong, yoga, non-impact aerobics and meditation all done while sitting in a chair.

FEE: \$16/month. Drop-In Fee: \$6.00 each day

Jeannette Logan invites you to check her website-www.YouthfulHearts.com

Bridge Contract Bridge on Mondays from 10:45 AM to 3 PM. You must already know how to play; this is not a teaching class. Both Intermediate & Advanced players (men and women) welcome. No reservations needed, but you **MUST arrive no later than 10:35 AM** and bring your own lunch. Chairperson: Uta Bender

Acrylic Painting Mondays from 10:00AM to 3:30PM. Practice your painting skills and create new things in a fun-loving, encouraging environment. Bring your own supplies and a small donation for the leader. Ongoing. New persons may join at any time.

Mahjong Tuesdays from 9:30 AM to Noon. Norma Smith-Axton & Linda Jernigan, are the volunteer instructors. Chinese tiles are used for (Asian) play. No fee – this is an ongoing program. Instructors will assist in helping members learn the game.

CRAFT FAIR RAFFLE- BASKETS

Don't know what to do with those gifts you received during the holidays, birthdays, anniversaries, etc. that you can't return and have no use for? Bring them to the Goldenaires office (new & in original boxes if possible). Also wine or gourmet food is a hit! We can use them for our raffle baskets at the craft fair which is a fundraiser for the club! We can store the items here! Also, if you have large baskets for the raffle, please drop those off at the office. Thank you!

Poker Tuesdays from 12:15 to 3:30 PM. Join and play with your fellow members & friends. Open to Goldenaire members - men & women.

Bocce – Open Play Tuesdays and Fridays from 9 AM to 3 PM at Albert Park - right next door to the SR Community



Center. \$4-\$5. Open to all seniors who are interested in open-play bocce ball. Courts are right next door to the Goldenaires office.

Everyone is welcome and no experience is required! League play begins in March-October. Goldenaires subsidizes part of league fee-\$15 per team. It is a lot of fun & you'll meet new friends. For more info, call the Bocce office (415) 485-5583.

Watercolor Painting

Tuesdays from 10-3pm.

Small fee for the instructor's mileage. Please bring your own supplies. Instructor: Anne Carroll, professional artist. Also, check out the display of paintings in the hallway - BEAUTIFUL work from beginners & advanced artists and pictures are for sale! In the office, we now sell greeting cards hand-painted by these talented artists – only \$3 each!



Crafts Boutique

Enjoy the fun of learning new crafts while making new friends. The craft group meets every Friday from Noon-3 PM. They design some items and hand-make all our crafts – ideas here are always welcome. Our items are always on sale for a reasonable price, so come down and look at the display in the trophy case and in the Goldenaires office. Better yet, if you have a talent you would like to share with the craft group, come on down and join us. Call 415-485-3348.



Wood Carving

Fridays from 9:00 AM to Noon--

A great, inexpensive, fun class that promotes a truly rewarding hobby. Beginners welcome! NO FEE. Students help out, teaching each other techniques and showing you how much fun wood carving can be!



READ THE LATEST CRUISE NEWS

1. Listings for all of 2016 are briefly described, featuring 4 Cruise lines. If you want one added, contact Barbara about Group space. As better or new sailings are available, they will be featured in our monthly updated list.

2. ABOUT OUR FEATURED 4 CRUISE LINES.

A. AMAWATERWAYS RIVER BOATS: All-inclusive: drinks with lunch and dinner, all shore excursions. Tips extra.

B. CELEBRITY CRUISE LINE: Choose from 2 to 4 amenities, like prepaid gratuities, for small daily fee. **One is offered FREE No matter what category you book!!!!** Like internet!!

C. CRYSTAL CRUISE LINE: **All-inclusive** except shore excursions—they even pay your tips. ALL drinks incl, even from the bars!!

D. PRINCESS CRUISES: A favorite with the Goldenaires. **TWO** Beverage Packages: Covers wine, cocktails, sodas, Specialty coffees, beer, bottled water. \$49 per person/per Day. 2016 the National Park Service turns 100. Princess offers several additional features for All ALASKA cruises such as Expanded Seafood dishes and local chefs from local Alaska Restaurants!!

2016 CRUISES – DO NOT DELAY IN SIGNING UP!!!

MARCH 4 – 19, 2016 15 days roundtrip **SAN FRANCISCO HAWAII** GRAND Princess

4 Islands, 9 sea days & Ensenada \$75 onboard credit, Inside room from \$1499 per person/dbl.

APRIL 9 – 25, 2016 16 day **TRANSATLANTIC Ft. Lauderdale to ROME !!** Celebrity's Reflection

BALCONY Stateroom for ONLY \$100/day pp, OVERNIGHT Barcelona, visit Nice, Florence, Canary Islands and MORE!!

APRIL 22, 2016 16 days **TRANSATLANTIC Ft. Lauderdale – BARCELONA** THE NEW ROYAL PRINCESS

ONLY \$1198 pp/dbl inside (\$1839 balcony), \$50 onboard credit Visit Portugal, Seville, Gibraltar, Palma de Mallorca

APRIL 23, 2016 15-day **PANAMA CANAL Ft. Lauderdale – Los Angeles** ISLAND Princess

5 Ports of Call – 8 sea days Inside cab. Fr. \$2089pp/dbl Aruba, Columbia, Costa Rica, Nicaragua, Cabo San Lucas

APRIL 26, 2016 15-day **PANAMA CANAL Miami – San Diego** Celebrity's Infinity

from \$1609pp/dbl, Columbia, Costa Rica, Guatamala, Puerto Vallarta, Cabo San Lucas

MAY 21 – JUNE 1 11-day **ALASKA Roundtrip SAN FRANCISCO** GRAND Princess

Inside cabin fr. \$1349pp/dbl \$75 Onboard Credit, Visit the Tracy Arm Fjord Glacier and Icy Strait Point plus other ports

MAY 23 – JUNE 6 14 Nights - **AMSTERDAM TO BUDAPEST LIMITED SPACE** AMAWATERWAYS AmaPrima

Save \$500pp/dbl fr. \$6599 (less \$500)!!! Cruise the Rhine and Danube Rivers (7 night cruises also available)

JUNE 26 – JULY 3 7-day **ALASKA Anchorage – Vancouver** Crystal Serenity

ALL-INCLUSIVE Ocean View from \$2995pp/dbl \$250 shore trip credit See Hubbard Glacier, SITKA and 3 more ports

NOVEMBER 5-20 15 nights **TRANSATLANTIC ROME – Ft.Lauderdale** Celebrity's Silhouette

(2 category upgrade incl) Inside from \$899pp/dbl, Visit Florence, Barcelona, Palma de Mallorca & more, \$75 onboard credit

NOVEMBER 13- 23 10 nights **\$75 onboard credit MEXICO** GRAND Princess

ROUNDTRIP SAN FRANCISCO Fr. ONLY \$998/pp/dbl, Puerto Vallarta, Manzanillo, Mazatlan and Cabo San Lucas

NOVEMBER 16 19 Days !!! **Roundtrip Los Angeles PANAMA CANAL** ISLAND Princess

Partial Transit/Gatun Lake, BALCONIES from \$3399pp/dbl, Visit Huatulco, Guatamala, Panama OVERNIGHT, Costa Rica

NOVEMBER 23 15 DAYS **Roundtrip SAN FRANCISCO HAWAII** GRAND Princess

\$75 onboard credit Inside room from \$1698 pp/dbl 4 Hawaiian islands, Ensenada, and 10 Sea Days for Fun and Sun !!

NOVEMBER 24 15 NIGHTS **\$50 onboard credit PANAMA CANAL** Celebrity's INFINITY

Cat. 10 Inside from \$1419pp/dbl **BARGAIN!!!!!! SAN DIEGO TO FT. LAUDERDALE --** Cabo, Puerto Vallarta, Puerto Quetzal, Columbia, Cartagena, and More !! **SHOP FOR CHRISTMAS !!**

DECEMBER 3 – 20 17 days **ROME – FT. LAUDERDALE TRANSATLANTIC** PACIFIC PRINCESS -- Small Ship at

ONLY 672 passengers Inside fr. \$1748pp/dbl **PRE-CHRISTMAS SHOPPING** "Cool Weather" \$50 onboard credit

Rome, Naples, Sicily, Barcelona, Gibraltar, Azores, Bermuda, Ft. Lauderdale

PRINCESS CRUISES' LATEST DISCOUNTS & SALES: TWICE AS NICE !! Reduced Deposit and Onboard Credits!!

SEE OUR PRIVATE WINE CRUISE FLYER ON CRYSTAL CRUISES: \$5,000 OFF PER COUPLE EXTENDED TO FEBRUARY 29, 2016. SHIP SAILS SEPT. 14 TO 25, 2016. Balconies start at only \$3550. AN ALL-INCLUSIVE SAILING WITH PERKS!!

ALL space is limited. Taxes, Insurance & Air Additional. ASK about OTHER Dates and ships. All cruises benefit Goldenaires. Bring a friend. You Are ASSURED of paying a lower fare when fares reduce, even after final payment. Call Barbara Nelson, Barbara's Travel at 866-462-7887 (toll free) OR Email: barbarastravel@earthlink.net. CST 1003321-10



WineStars – 20Years of Excellence

Join Evelyn Smith, Owner/Wine Expert, on 6-Star Crystal Symphony

Venice to Rome: September 14-25, 2016



All-Inclusive Crystal Cruises
 Complimentary gratuities, specialty restaurants,
 champagne, fine wines, spirits and non-alcoholic beverages,
 24-hours room service, and so much more...



Your Host—Evelyn Smith has been a part of the wine industry for over 20 years. After finishing graduate school and working for a broker for a few years, she opened WineStars in 1995. WineStars is a wine boutique created to meet the needs of wine connoisseurs across the United States. She represents small to medium wineries that can't usually be found in big box and warehouse stores. Her specialty is finding premium, limited vintage and limited production wines. Evelyn has also consulted for several wineries including Lambert Bridge, Marietta, Deux Amis and Mutt Lynch.

Venice, Italy to Rome, Italy • September 14 - 25, 2016 • 11 Days • Crystal Symphony
Per Person Fares from \$3,330 (Book by December 30, 2015 to save \$5,000 per couple)
Pay in full by March 19, 2016 for 2.5% savings

2016 Date	Port	Arrival	Departure
Sep 14, Wednesday	Venice, Italy (overnight)	Embark pm	
Sep 15, Thursday	Venice, Italy		11 pm
Sep 16, Friday	Koper, Slovenia	8 am	10 pm
Sep 17, Saturday	Opatija, Croatia	8 am	6 pm
Sep 18, Sunday	Dubrovnik, Croatia	12 n	11 pm
Sep 19, Monday	Kotor, Montenegro	10 am	5 pm
Sep 20, Tuesday	Corfu, Greece	9 am	11 pm
Sep 21, Wednesday	<i>Cruising the Mediterranean Sea</i>		
Sep 22, Thursday	Valletta, Malta	9 am	10 pm
Sep 23, Friday	Taormina/Giardini Naxos, Italy	8 am	5 pm
Sep 24, Saturday	Sorrento, Italy	7:30 am	6 pm
Sep 25, Sunday	Rome (Civitavecchia), Italy	5 am	

UNIQUE WINESTARS AMENITIES

- PRIVATE COCKTAIL RECEPTION
- PRIVATE WINE TASTING & FOOD PAIRING
- PRIVATE WINERY TOUR
- \$100 PER PERSON ONBOARD CREDIT

For more information or to reserve your stateroom by December 30, 2015 to SAVE \$5,000 per couple, contact

BARBARA NELSON, SAN MARIN TRAVEL

866.462.7887 or barbaratravel@earthlink.net



Per person savings of \$2,500 (included in above fare) apply to new bookings and must be booked by 12/30/2015 to receive savings. Cruise-Only Fares are per person in U.S. dollars, double occupancy and do not include cruise port, security and handling charges of \$480. Optional Personal Select Air Program is available to purchase for full-fare, full-cruise guests whose travel originates from a U.S. or Canadian airport, and include all government fees and taxes. Note: Early Full Payment savings do not apply to Personal Select Air. Solo Traveler Fares are available upon request. Crystal Society savings are per person based on double occupancy. *Crystal Cruises offers each guest the opportunity to dine at least once on a complimentary basis in Prego and at least once in Silk Road or the Sushi Bar (Sushi Bar is not available for pre-reservation via PCPC and is available on a first-come, first-served basis). Additional reservations including "walk-in" visits are subject to a \$30 per person fee, subject to availability. All offers may not be combinable with other promotions, apply to first two full-fare guests in stateroom or suite, are capacity-controlled, subject to availability and may be withdrawn or changed at any time without notice. Ship's registry Bahamas. For full terms and conditions contact Barbara Nelson, San Marin Travel. CST#1003325-10.

TRIP POLICIES, PROCEDURES & PROGRAMS

PROCEDURES FOR SIGN-UP DAY: Tuesday, JANUARY 19TH at 9:30am for NEW TRIPS. First day to sign-up for tours.
PLEASE be patient & quiet in the office during sign-ups. PHONE-IN RESERVATIONS ACCEPTED-after 1:00PM – 8/18/15.

BUS INFORMATION When riding on our chartered buses, you are not allowed to walk around while the bus is in motion. Please remember that water may not be available on the bus, so bring a small bottle of water if you require some while on a trip. Please, no talking to the bus driver while he/she is driving, as it is unsafe. Please wear your name badge while on trips and at events. No drinking of alcohol or smoking allowed on the bus. Bus restrooms are for emergencies only! **NO PARKING IN COMMUNITY CENTER LOT FOR TRIPS.**

PAYMENTS & REFUNDS Cash and checks are gladly accepted. **CURRENTLY, WE ARE UNABLE TO ACCEPT CREDIT CARDS.** 100% refund if you cancel before deadline date; NO REFUND if you cancel after deadline. If we can fill your space after the deadline, you will receive 90% back (unless there are additional charges from the tour company OR if you cancel the day of the tour). Checks returned to our office will be charged a \$10 fee in addition to your bank's fee. Refund checks will take 2 weeks to process.

TRIP RESERVATIONS – MAIL-IN REQUESTS ARE ENCOURAGED!!! Reservations taken over the phone for NEW trips will be accepted on the day after first day of signups (ie. AUG. 18th –after 1:00PM). You may either come into the Goldenaires office or mail in your requests! **PLEASE INCLUDE A SELF-ADDRESSED ENVELOPE FOR RETURN OF YOUR RECEIPT.** Receipts are held at the office if no return envelope was sent. Trip reservations by mail are processed after walk-ins on first day of sign-ups.

GUESTS ARE WELCOMED ON TRIPS & EVENTS Guests (ADULTS ONLY, not young children!) are allowed on trips, dinners and luncheons. Non-members must pay an additional \$10 for trips (and sign a release form) and dinners & luncheons is an extra \$5.00. BINGO-must be at least 18 years of age, LUNCHEONS-must be at least 13 yrs & up, TRIPS/DINNERS- Over the age of 21. Currently, the Executive Board has agreed that BRING A FRIEND AT NO EXTRA FEE is in effect for the

PERFUME, AFTER-SHAVE AND COLOGNE ARE NOT ALLOWED ON TRIPS! Please refrain from using strong scented perfumes & cologne while riding on the bus. We appreciate your cooperation & consideration of others. **WOMEN-NO HEAVY PERFUME!!!!**

BE ON TIME: **Reminder - when trip escort tells you the time to re-board the bus (i.e. Reno/Tahoe/day trip), please be on time – don't make passengers wait. Escorts have been instructed to leave passengers – therefore, late passenger will have to pay for their transportation home!

BE COURTEOUS TO MEMBERS Please limit use of cell phones while on bus trips. Calling for your ride home is acceptable, but not a lengthy conversation while riding on the bus. In addition, please cover your mouth when coughing – germs spread like "wild-fire" when on a bus/plane.

REMINDER ABOUT PARKING! NO PARKING in the Community Center or Safeway parking lots while on bus trips. If you are being picked up after a trip, please have your driver pick you up at the Center and NOT Park and Ride. Phones available at Safeway or 7-11. The Center parking lot is for participants (Goldenaires) while in the building, participating in a class, doing business with the office or Bingo.

GIFT CERTIFICATES The Goldenaires Organization provides gift certificates for any dollar amount that can be applied to any activity, class, trip or event that we offer. In addition, we also issue certificates for BINGO! So, looking for a gift for a fellow Goldenaire? Look no further! Pu Don't forget our "Memorial Fund" in memory of a member or a loved one.

MEMORIAL FUND – San Rafael Goldenaires-501 (c) 3 - Non Profit Organization - #59-3837185

San Rafael Goldenaires Organization appreciates all bequests, whether large or small. All gifts either in memory of a loved one, a friend or in your estate helps with the continued programs and success of this organization. For many of our deceased members, their families have listed the Goldenaires as a recipient to send donations. We deeply appreciate your support as these monies allow us to offer programs and services at either a reduced cost or no cost to the members. Your donations are tax deductible. Thank you!

HOMESHARE PROGRAM: Free referral service matching seniors who have rooms to rent with people seeking affordable housing. Contact Leslie Klor, Episcopal Senior Communities at Whistlestop 415-456 9062 ext. 132.

MARIN ACCESS – TRANSPORTAION CHOICES – 1) VOLUNTEER PROGRAM: 415-454-0902 Provides transportation support for seniors and ADA eligible riders in Eastern Marin. Provides mileage reimbursement to driver-(\$0.35 per mile) 100 miles/mo, 300 in West Marin.

2) CATCH-A-RIDE: Allows Marin residents who are age 80 and older as well as residents 60 and older who no longer drive to receive a subsidy to ride on Taxis and other licenses vehicles within Marin. \$14 subsidy toward rides (\$18 if low income). 8 one-way rides a month. For more information call 446-0902. **3) MARIN ACCESS PARATRANSIT:** Marin residents whom are unable to ride public transit due to a disability. Door to Door Service. Ride Share Program. For more information call 454-0902.

MARIN MEDICAL EQUIPMENT RECYCLERS: is a locally run volunteer non-profit based in San Rafael. They accept donations of clean & usable medical equipment & supplies & give them to individuals in our community who need them. To donate items: Wednesdays ONLY- 11:00-2:00PM 3100 Kerner Blvd., San Rafael. Contact for more information: 415-388-8198.

DRIVE for WHISTLESTOP CARE POOL-Volunteer To Drive-Drive Marin County neighbors-in-need to medical appointments & grocery store. Sign-up & accept rides through email-make a difference in your community. 415-456-9062, ext. 117 or Email: volunteer@whistlestop.org

RIDE with WHISTLESTOP CARE POOL-Get a FREE RIDE to medical appointments & to grocery store - If 65 years or older, a person with disabilities, a Marin resident, able to travel in a passenger vehicle-requesting a ride is a phone call away! Call Travel Navigator: : 415-454-0902 or EMAIL: Navigator@whistlestop.org

Arranged by Talbot Tours for San Rafael Goldenaires



ARIZONA Spring Training

HOME PICK UP AIRPORT TRANSFERS!!

March 7-10, 2016

Enjoy Major League Baseball's Cactus League in sunny Arizona!



TOUR INCLUDES

- ◆ Home Pick Up Airport Transfers
- ◆ Roundtrip Air Transportation ~ Bay Area to Phoenix
- ◆ First Class Accommodations for 3 Nights at the Hampton Inn, Tempe
- ◆ ALL BREAKFASTS & 1 DINNER
- ◆ 2 Giants game tickets
- ◆ Luggage Handling for One Suitcase Per Person
- ◆ Taxes where Applicable & Drivers Gratuities



Per Person Prices:
\$1365 Double
\$1895 Single

Be sure to pick up the flyer at the Goldenaires office

COLLETTE TOURS FOR 2016-2017

SPOTLIGHT ON WASHINGTON, D.C. – APRIL 13TH-19TH, 2016 HIGHLIGHTS: U.S. CAPITOL Building Tour, World War II Memorial, White House Visitor Center, Mount Vernon, Arlington National Cemetery, Smithsonian Institution, Baltimore, Annapolis, Washington National Cathedral, Ford's Theatre

DOUBLE: \$2699 SINGLE \$3399 TRIPLE: \$2669

THE PACIFIC NORTHWEST'S COASTAL TREASURES – JULY 10TH-18TH, 2016 HIGHLIGHTS: Seattle, San Juan Islands, Friday Harbor, Victoria, Port Angeles, Olympic National Park, Hoh Rain Forest, Hurricane Ridge

DOUBLE: \$3,979 SINGLE: \$4929 TRIPLE: \$3929

SOUTH DAKOTA – SEPTEMBER 6TH-12TH, 2016 HIGHLIGHTS: Mt. Rushmore, Crazy Horse Memorial, Black Hills Gold, Needle Highway, Custer State Park, Deadwood, Lead, Badlands National Park, Wall Drug Store, Hot Springs

DOUBLE: \$2439 SINGLE: \$2889 TRIPLE: \$2409

NIAGARA FALLS TO NEW YORK CITY – OCTOBER 11-18, 2016 HIGHLIGHTS: Cruise on Erie Canal, Sonnenberg Gardens and Mansion, National Baseball Hall of Fame, West Point, New York City

DOUBLE: \$3669 SINGLE: \$4869 TRIPLE: \$3639

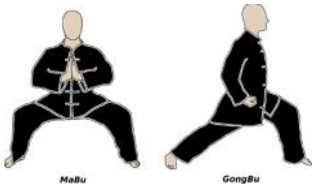
AMISH COUNTRY CHRISTMAS – DECEMBER 2ND-8TH, 2016 HIGHLIGHTS: Philadelphia, Brandywine Valley, Wheatland, Amish Farmlands, Dutch Apple Dinner Theatre, Hershey's Chocolate World, USA

DOUBLE: \$2589 SINGLE: \$2989 TRIPLE: \$2559

ARABIAN PENINSULA – FEBRUARY 15TH-26TH, 2017 HIGHLIGHTS: Abu Dhabi, Falcon Hospital, Old Muscat, Wahiba Tribe, Sultanate of Man, Camel Ride, Al Ain, Dubai, Desert Safari, Sheikh Mohammed Centre for Cultural Understanding

DOUBLE: \$6479 SINGLE: \$7529

BROCHURES AVAILABLE IN GOLDENAIRES OFFICE FOR FUTHER DETAIL



NEW SESSION STARTING FOR QIGONG

QiGong Classes-Thursdays, 2:00-3:00PM

JANUARY 7TH through FEBRUARY 25TH (NO CLASS 2/18/16)

7 weeks - \$70 (must have a minimum of 12 students to make it a go!

San Rafael Community Center

Scott Jensen (instructor) is international Gold Medalist in Tai chi and recognized expert in Qi Gong. He has over 35 years of experience helping people heal themselves using the same methods he used to recover from 28 broken bones and two severe whiplashes. Using clear and precise instructions and a teaching method refined over many years Scott will help you understand how to improve your health using Qi Gong. Qi Gong exercises are breathing and stretching exercises that are based on the theories of traditional Chinese medicine. These simple to learn and practice exercises will quickly help you improve your health, boost your energy level, feel stronger, move with balance, relax your mind, and calm your emotions. Come join us! DO NOT DELAY IN SIGNING UP AS THIS IS THE 2ND SERIES OF CLASSES AND WE HAD 13 STUDENTS IN THE 1ST/CURRENT SESSION! Scott is a wonderful person & great instructor!

Arranged by Talbot Tours for San Rafael Goldenaires

Included Features

- ♦ Professional Escort
- ♦ One night the Marriott Miami Airport, Miami, Florida
- ♦ Two nights Hotel Santa Maria, Camaguey, Cuba
- ♦ Two nights Brisas Trinidad del Mar Resort, Trinidad, Cuba
- ♦ Three nights Melia Cohiba Hotel, Havana, Cuba
- ♦ 22 Meals & Cuban Visa Fees



October 15-23, 2016
Revised Date



HOME PICK UP AIRPORT TRANSFERS ON ALL TRIPS!!

This is an in depth "people-to-people" exchange where you'll experience the culture, habits and lifestyles of the Cuban people!

Per Person Prices: \$5390 Double / \$5775 Single



Per Person Prices: \$2770 Double / \$3440 Single

Discover Glacier National Park

SPECIAL HIGHLIGHTS: June 19-25, 2016

- Professional Escort Throughout <-> Smokejumper's Base
- Scenic Float Trip on the Flathead River
 - Glacier National Park & Historic Many Glacier Hotel
 - Scenic Cruise on Swiftcurrent Lake & Lake Josephine
 - Red Jammer Touring Cars & Going to the Sun Road
 - Silver Mountain & Lake Coeur D' Alene



Spain & Portugal October 1-15, 2016



Professional Escorted <-> 22 Meals
15-Day Tour of Lisbon, Seville, Algeciras, Costa del Sol, Granada, Cordoba, Baeza & Madrid



Per Person Prices: \$4995 Double / \$6095 Single

ADVANCE NOTICE!! Mark your calendar!!



New Year's in Nashville!

UNPACK ONLY ONCE!
4 Nights at the fabulous Opryland Hotel
Dec 30, 2016-Jan 3, 2017

New Year's Eve Gala Dinner Dance on the General Jackson Riverboat!, New Year's Day Brunch, Day tour to Franklin for a Plantations Tour, Studio "B", The "new" Johnny Cash Museum, Country Music Hall of Fame Tour, Dinner at the Wild Horse Saloon & Tour of the Parthenon



Presentation Date: Thurs, January 28, 2016 <-> 10:30am
Be sure to pick up the brochures at the Goldenaires office

FEBRUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Painting 10- 3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:25 EX.BD.MTG 9:30AM	2 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 TAXES 9:30-2pm	3 BINGO 12 Noon Good Earth Lunch 11am	4 QiGong 2-3pm	5 Wood 9-12Noon Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 9-3 Crafts 12:00-3 TAXES 9:30-2pm	6
7 Super Bowl	8 Painting 10- 3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:25	9 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 TAXES 9:30-2pm NEWSETTE PASQUALE	10 BINGO 12 Noon Good Earth Lunch 11am Ash Wednesday	11 QiGong 2-3pm	12 Wood 9-10:30 Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 9-3 Crafts 12:00-3pm TAXES 9:30-2pm Valentine's Lunch	13
14 Valentine's Day	15 OFFICE CLOSED & NO CLASSES President's Day	16 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 DRIVING 12:30-5pm TRIP SIGNUPS 9:30AM TAXES 9:30-2pm	17 Exercise 9:30-11 Mat 11:15-12:15	18 (NO QIGONG CLASS TODAY) HICAP 1-4pm	19 Wood 9-12Noon Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 9-3 Crafts 12:00-3pm TAXES 9:30-2pm	20
21 CHINESE LUNCH & PLAY	22 Painting 10- 3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:25 COOKING CLASS 11:30AM	23 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 TAXES 9:30-2pm	24 Exercise 9:30-11 Mat 11:15-12:15	25 QiGong 2-3pm	26 Wood 9-12Noon Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 9-3 Crafts 12:00-3pm Chair Aerob. 12:35-1:25 TAXES 9:30-2pm	27
28 **SUNDAY** DANCE 2-5PM	29 Painting 10- 3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:25	ALL PROGRAMS & CLASSES TAKE PLACE AT THE SAN RAFAEL COMMUNITY CENTER UNLESS OTHERWISE NOTED				

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IMPORTANT DATES TO REMEMBER FOR 2016!

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


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- All activities held at the SR Community Center**
- Valentine's Day Lunch- Feb. 12th
 - St. Patrick's Day Lunch-March 18th
 - Monday Night Bingo-April 18th
 - Italian Day Lunch-April 29th
 - Cinco De Mayo-May 27th
 - Monday Night Bingo-June 13th
 - Summer Splash Lunch-June 24th
 - LUAU Lunch- July 15th
 - Chinese Lunch-August 5th
 - Monday Night Bingo-August 15th
 - PICNIC - September 9th
 - Senior Information Fair - October 19th
 - OKTOBERFEST - October 28th
 - CRAFT FAIR - November 4th
 - HOLIDAY GALA- December 9th