



San Rafael Goldenaires

NEWSETTE

JUNE 2013

VOLUME XLVI

Phone: (415) 485-3348

You can also read the Newsette online:

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

TICKETS STILL AVAILABLE!

COME CELEBRATE OUR ANNUAL

GREEK LUNCHEON & GOLDENAIRES 45TH ANNIVERSARY FRIDAY – MAY 24TH



***AT THE SAN RAFAEL
COMMUNITY CENTER***

12:30PM (doors open 12/12:15PM)

\$15.00/person

COME SPEND A LOVELY AFTERNOON WITH YOUR FELLOW FRIENDS AND MEMBERS AND ENJOY AN AUTHENTIC GREEK DAY WITH DELICIOUS FOOD AND LIVELY ENTERTAINMENT AND CELEBRATE THE GOLDENAIRES 45th ANNIVERSARY WITH A BIT OF THE

“BUBBLY”!

LUNCH WILL BE PREPARED BY OUR OWN MEMBERS - JOANNE CASTALDO AND HER FABULOUS KITCHEN CREW.

MENU: Roasted chicken, Greek salad, potatoes, bread, special dessert and coffee.

After lunch, we will have a group of lively entertainers. Let's have a big crowd! The day should end at approx. 1:30/2:00PM.

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

RESERVATION/CANCELLATION ...MAY 22ND
TABLES CAN NOW BE RESERVED IF
YOU HAVE A GROUP OF 9 PEOPLE.

MEMBERSHIP DUES ARE NOW DUE! MAY 31ST DEADLINE!

The San Rafael Goldenaires Executive Board along with the membership, voted on changing the membership year to:

January to the end of December
instead of May to May.

Therefore, in order for present members whose membership expires on May 31st, to “get-on-track”, there are two payment methods that will work for everyone:

Option #1: \$15 will have you paid until December 31st, 2013 & then you will have to pay \$30 in December for the following year:

OR

Option #2: Pay \$45 (\$15 + \$30) now & you will be paid till the end of December 2014! All new members are now paying \$30 (the new membership fee) and they are paid up until December 31st, 2013.

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 our membership card. If you have any questions or need further clarification, please call the office at 485-3348! Thank You!

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**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

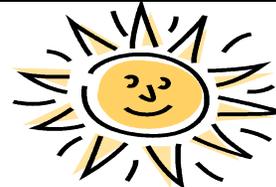
(Relief: Maria Carter & Joan Terrell)

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:

“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.”

By Maya Angelou

ILL MRMBERS:

Mary Holcombe going through tests, Betty Mattoon is ill, Carol Blumenthal was in a car accident, Beverly Kelly had knee surgery, Don Fertig had foot surgery, Georgia Annwell is going through tests, Ray and Elida Canziani have that terrible flu. We wish you all a speedy recovery.

DEPARTED MEMBERS:

Old time member Lillian Christian passed away, Jules Gershowitz is deeply missed by his wife Joyce, Alice Hericourt is deeply mourned by her loved ones, William “Cotton” Normandin will be missed by his wife Bette, Barbara Wise is deeply missed by is husband Bernard “Beany” Pat Breitenbuecher greatly misses her husband Warren, Joe Fernandez is survived by family and friends who will miss him. We remember with sorrow and sadness all our relatives and friends. Please contact the office if a fellow member would like some cheer.

OFFICE WILL BE CLOSED & NO CLASSES HELD ON

Mon- MAY 27th – Memorial Day

BOOKS – BOOKS – BOOKS – BOOKS

Yes, we have 5 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. **PLEASE – NO HARDBOUND BOOKS OR JIGSAW PUZZLES- we have too many right now!** We just don’t have enough space on the bookshelves in the office. *Thank You!*



PRESIDENT'S MESSAGE

My Fellow Goldenaires: Welcome to May! This is the month of May flowers, Cinco de Mayo, Mother's Day and the beginning of our summer season, Memorial Day weekend. Our trips this month are: Mary Poppins, Safari West, Horse Races, Cache Creek and Mare Island. And, as becoming all too familiar, more signups are needed in all but Mary Poppins. Last month the trip to Thunder Valley was saved by 4 people signing up at the last minute. It is hard to understand why this is happening-Carol & the trip committee work very hard to diversify our trips, booking those that she feel will be of interest to our members. However, we are prevented from booking trips that call for monies to be paid "up front". If the signups do not match the monies paid it becomes a deficit to our Club. As Chairperson of the trip Committee, I would appreciate your ideas/suggestions – bring them into the office and ask to have them put in my "drawer". And while we are on the subject of more participation, Carol Herbert & Lynn Goodfellow would certainly enjoy seeing more at the weekly Wednesday Bingo. I know you will find this an enjoyable afternoon along with a delicious lunch, and perhaps a "lucky money" one also.

The big news this month is the Goldenaires 45th Anniversary Celebration. This will take place at the Greek Luncheon on Friday, May 24th with a "bit of the bubbly" toast at the finish of the lunch. And because she was so well received at our Italian Luncheon, Kristin Isom is invited back as our entertainment. We hope you will join us to celebrate 45 years and start us off on 46. And looking ahead, we have our "Summer Splash-Mexican Style" luncheon on Friday, June 21st and our Luau dinner/dance, featuring Manny Gutierrez's group on Friday, July 12th. Our dinner/dances are always a great event with good food, good music and good friends gathering together for a wonderful evening.

Now, a reminder to you about "D and D". First "D" is your dues: please renew your dues now if you have not yet done so. You have two (2) options: \$15.00 through Dec. 31st, 2013 or \$45 which will pay you through Dec. 31st, 2014. The second "D" is donations: please help your club with purchasing raffle tickets at our club functions or when received in the mail. The Club is in great need of increasing our funds in order to continue our same offerings. As I stated before, it would be a shame if some of the offerings you enjoy were to be discontinued.

In closing, I give a shout-out to the following: the raffle winners of the Spring Arts & Crafts raffle: Don & Eleanor Feeney the Spring Basket, the wine to Flo Tiedemann and to Rosalie Courreges the flower pot. To my Lunch Committee and the Decoration Committee: GREAT job on the Italian Lunch. To the

kitchen committee who handles Good Earth lunches on Wednesdays: thanks for your dedication. To the Newsette Committee, you never fail to get the Newsette out each month. To the Crafty ladies that make the delightful items for sale. To our setup crew and raffle ticket sellers at our luncheons & dinners. To the ladies in the office who do a great job keeping things "Afloat" and to all who donate their time making this is a GREAT club. CONGRATS!!!

Till next month, be kind to yourself and as Lucille Ball once said: "The secret of staying young is to live honestly-eat slowly-and lie about your age".

Joanne

WELCOME

NEW MEMBERS
ROBERTA DUDA
ANNE BOURDEAU
RONALD & JULY ALLEN

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, dances and special events. You'll meet many of our members & make new friends. Suggestions welcome!

GENERAL MEETING

May 22nd 11:45 am
JUNE 26th 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. LUNCHES ARE REALLY DELICIOUS & NUTRICIOUS! BINGO begins promptly at 12Noon.

Thursday, May 30th

MOVIE-Doors open 12:30
1:00PM MOVIE

FLIGHT Starring: Denzel Washington, Bruce Greenwood, John Goodman



Whip Whitaker miraculously lands his jet after a midair catastrophe. He's hailed as a hero, but questions arise as to who or what was at fault. 120 min. RATED-R

SIGNUP NOW! Seats available!

**THE GOLDENAIRES
INVITE YOU TO THEIR
FIRST SUMMER SPLASH
MEXICAN STYLE
FRIDAY, JUNE 21ST
\$15.00 PER
PERSON**



**12:30PM (doors open
between 12- 12:15PM)**

**SAN RAFAEL COMMUNITY
CENTER**

Come spend a lovely afternoon with your fellow friends & members and CELEBRATE SUMMER with delicious Mexican food and decorations. 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.



LUNCH WILL BE PROVIDED BY BLUEBERRY HILL CATERING. MENU: Chicken Enchilada Casserole with all the toppings, salsa & chips, green salad, rice & beans, dessert & coffee. Let's have a big crowd of Goldenaires and celebrate SUMMER!! We will also be entertained by some fabulous musicians. The day should end at approximately 2pm. Wine/beer will be available at \$3.00/glass! Get your tickets NOW –tables reserved for groups of 8-9 people.

CANCELLATION/RESERVATION: June 19th (Tues)

JUNE 13TH – THURSDAY

**Marin County Commission on Aging
San Rafael Community Center
10-11AM "Facts on Dementia and
Age-Related Illnesses"**

Dr. A. Michael Wolfe, Ph.D., will present an overview on dementia syndromes and discuss other related conditions which can be mistaken for dementia.

**11:15AM Commission on Aging
Business Meeting**

**SIGN-UPS FOR THE LUAU BEGIN
TUESDAY, MAY 21st**

**ALOHA! THE GOLDENAIRES'
ANNUAL LUAU
JULY 12TH - FRIDAY
5:30PM-COCKTAILS
\$25 per person
Dinner held at the San Rafael
Community Center,
Catered by YET WAH
RESTAURANT**

IT'S THE GOLDENAIRES' ANNUAL LUAU AND YOU DEFINITELY DON'T WANT TO MISS THIS EVENT! No-host cocktails will be served all evening starting at 5:30pm. DRINKS: Mixed Drinks, Beer, Wine & Mai Tais – \$3 each; Soda - \$1. Dinner will be served buffet style at 6:30pm. Please bring your own "doggie bag!"



MENU: Fresh Fruit Salad, Steamed Rice, Sweet and Sour Pork, Chicken Breast Teriyaki, Steak Cubes with Black Mushrooms and Onions, Vegetarian Egg Roll, Stir-Fried Vegetables, Rolls, Dessert & Coffee! Wine will be available for purchase by the glass or by the bottle. During & after dinner, you will enjoy the "big band" sounds for your listening/dancing pleasure to the MANNY GUTIERREZ BAND until 9pm. Round tables will be set up –seating for 9. Reserved seating at time of signups. Get your friends together!

**RESERVATION/CANCELLATION
DATE... July 10th (WED)**

SIGNUPS BEGIN TUES. MAY 21ST 9:30AM
BUDWEISER
BREWERY/LUNCH/JELLY BELLY
TOUR – JULY 9th (TUES) - \$63

ITINERARY: We will depart from the San Rafael Community Center at 8:30AM and from the Smith Ranch Road Park & Ride at 9:00AM. From there, we will head up to ANHEUSER BREWERY for a tour (10-11:30AM). Our next stop will be MIMI'S CAFÉ in Fairfield for a hosted lunch: 1) ½ Roasted Turkey Sandwich 2) ½ BLT 3) ½ Smoked Ham. Each sandwich comes with garden salad, dessert and beverage. Our next stop will be a tour at the JELLY BELLY FACTORY for a 30 minute tour (2:00pm) and time for shopping. You will discover the delicious secrets as you tour the production facility. Should arrive back in San Rafael at approx. 4:00pm. **NO PARKING IN CENTER /SAFEWAY LOTS. DRIVER'S GRATUITY INCL.**



CANCELLATION DEADLINE ...June 24th

SIGNUPS BEGIN TUES. MAY 21ST 9:30AM
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 NEWS 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**



LET'S GO GIANT'S – LET'S GO! Sunday - **AUGUST 25th**
SOLD OUT! Waiting List
Depart park & Ride at Smith ranch Road at 9:45AM and SR Community Center at 10:15AM.
Home by 5:30/6:00PM.



SIGNUPS BEGIN TUES. MAY 21ST 9:30AM
NILES CANYON
RAILWAY-JULY 21ST
(SUN) – \$79



ITINERARY: We will depart Park & Ride at Smith Ranch Road at 10:00AM and from the San Rafael Community Center at 10:30AM. We will venture to Fremont and start our day with a short tour of the NILES ESSANAY Silent Film Museum. We will visit the Niles Edison Theatre, an authentic nickelodeon theater and see an original – tin-lined projection booth. You will have an opportunity to see displays of original 1910's movie posters, including posters for films made in Niles. At 12Noon, we will walk across the street for our hosted lunch at CICI'S ITALIAN RESTAURANT. **MENU SELECTION AT TIME OF SIGNUPS:** 1) Linguini with Clams 2) Chicken Picatta 3) London Broil. All entrees served with Italian green salad, cheesecake & beverage (beer and wine available for purchase). After lunch, we will have a short drive to board the NILES CANYON Steam Locomotive (2:20pm) for a 2 hour train ride. The history of trains in Niles Canyon dates back to the building of the original transcontinental railroad. The first Western Pacific Railroad Company (formed in 1862) started construction in San Jose towards Sacramento. It built twenty miles of track that reached into Alameda Creek canyon in 1866. Its first passenger excursion entered the canyon on October 2 of that year. Construction was halted shortly thereafter, however, because of disagreements between the railroad's contractors and its financiers. Steam locomotives pulled trains through Niles Canyon for eighty years before diesels took over in the 1950's. In 1984, after twelve decades of railroading in the canyon, the Southern Pacific ceased operating trains on the right-of-way, pulled up the tracks, and deeded the land to Alameda County. Presently, the Pacific Locomotive Association's Niles Canyon Railway provides historic train ride experiences to the public year round from the 1880's depot in Sunol and from Niles Station in Fremont, California. After the train ride, we will have a short time to browse through some of the shops in Niles arrive back in San Rafael at approx. 6:00/6:30pm. **NO PARKING IN SAFEWAY/CENTER LOTS. DRIVER'S GRATUITY INCLUDED.**

CANCELLATION DEADLINE...July 5th

SIGNUPS BEGIN TUES. MAY 21ST 9:30AM
JACKSON RANCHERIA CASINO/
IRONSTONE
VINEYARDS/MURPHY'S

JULY 30th & 31st (TUES/WED) –
DBL: \$155/PERSON SGL: \$195

ITINERARY: We will depart from Park & Ride at Smith Ranch Road at 7:15AM and from San Rafael Community Center at 7:45AM. We will head up to the Gold Country area to the town of MURPHY'S and arrive at 10:30AM for an 11:00AM tour of this magnificent winery-IRONSTONE VINEYARDS. This vineyard is a 1,150 acre ranch winery complex that produces a variety of award winning wines & Grappa as well as Apple Wine & Brandy from the apple orchards. Our tour will start with a private tour of the facility followed by tasting with canapés. Then we will enjoy a hosted buffet lunch. After lunch, we will have time to browse through the tasting room where you may shop their Gourmet Deli, Gift area and visit their Museum and Jewelry Shoppe. We will depart at 2:30PM and head to the JACKSON RANCHERIA CASINO/HOTEL for your overnight stay. Evening on your own. DAY 2: Have your luggage ready for a morning pickup (escort will announce time-11:00AM room checkout). We will depart JACKSON CASINO at 11:30AM and head for the town of MURPHY'S where you will have time for a no-host lunch, exploring the town and time for browsing or shopping in the many shops. We will depart Murphy's at 2:30PM and arrive back in San Rafael at approx. 6:00/6:30PM. NO PARKING IN CENTER/SAFEWAY LOTS. *Marin Charter & Tours* **CANCELLATION DATE....JULY 15th**
GOODIES at Jackson: \$10 Free Slot Play



If you haven't attended before, this is a time to go-great casino, great prizes & great food! Back in San Rafael at 5:30/6:00PM. Driver's gratuity incl. NO PARKING IN SAFEWAY/CENTER LOTS. **CANCELLATION DATE...May 28th (TUES)**

SEATS STILL AVAILABLE
SACRAMENTO
HISTORIC
RIVER CRUISE
JUNE 9TH (SUN)



- \$95/person
TAKE ADVANTAGE OF THE FINE
WEATHER BEFORE SUMMER
HITS!

ITINERARY: We will depart from the San Rafael Community Center at 7:30AM and from the Park & Ride at Smith Ranch Road at 8:00AM and head to Old Town in Sacramento. Upon arrival at 9:45AM, you will have time to explore the many wonders of Old Town-Salt Water Taffy Shop, Train Museum, Old Schoolhouse, Toy Store, Park, etc. We will then meet at RIO CITY CAFÉ-1110 Front Street (11:45AM) for a hosted lunch. Menu selection at time of signups: 1) Chicken Sandwich-Prosciutto, Cheese & French Fries 2) Kobe Beef Burger-Mushrooms, Cheese & French Fries 3) Baja Fish Tacos-Jack Cheese, Cabbage, Rice & Beans. All entrees include salad, coffee/tea & dessert. After lunch, we will walk directly across the street to the board the "Sacramento River Boat" for a 1 hour sailing (1:30-2:30pm). Spend the afternoon on a one-hour narrated cruise. Sail past Old Sacramento's famous historical sites, including the Delta King, the "I" Street Bridge, Tower Bridge, and Air Force Docks. Learn about the history of Sacramento, from John Sutter, the founder of Sacramento, to the first days of the Gold Rush and the Pony Express. California's capital city is filled with exciting history and beautiful sights. Snacks & refreshments available for purchase on the boat. We will depart at 2:45PM and arrive back in San Rafael at 4:45PM. (Driver's gratuity included). NO PARKING IN SAFEWAY/COMMUNITY CENTER LOTS. **CANCELLATION DATE...May 13th**

SEATS STILL AVAILABLE
RED HAWK CASINO –
JUNE 6th (THURS) - \$34

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).



SEATS STILL AVAILABLE
"STARS & STRIPES"
A Tribute to the USO!
JUNE 18th (TUES)- \$99



Itinerary: We will depart Park & ride at Smith Ranch Road 9:45AM and from the San Rafael Community Center at 10:15AM. We will arrive at the Fratellanza Club for our hosted lunch & performance of "Stars & Stripes" (11:30-3:30PM). Lunch includes: salad, pasta, entrée, vegetable, bread/butter, special dessert, coffee/tea and a glass of wine. Enjoy a delicious lunch before being taken back in time

through music and entertainment of our “Stars & Stripes” tribute to the USO. Let’s step back in time. They were the ‘worst of times: and the “best of times”. It was a time when music and entertainment helped reflect the feelings of the world. In 1941, as the nation was heading into World War II, several organizations, mobilized to support the growing U.S. military and all its associates. President Roosevelt united these agencies by forming the United Service Organizations (USO) to provide emotional support to the American troops and their families. Since the inception of the USO, America’s most well-known singers, dancers, actors and comedians have supported the efforts of the USO by travelling the world to entertain our troops who valiantly serve to protect our freedom. Should arrive back in San Rafael at approx. 4:30pm.

NO PARKING IN SAFEWAY/COMM. CENTER LOTS.
CANCELLATION DATE....MAY 16th

SEATS STILL AVAILABLE
IMPRESSIONISTS ON THE
WATER-JUNE 27TH (THURS) - \$88

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 9:00AM and from the San Rafael Community Center at 9:30AM. From there, we will head to the LEGION OF HONOR MUSEUM for a self-guided/audio tour at 10:30AM of the exhibit- *IMPRESSIONISTS ON THE WATER* . Coinciding with San Francisco's hosting of the America's Cup races this summer, another side of nautical life is revealed by more than 80 remarkable paintings and works on paper by Impressionists such as Claude Monet, Gustave Caillebotte, Pierre-Auguste Renoir, and Camille Pissarro and Post-Impressionists such as Maurice Denis and Paul Signac—artists whose breathtaking artistry reflects their own deep understanding of pleasure boating and competition. Paintings on loan from prestigious international collections, including the Musée d’Orsay, Paris; the Van Gogh Museum, Amsterdam; the J. Paul Getty Museum, Los Angeles; and private collections will be joined by paintings and works on paper from the Fine Arts Museums’ own holdings. Examination of the Impressionists’ engagement with boating as both pastime and artistic subject is at the heart of the exhibition. In the countryside west of Paris new patterns of life, including the idea of middle-class leisure, reflected the social and economic energies of an emerging modern world. Artistic innovations such as painting out of doors developed to capture the spirit and quick pace of recreational activities. The Impressionists’ brushwork suggests both the atmospheric effects and the sensations of movement that contribute to the invigorating experience of boating. You will also have time to view the gift shop and the other permanent exhibit. We will depart the deYoung at 12:45PM and venture to the BEACH CHALET RESTAURANT for a hosted luncheon. Menu selection at time of signups. Should arrive back in San Rafael at approx. 3:30/4:00PM. NO PARKING IN SAFEWAY/COMM. CENTER LOTS.

PLEASE SIGNUP SOON AS PAYMENT MUST BE MADE IN ADVANCE FOR TICKETS. Driver’s Gratuity Incl. ***CANCELLATION DATE....MAY 24th**

SEATS STILL AVAILABLE
CACHE CREEK
CASINO – MAY 20th
(MON) - \$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. IT’S A FUN PLACE, GOOD FOOD AND A LOVELY RIDE!
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. NO PARKING IN CENTER /SAFEWAY LOTS. Driver’s gratuity incl.

CANCELLATION DATE...MAY 8th (WED)

SEATS STILL AVAILABLE
MARE ISLAND
TOUR/LUNCH-
MAY 28th (TUES)-
\$60 (bus, tour, lunch)



ITINERARY: We will depart from the San Rafael Community Center at 8:30AM and from Park & Ride at Smith Ranch Road at 9:00AM. We will head to Vallejo to Mare Island for a 10:00AM tour. Founded in 1854, the first U.S. Naval Base on the West Coast and has continued building ships until 1998. The base built 513 ships, overhauled thousands more and was started under the command of David Glasgow Farragut, famous for his civil war capture of New Orleans and the cry “Dam the Torpedoes, Full Steam Ahead.” Tour runs 2-1/2 to 3 hours, and include the inside of the Admiral's mansion. Sites include the stately Colonial Revival era mansions of Officer's Row, St. Peter's Chapel with its Tiffany stained glass windows, the Mare Island Artifact Museum (Bldg. 46), and the dry docks along the waterfront of Mare Island Strait. Lunch will be hosted at the Vallejo Museum. MENU: Chicken Breast with BBQ sauce, Potatoes, Corn, Salad, rolls and dessert. Home at approx. 3:30PM. NO PARKING IN CENTER/SAFEWAY LOTS.

CANCELLATION DATE....May 17th (FRI)

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

COMPUTER CLASSES NOW BEING OFFERED AT THE ALBERT J. BORO CENTER (PICKLEWEED CENTER)

50 Canal Street
IN SAN RAFAEL
TO REGISTER CALL 485-3077 OR
in person at the San Rafael
Community Center



Beginners Guide to Using an iPad or iPhone

Congratulations, you finally got your very own iPhone or iPad! There is only one problem--you have no idea how to use it! In this personalized, two week course you'll be guided through how to make calls, send emails, take pictures, send texts, download music and add applications. A course for those new to the smart phone/tablet world, each session provides one-on-one help and comes with instructional handouts so you can practice at home. Don't let that amazing technology sit in its box any longer! Please bring your Apple ID and password as well as your email address and password to class. 2 weeks.

Instructor: Nicole Engler
Fri Aug 9-Aug 16 10:00AM-12:00PM
\$56(Res)/\$62(Non Res) ABCC 20458

Computers for Beginners

Connect with the world without leaving your house! Designed for first-time computer users, this course will start from the beginning and show you a few of the most helpful and amazing things a personal computer can do for you. You will receive handouts and one-on-one training on the basic skills needed to use your Windows-based personal computer. By the end of four weeks, you will know how to start, reboot, and turn off your computer; use the mouse and keyboard to find your way into different documents and basic software (and find your way out!), how to create, save and print a letter, and how to search the internet for anything from shoes to news. 4 weeks.

Instructor: Nicole Engler Computers provided.
Wed Jun 26-Jul 17 10:00AM-12:00PM
\$78(Res)/\$86(Non Res) ABCC 20

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



MAY 26th, 2013
JUNE 30th, 2013

JULY 28th, 2013
AUGUST 25th, 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 CRAFT GROUP IS SO CREATIVE!



As gift giving time approaches for wedding and baby showers, or just a little something as a hostess gift or package tag, remember the Goldenaires crafts group. Hand knit baby sweaters, caps and booties are lovely and at prices well below mall stores. Flowers to decorate a table, the hair, or a jacket will make spring last a little longer. Clever paper slippers or purses hold a sweet something to go with a card. Lavender sachets tuck into the corner of a gift of lingerie or linens. See our display case in lobby and make a purchase in the Goldenaires office of those items and more.

All profits support the Goldenaires programs.

GET DOWN, EVERYBODY!

How to get safely onto the floor...and back up again

with John Marino, Yoga Therapist

San Rafael Community Center – Room 5 – June 14th (FRI) \$10

1:30-3:00PM Class size limited to 18 persons.



In the days of our youth, gettin' down meant diggin' the music and havin' a good time. Now, in our euphemistically coined "Golden Years", the idea of gettin' down is met by a much different refrain: "Oh no, now I gotta get up again!" In this workshop/practicum, we will practice the art of gettin' up: out of bed, out of chairs and, perhaps most importantly, off the floor. The program begins with the introduction of simple exercises that, with practice, will improve flexibility, increase strength and support healthy joints — all

needed to create greater ease of movement. Then, we'll learn to get down, a prelude to gettin' up!

John Marino's interest in alternative therapies began in 1975 when he was diagnosed with rheumatoid arthritis and lupus erythematosus. Unwilling to live his life in a wheelchair, he began studies in Swedish massage, reflexology, Reiki, shiatsu and barefoot shiatsu. He is certified in each of those traditions. Once over the crippling effects of the disease, John began the study of Yoga in the Iyengar tradition. He began his practice as a massage therapist and bodyworker in 1984, and in 1992, he launched his career as a yoga instructor. John has focused his work in communities with special needs, including elders, at-risk youth, and persons with movement impairments. He has over 20 years' experience working directly with seniors practicing yoga. To learn more about John, visit marinoyoga.com, or call 415-513-8382.

Right at Home is the proud sponsor of this event. Right at Home provides in-home care and assistance for seniors and adults with homecare needs in Marin County. For more information, visit www.rahmarin.com or call 415-233-7855.

The workshop promises to be a lot of fun. Please wear loose fitting clothing, or fitness-wear designed for easy movement. We recommend having a **light** lunch beforehand. Since we'll be getting down on the floor in a multi-use area, long sleeves and pants are advised and you may want to bring your own exercise mat or a large towel. Everyone is welcome.

FOR RESERVATIONS & PAYMENT,

COME ON DOWN TO THE GOLDENAIRES

OFFICE OR CALL 485-3348

