



San Rafael Goldenaires

NEWSETTE

MAY 2013

VOLUME XLVI

Phone: (415) 485-3348

You can also read the Newsette online:

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

SPACE STILL AVAILABLE

CIAO GOLDENAIRES!

BUONA SERA!

Come join us at
the Goldenaires

ITALIAN LUNCH

APRIL 19th - FRIDAY

**LUNCH SERVED AT 12:30pm
(Doors open at 12/12:15pm)
ONLY \$12.50 PER PERSON**

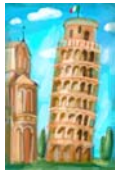
It's the Goldenaires Annual Italian Luncheon and you definitely don't want to miss this event. Come spend a lovely afternoon with your fellow members & friends. MENU: Green Salad with Italian Dressing, Chicken, Pasta, Dessert and Coffee/Tea. *Wine, beer & soda pop available for purchase.*

Get your tickets NOW! Enjoy the lovely sounds of Italy while enjoying your meal! We will have special entertainment by a pianist & flutist! Let's have a big crowd and celebrate Italia! Do not delay and be left out on this special day! Tables reserved for 8 to 9 guests.

CANCELLATION: April 16th, 2013 (Tues)

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**SEEKING MEMBERS TO START A CHORAL GROUP!**

DO you like to sing? DO you want to meet new friends? Call the Goldenaires office and let us know if you are interested in joining this new group. We will need a music teacher, director/piano player to get things rolling! Call the office - 485-3348. We have 5 names so far on the interest list!



### MEMBERSHIP DUES ARE NOW DUE! MAY 31<sup>st</sup> 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 31<sup>st</sup>, to "get-on-track", there are two payment methods that will work for everyone:

**Option #1: \$15 will have you paid until December 31<sup>st</sup>, 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 31<sup>st</sup>, 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!

**TABLE OF CONTENTS**

Special Events.....1, 4-7, 8-18  
 Sunshine Report ..... 2  
 President’s Message ..... 3  
 Upcoming Outings ..... 4-6, 10-13  
 Ongoing Classes ..... 17-18  
 Goldenaires Calendar ..... 19  
 Announcements ..... 2-3, 8 -16

**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 2<sup>nd</sup> 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**

Joyce De Martini

Carol Herbert

Isabelle Keeney

Loretta Soldavini

(TBA)

**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

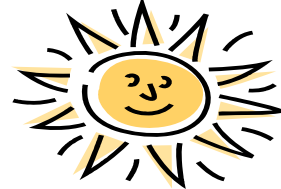
(Relief: Maria Carter & Joan Terrell)

**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:  
 "One way to keep your momentum  
 going is to have constantly greater goals."  
 by Michael Korda

**ILL MEMBER:**

Bobbie Cunningham fell and had blood on her  
 brain, Harold Bloom was in the hospital now in  
 Greenbrae Conv. Hospital, Dee Skore had a  
 new pace maker, Janice Vaughan had a mini  
 stroke. We wish you all a speedy recovery.

**DEPARTED MEMBERS:**

Margaret Hammer is greatly missed by her  
 husband John, Wally Pelto deeply misses his  
 wife Lillian, William Rawlins is deeply mourned  
 by wife Mary Louise, Miriam Velcich is missed  
 by the family, Sean Hannan, son of Josephine  
 Hannan will be missed by the whole family,  
 Asta Hanwacker is missed by her family. 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 27<sup>th</sup> – 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:

It's hard to believe that we are already in the fourth month of this new year. March was defined by a great St. Patrick's luncheon where 110 attendees were served a great meal from Deer Park Villa and entertained by lovely young girls from the Marin Irish Dance Studio (one of these young girls was the granddaughter of our very own member Pat Winiecki). We traveled to Carmel, the garden show in San Mateo and the Asian Art show in San Francisco. Carol & the trip committee have planned some great trips for this month and we hope that they are well attended.

Our lunch for this month, Italia, brings back our famous chicken, along with pasta, salad and dessert. We hope that it will be as well attended as last month's lunch. Our fabulous decoration and lunch committees always strive to make the luncheons a special event for our members and guests. As always we will be offering raffle tickets for your purchase. This is not only a means of raising money for our Club, but, as a non-profit organization, your donation becomes a tax deduction for you. What wasn't said in my last newsletter is that our Club needs your donations now more than ever before. We have been affected by the economy just as others, and, because donations have lessened, your Executive Board will be considering other means of raising funds. The offerings of this Club add enjoyment to so many of you at this time of your life and it would be a shame if some of this offerings were discontinued due to lack of funds. So----- with that said I urge all to please donate what you can. If everyone attending our functions would purchase raffle tickets, and those who received our raffle tickets in the mail would reply with at least one \$10.00 donation, it would bolster our bank account tremendously. And while I'm on the subject of donations, a great shout out to an anonymous member for her donation of silverware and dinner napkins to our kitchen fund. Donations of this sort are always graciously accepted. Many thanks are extended to those members that continue to donate items for the baskets for the Craft Fair in November; please keep donating!

This month also features our GREAT MONDAY NIGHT BINGO on Monday, April 15th! Advance reservations are \$20; \$25 at the door. Along with one 6-on game pack and one free dauber the price also includes a great dinner. We urge you to sign up for this fun fundraiser. Also, we need more signups for our overnight trip to the Nugget on April 17th and 18th. And, as always on the last Sunday of the month, our Goldenaires Sunday dance on April 28<sup>th</sup> from 2:00-5:00pm.

I'll sign off this month with a quote from Linda Grayson: "There is nothing better than a friend, unless it is a friend with chocolate."

Joanne

**WELCOME**

**NEW MEMBERS**

**JOAN SHAW**

**JEAN PARK**

**RAY BOYLAN**

**PATTY & HERMAN FRUCHTENICHT**

**MARLENE BONHAM**

**SHIRLEY GENETIN**

**RON DERENZO**

**ALYCE QUIROS**

**JUNE PACKARD-KINSEY**

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**

**April 24<sup>th</sup> 11:45 am**

**May 22<sup>nd</sup> 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 -ask anyone! BINGO begins promptly at 12Noon.

**SIGNUPS BEGIN TUES. APRIL 16<sup>TH</sup>**  
**RED HAWK CASINO – JUNE 6<sup>TH</sup>**  
**(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). 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 28<sup>th</sup> (TUES)**

**SIGNUPS BEGIN TUES. APRIL 16<sup>TH</sup>**  
**SACRAMENTO**  
**HISTORIC RIVER**  
**CRUISE JUNE**  
**9<sup>TH</sup> (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 13<sup>th</sup>**

**SIGNUPS BEGIN TUES. APRIL 16<sup>TH</sup>**  
**"STARS & STRIPES"**  
**A Tribute to the USO! JUNE 18<sup>th</sup>**  
**(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 16<sup>th</sup>**

**SIGNUPS BEGIN TUES. APRIL 16<sup>TH</sup>**  
**IMPRESSIONISTS ON THE WATER-**  
**JUNE 27<sup>TH</sup> (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 deYoung 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**  
**SAFARI WEST WILDLIFE PRESERVE IN SANTA ROSA**  
**MAY 15<sup>th</sup> (WED) \$106 (Tour, lunch, gratuity)**

ITINERARY: We will depart the San Rafael Community Center at 9:30AM Smith Ranch Road at 10:00AM. We will then head up to Santa Rosa to the most unbelievable place that is right in your own backyard – SAFARI WEST WILDLIFE PRESERVE! The 400 acres of Safari West are home to 350 exotic mammals and birds. Our day begins with a 90 minute tour (11:30-1PM) that will include a tram ride in addition to a walking tour which is level and on quite a bit of pavement. This one and a half hour trek is led by one of our experienced safari guides. Guests will board our safari trek vehicle for a journey through the Sonoma Serengeti for a glimpse of majestic Giraffes and many other four legged friends and then on to visit the White Rhinos in their creek side enclosure. Then it is time to explore on foot! The second half of your trek you will be escorted into our large bird aviary, here you will come upon several beautiful and strange birds from around the world, you may even catch a glimpse of our smallest of the antelope family, our mini blue duikers. On your walk you will encounter Cheetahs, Colobus Monkeys, and African Porcupines and have the pleasure of watching our ring-tailed lemurs folic on their very own island. After the tour, you will enjoy a delicious buffet: Lettuce & Fruit Salads, Vegetables, Safari Beans, Macaroni & Cheese, Pulled Pork Sandwiches, Barbecue Chicken, Dessert and coffee/tea. Soda pop, wine & beer available for purchase. A gift shop is available for shopping and browsing. Should arrive home by 3:30/4PM. **BRING YOUR CAMERA, BINOCULARS, GOOD WALKING SHOES, SUNSCREEN AND A HAT.** NO PARKING IN COMM. CENTER/SAFEWAY LOTS. DRIVER'S GRATUITY INCL. Bring water for bus. **CANCELLATION DEADLINE ..April 30<sup>th</sup> (Tues)**  
**SEATS STILL AVAILABLE**



**HORSE RACES – MAY 16<sup>th</sup> (THURS) -\$61 (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.

**CANCELLATION DATE...April 25<sup>th</sup> (THURS)**

**SEATS STILL AVAILABLE**  
**CACHE CREEK CASINO – MAY 20<sup>th</sup> (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 8<sup>th</sup> (WED)**



**SEATS STILL AVAILABLE**  
**MARE ISLAND TOUR/LUNCH- MAY 28<sup>th</sup> (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 17<sup>th</sup> (FRI)**

**SEATS STILL AVAILABLE**

**NUGGET OVERNIGHT/**

**EL DORADO DAY 2-**

**APRIL 17<sup>th</sup> & 18<sup>th</sup> (Wed/Thurs)**

**Double: \$85/person, Single: \$110** ITINERARY: We will depart from the Community Center at 7:00AM and from Park & Ride at Smith Ranch Road at 7:30AM and head to Sacramento for a breakfast stop and then on to Reno for our overnight stay at the NUGGET in Sparks. Evening on your own. DAY 2- We will depart the NUGGET at 10:00AM (leave your baggage in your room by the door for an 8:30AM pickup) and then head to EL DORADO for a 4hr. stay (10:30-2:30PM). Refreshment stop at McDonald's on way home. Should arrive back in San Rafael at approx. 6:30/7:00PM. NO PARKING IN CENTER/SAFEWAY LOTS. PLEASE BRING \$1 BILLS FOR BINGO. BRING BOTTLED WATER IF NEEDED. DRIVER'S GRATUITY INCL. GOODIES: TBA **CANCELLATION DATE....April 2<sup>nd</sup>, 2013**

**SEATS STILL AVAILABLE**

**STOCKTON ASPARAGUS**

**FESTIVAL - APRIL 26<sup>th</sup> (FRI) \$45**

**TOTALLY TASTY/TOTALLY FUN**



This is a beautiful time of year in the Valley-not too hot! Itinerary: We will depart from the Park & Ride at Smith ranch Road at 7:45AM and from the San Rafael Community Center at 8:15AM. Our next stop will be at the ASPARAGUS FESTIVAL IN STOCKTON. San Joaquin County celebrates its most prestigious agricultural product that inspired the creation of the Stockton Asparagus Festival 26 years ago. The festival is a multi-event, food and entertainment with two performing stages, an Asparagus Alley with the best deep-fried asparagus found anywhere, one of the finest celebrity chef cooking demonstration kitchens, a fabulous "Spear-Its of the Valley" wine and beer pavilion, a craft show, 600 booths, displays and exhibits in the show. We will depart the Festival at 3:00PM with bags and tummies full of

goodies and arrive back in San Rafael at 5:30PM. NO PARKING IN COMMUNITY CENTER/SAFEWAY LOTS. **CANCELLATION DATE...April 12<sup>th</sup> (FRI)**

**SEATS STILL AVAILABLE**

**THUNDER VALLEY CASINO -**

**APRIL 30<sup>th</sup> (TUES) - \$34.00**

**BRING YOUR THUNDER**

**VALLEY PLAYER'S CARD ON**

**DAY OF TOUR ALONG WITH**

**PHOTO ID. IF YOU DON'T HAVE A PLAYER'S**

**CARD, YOU WILL NEED TO GET ONE THAT**

**DAY. AT THE TIME OF SIGNUPS, YOU WILL**

**NEED TO GIVE YOUR PLAYERS NUMBER TO**

**THE OFFICE. ITINERARY:** We will depart the San

Rafael Community Center at 7:30AM and from the Park & Ride at Smith Ranch Road at 8:00AM. We will then head up to Roseville for our 5 hr. stay at Thunder Valley from 10:00-3:00PM. Upon arrival, you will receive a casino package of \$5 Food Credit and \$15 Free Slot Play OR \$15 Table Match Play. \*New Thunder Club members receive \$5 additional FREE Casino Play!\* NO PARKING IN COMMUNITY CENTER OR SAFEWAY LOTS. Should arrive back in San Rafael at approx. 5/5:30PM. Driver's gratuity incl. **CANCELLATION ..... April 19<sup>th</sup> (FRI)**



**SOLD OUT-WAITING LIST**

**"JERSEY BOYS" - April 28<sup>th</sup> (SUN) \$140**

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 11:00AM & from the San Rafael Community Center at 11:30AM. We should arrive back in San Rafael at approx. 4:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS.

**CANCELLATION DATE....Jan. 2<sup>nd</sup>, 2013**

**SOLD OUT-WAITING LIST**

**"MARY POPPINS"- May 9<sup>th</sup> (THURS) \$105**

ITINERARY: Depart the Park & Ride at Smith Ranch Road at 12:00Noon & San Rafael Community Center at 12:30PM & head to S.F. for the 2:00pm performance. We should arrive back in San Rafael at approx. 5:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. **CANCELLATION ...Feb. 1<sup>st</sup>, 2013**

**Anyone interested in listening to opera CD's?**

**This October 10<sup>th</sup> is the 200<sup>th</sup> commeration of Giuseppe Verdi's birthday and one of our members is willing to share his CD's with our members sometime in the future. Call the office & let us know if you'd like to attend.**

**More information later.**

**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.



**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**



**PROGRAMS AVAILABLE FOR OLDER ADULTS**

Below is a list of four (4) 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.

**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 Apr 19 – Apr 26 10:00AM-12:00PM \$56(Res)/\$62(Non Res) ABCC 20456
- Fri May 10-May 17 10:00AM-12:00PM \$56(Res)/\$62(Non Res) ABCC 20457
- 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 May 8-May 29 10:00AM-12:00PM \$78(Res)/\$86(Non Res) ABCC 20459
- Wed Jun 26-Jul 17 10:00AM-12:00PM \$78(Res)/\$86(Non Res) ABCC 20460

# MONDAY NIGHT BINGO APRIL 15<sup>TH</sup>, 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, April 12<sup>th</sup>, 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! For information call 485-3348.**



**GET YOUR TICKETS NOW!****COME CELEBRATE OUR ANNUAL GREEK LUNCHEON & GOLDENAIRES 45<sup>TH</sup> ANNIVERSARY****FRIDAY – MAY 24<sup>th</sup>*****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 45<sup>th</sup> 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 22<sup>nd</sup>**

**TABLES CAN NOW BE RESERVED IF YOU HAVE A GROUP OF 9 PEOPLE.**

**travel WITH COLLETTE TOURS & THE GOLDENAIRES!!!**

**JAY FEHAN, TOUR REPRESENTATIVE FOR COLLETTE VACATIONS WILL BE AT THE GOLDENAIRES FOR A PRESENTATION on Thursday, April 25<sup>th</sup> from 10:30am – 12Noon. Please call to reserve a seat! Jay will explain in detail upcoming tours along with a slide show and brochures!** All trips INCLUDE air from SFO, Air Taxes, Transportation to/from San Rafael to the airport, cancellation insurance.

***Canadian Rockies Rail Highlights –8 days- July 21<sup>st</sup>, 2013*** – Enjoy 3 nights at the fabulous Fairmont Banff Springs Hotel, the Icefields Parkway, a ride on the Athabasca Glacier, visit Lake Louise, Jasper National Park, spend the night on VIA Rail's Canadian Train!

***Canyon Country- 9 days- Sept 12<sup>th</sup>, 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 20<sup>th</sup>, 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 and Ireland for St Patrick's Day

**GET EMERGENCY ALERTS!**-Marin Co. Sheriff's Office of Emergency Services

Register your cell phone or VoIP phone to receive emergency alerts sent by voice, text or email! Landline numbers are listed in the system. CELL PHONE AND VoIP NUMBERS ARE NOT! The emergency notification system's (Marin County 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, pandemics, hazardous materials incidents and missing persons. REGISTER at [www.altermarin.org](http://www.altermarin.org)

# SUNDAY DANCES

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

FEATURING  
THE MANNY GUTIERREZ QUARTET



APRIL 28<sup>th</sup>, 2013  
MAY 26<sup>th</sup>, 201

JUNE 30<sup>th</sup>, 2013  
JULY 28<sup>th</sup>, 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**

**HEADING NORTH TO SAN RAFAEL FROM RICHMOND-SAN RAFAEL BRIDGE (HWY 580) AND HIGHWAY 101: Take Central San Rafael, exit: left on Third Street: left on "B" Street: two blocks down after Safeway store.**

**HEADING SOUTH ON HIGHWAY 101 TOWARDS SAN RAFAEL: Take Central San Rafael exit: right on Third Street: Left on "B" Street: two blocks down after Safeway store.**

## *IT'S COOKING TIME AGAIN!!!!*



### COOKING WITH EFFIE

TUESDAY, MAY 14<sup>th</sup> SIGNUP NOW!!!!

11:30-1:30PM in the Kitchen at the San Rafael Community Center

RESERVATIONS REQUIRED! MAXIMUM 20 MEMBERS

FEE: \$10.00 (DEMONSTRATION, LUNCH, RECIPES & LAUGHS)

*Luncheon including: Appetizer, Entrée, Dessert & Tea.*

*It's always a fun time in the kitchen with Effie- don't miss out!*

**Bon Appetite!**

**SPECIAL EVENTS**



**BINGO DAYS**  
**Wednesdays**  
**APRIL 24<sup>th</sup>**  
**MAY 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>**

**(NO Bingo on the 3<sup>rd</sup> Wednesday)**

**(Except Oct. 16<sup>th</sup> 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 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 falls during the week of a Wednesday Bingo (Sunday to Sunday), you will receive a FREE set of our specials. If your birthday falls during the 3<sup>rd</sup> week, when there is no Bingo, it will be recognized on the 4<sup>th</sup> Wednesday. 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.

**MEALS ARE DELICIOUS & PLENTIFUL!**

Suggested donations for lunch are \$3 for seniors and \$6 for those under 60 years old. 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.

**SUNDAY DANCES**

**APRIL 28<sup>th</sup>, MAY 26<sup>th</sup> & JUNE 30<sup>th</sup>**

**2:00 – 5:00 PM**

**Featuring**

**THE MANNY GUTIERREZ QUARTET**

**San Rafael Community Center**

**618 B STREET**

**\$10.00 GENERAL**

**\$7.00 GOLDENAIRES (doors open at 1:30 PM)**

**Must show membership card!**



**Thursday, May 30th**



Snacks and refreshments provided (feel free to bring goodies to share). Plenty of mixers so all can dance—great wooden floors, air conditioning and plenty of parking. Everyone always has a great time! Good food & great music!

Bring your friends.

**MOVIES IN THE AFTERNOON**

**Doors open at 12:45 PM**

**Movie starts at 1:00PM**

Free popcorn and bottled water! Call the Goldenaires office to reserve a space – there are no bad seats! The “Movies in the Afternoon” series takes place in the auditorium at the San Rafael Community Center. New sound system!



**NON-MEMBERS WELCOME TO ATTEND FOR A FEE-\$2.00**

**Tuesday, April 16<sup>th</sup>**

**ANGEL IN THE HOUSE**

**Starring: Tom Collette, Joan Grufford, Richard Grant, Anne Reid, Haley Mills**



A toy factory owner and his wife get an unexpected visit from a precocious 7-year old boy and decide to take him in as a foster child. The new parents begin a miraculous journey that showcases the joys of family.

99 minutes RATED – PG

**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 minutes RATED – R

## **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 14<sup>th</sup> (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](http://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](http://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**



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](http://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 |

This cruise may have limited space so make a deposit soon, which is fully refundable. Additional Princess sales could reduce your fare. Government Fees and Taxes are additional. Travel/Cancel Insurance is highly recommended.

FRIENDS AND FAMILY ARE WELCOME. THIS CRUISE BENEFITS THE CLUB.

CALL OR EMAIL BARBARA NELSON, BARBARA'S TRAVEL/SAN MARIN TRAVEL

866-462-7887 – Toll Free [barbarastravel@earthlink.net](mailto:barbarastravel@earthlink.net)

Ship is Bermudan Registry

CST 1003321-10

**\* SPECIAL NOTICE \***

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. To receive information on the variety of cruises, please call Barbara Nelson of Barbara's travel/San Marin at 1-866-462-7887.

**ARTS & CRAFTS**

Remember the "Crafty Ladies" when:

1. You need a small remembrance for Mother's Day
2. You are invited to a baby shower and need a gift
3. Want a new set of accessories for your kitchen.

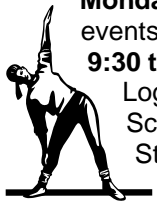
All products handmade/decorated and profits support Goldenaires programs.



## 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-9<sup>th</sup> 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](http://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](http://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](http://www.YouthfulHearts.com)*

### Bridge

Contract Bridge on Mondays and Thursdays 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 10:45 AM and bring your own lunch. Chairpersons: Helen Vidaurri & 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 with instructor GEORGIA ANNWELL, and a gathering of experienced artists. Bring your own supplies and a small donation for the leader. Ongoing. New persons may join at any time. For more information contact Georgia at 415-472-4628 or Georgia @comcast.net.

### 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 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 all year long! We can store the items here! We especially need these items for the craft fair raffle baskets.

### Poker

Tuesdays from 12:15 to 3:30 PM. **Join our 2 tables** and play with your fellow members & friends. Open to Goldenaire 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. The courts are right next door to the Goldenaires office. Everyone is welcome and no experience is required! League play begins in March through October. Goldenaires subsidizes part of league fee-\$15 per team. It is a lot of fun and you'll meet new friends. For more info, call the Bocce office (415) 485-5583.

### Watercolor Painting

Tuesdays from 9 AM-12:30 PM (for beginners) & 12:30-3:30 PM (intermediate & advanced). Small fee for the instructor's mileage. Please bring your own supplies. Instructors: Gerhard Weihl & Anne Carroll, professional artists. 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. We 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 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!

Mature Driving Safety Course

**MAY 8<sup>th</sup> & 9<sup>th</sup> (WED & THURS) 1-5pm**  
**\*\*\*JULY 10<sup>TH</sup> (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.** Maximum of 30 students/25 for the review class. **Please arrive on time – late arrivals will not be admitted into the class!** For more locations, please call (888) 687-2277 or visit [www.aarp.org/drive](http://www.aarp.org/drive).

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.**

\*\*\*\*\*

**Good Earth Natural Foods Lunch**

Good Earth Natural Foods is the new meal provider for our congregate luncheons served on Wednesdays before Bingo at 11:00 AM (not the 3<sup>rd</sup> Wednesday) at the San Rafael Community Center. Suggested donations for lunch are \$2 for seniors and \$6 for those under 60 years old. Lunch reservations must be made by calling **(415) 382-1334 by 4:30 PM the Monday before.** **"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."** Please state that the meal site is at the San Rafael Community Center. LUNCHES ARE DELICIOUS & NUTRITIOUS!



**AND PLEASE NOTE:**


**Good Earth Natural Foods also serves congregate lunches every other Friday at the Pickleweed Park Community Center, 50 Canal Street from 12 Noon-1 PM. Please call 382-1334 by 4:30 PM the Wednesday before for schedule and reservations. Multi-cultural programs are offered from 11 AM-12 NOON. Lunch dates: APRIL 19<sup>th</sup> & MAY 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup>, 2013**

**FOR HOME DELIVERED MEALS- please call WHISTLESTOP – 456-9062. Food prepared by REVOLUTION FOOD SERVICE.**

Additional Multi-Cultural programs and activities for older adults are also offered at the Whistlestop and flyers are available in the Goldenaires office. Everyone is encouraged to attend and enjoy the diversity of program offerings: Social groups for Spanish, Persian, French & German adults. Also, Whistlestop offers classes in English Pronunciation, ESL, Citizenship, craft classes, and much more. Call 456-9062 for a complete list of programs. Vietnamese seniors meet at the Boro Center (Pickleweed) Fridays from 10-1pm.



# MAY 2013

| SUNDAY                                                                                                             | MONDAY                                                                                                                                                      | TUESDAY                                                                                                                                                   | WEDNESDAY                                                                                                         | THURSDAY                                                                          | FRIDAY                                                                                                                                                                                  | SATURDAY                      |
|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| <b>ALL CLASSES, PROGRAMS AND EVENTS ARE HELD AT THE SAN RAFAEL COMMUNITY CENTER UNLESS NOTED IN THE NEWSLETTE.</b> |                                                                                                                                                             |                                                                                                                                                           | <b>1</b><br>BINGO 12 PM<br>Good Earth Meal 11am<br>Bocce League                                                   | <b>2</b><br>Bridge 10:45-3pm<br>Bocce League                                      | <b>3</b><br>Wood 9-12Noon<br>Exercise 9:30-11<br>Mat 11:15-12:15<br>Bocce (open play) 9-3<br>Crafts 12:00-3pm<br><b>Taxes 9:30-2pm</b>                                                  | <b>4</b>                      |
| <b>5</b><br>Cinco de Mayo<br>     | <b>6</b> Bocce League<br>Painting 10-3:30pm<br>Exercise 9:30-11<br>Mat 11:15-12:15<br>Bridge 10:45-3pm<br>Chair Aerob. 12:35-1:10<br><b>BD. MTG 9:30am</b>  | <b>7</b><br>Painting 9-12:30/<br>12:30-3:30pm<br>Mahjong 9:30-12pm<br>Poker 12:15-3:30pm<br>Bocce (open play) 9-3<br>Taxes 9:30-2pm                       | <b>8</b> Bocce League<br><b>BINGO 12 PM</b><br>Good Earth Meal 11am<br>Driving 1-5pm                              | <b>9</b> Bocce League<br>Bridge 10:45-3pm<br><b>MARY POPPINS</b><br>Driving 1-5pm | <b>10</b><br>Wood 9-12Noon<br>Exercise 9:30-11<br>Mat 11:15-12:15<br>Bocce (open play) 9-3<br>Crafts 12:30-3pm<br><b>Taxes 9:30-2pm</b>                                                 | <b>11</b>                     |
| <b>12</b><br>Happy Mother's Day                                                                                    | <b>13</b><br>Painting 10-3:30pm<br>Exercise 9:30-11<br>Mat 11:15-12:15<br>Bridge 10:45-3pm<br>Chair Aerob. 12:35-1:10<br>Bocce League                       | <b>14 NEWSLETTE</b><br>Painting 9-12:30/<br>12:30-3:30pm<br>Mahjong 9:30-12pm<br>Poker 12:15-3:30pm<br>Bocce (open play) 9-3<br><b>COOKING with Effie</b> | <b>15</b><br><b>SAFARI WEST</b><br>Bocce League                                                                   | <b>16</b><br>Bridge 10:45-3pm<br>Bocce League                                     | <b>17</b> Wood 9-12Noon<br>Exercise 9:30-11<br>Mat 11:15-12:15<br>Bocce (open play) 9-3<br>Crafts 12:00-3pm                                                                             | <b>18</b><br>Armed Forces day |
| <b>19</b>                                                                                                          | <b>20</b><br>Painting 10-3:30pm<br>Exercise 9:30-11<br>Mat 11:15-12:15<br>Bridge 10:45-3pm<br>Chair Aerob. 12:35-1:10<br>Bocce League<br><b>CACHE CREEK</b> | <b>21</b> Painting 9-12:30/<br>12:30-3:30pm<br>Mahjong 9:30-12pm<br>Poker 12:15-3:30pm<br>Bocce (open play) 9-3<br><b>Signup Day 9:30am</b>               | <b>22</b> Bocce League<br><b>BINGO 12 PM</b><br>Good Earth Meal 11am<br><b>GENERAL MEETING – 11:45AM</b>          | <b>23</b><br>Bridge 10:45-3pm<br>Bocce League<br><b>HORSE RACES</b>               | <b>24</b> Wood 9-10:30<br>Exercise 9:30-11<br>Mat 11:15-12:15<br>Bocce (open play) 9-3<br>Crafts 12:00-3pm<br>Chair Aerob. 12:35-1:10<br><b>GREEK LUNCH 45<sup>th</sup> ANNIVERSARY</b> | <b>25</b>                     |
| <b>26</b><br><b>DANCE</b><br><b>2:00-5:00pm</b>                                                                    | <b>27</b><br><b>BUILDING CLOSED</b><br><b>NO CLASSES</b><br>Memorial Day                                                                                    | <b>28</b> Bocce League<br>Painting 9-12:30/<br>12:30-3:30pm<br>Mahjong 9:30-12pm<br>Poker 12:15-3:30pm<br>Bocce (open play) 9-3<br><b>MARE ISLAND</b>     | <b>29</b><br>Exercise 9:15-10:45<br>Mat 10:55-11:55<br>Bocce League<br><b>BINGO 12 PM</b><br>Good Earth Meal 11am | <b>30</b><br>Bocce League<br>Bridge 10:45-3pm                                     | <b>31</b> Wood 9-12Noon<br>Exercise 9:30-11<br>Mat 11:15-12:15<br>Bocce (open play) 9-3<br>Crafts 12:00-3pm                                                                             |                               |

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**CURRENT RESIDENT OR**

**IMPORTANT DATES TO REMEMBER FOR 2013!**

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



**MONDAY NIGHT BINGO  
APRIL 15<sup>th</sup>**



**MONDAY NIGHT BINGO  
August 19<sup>th</sup>**

**PICNIC**

**FRIDAY, SEPTEMBER 6<sup>th</sup>**



**ITALIAN LUNCHEON  
FRIDAY, APRIL 19<sup>th</sup>**



**SENIOR INFO. FAIR  
WED, OCTOBER 23<sup>rd</sup>**



**GREEK LUNCHEON  
FRIDAY, MAY 24<sup>th</sup>**

**HALLOWEEN LUNCHEON  
FRIDAY, OCT. 25<sup>th</sup>**



**SUMMER SPLASH-MEXICAN STYLE  
JUNE 21<sup>st</sup>**



**CRAFT FAIR  
FRIDAY, NOV. 1<sup>st</sup>**



**LUAU  
DINNER/DANCE  
FRIDAY, JULY 12<sup>th</sup>**

**HOLIDAY PARTY  
FRIDAY, DEC. 13<sup>th</sup>**



**CHINESE LUNCH FRI,  
AUG. 2<sup>nd</sup>**



**BREAKFAST WITH SANTA  
SATURDAY, DEC. 14<sup>th</sup>**