



San Rafael Goldenaires

NEWSETTE

November 2011

VOLUME XLIII

Phone: (415) 485-3348

***** Programs supported through funding from the Marin County Dept. of Health & Human Services Division of Aging and Older Adult Services *****

You can also read the Newsette online:

http://www.cityofsanrafael.org/Government/Live_Life_Locally/programs/Programs/Seniors.htm

TICKETS STILL AVAILABLE!

**THE GOLDENAIRES
INVITE YOU TO THEIR**

**ANNUAL
HALLOWEEN LUNCHEON
FRIDAY, OCTOBER 28TH**

\$12.50 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 enjoy a day of fun with delicious food and “exciting” entertainment. Come in costume and win a prize for “most creative,” “funniest” and “scariest” costume! Costumes are optional, but we hope everyone gets into the spirit of Halloween! 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 OUR OWN KITCHEN CREW. MENU: ½ roasted chicken, salad, dessert & coffee! After lunch, we will have a procession of all those in costumes for our judges to award prizes! Let's have a big crowd of Goldenaires and celebrate HALLOWEEN! ENTERTAINMENT by Magic Jeannie. The day should end at approximately 2pm. Wine will be available at \$3.00/glass! Get your tickets NOW – do not delay and be left out on this special day!

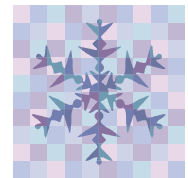
CANCELLATION/RESERVATION: Oct. 25 (Tues)

**THE GOLDENAIRES
INVITE YOU TO THEIR
ANNUAL
HOLIDAY GALA!!!**

FRI. - DECEMBER 9TH

5:30PM - \$25

**SIGNUPS BEGIN MONDAY,
OCTOBER 24TH AT 9:30AM**



**A sit down dinner catered
by Deer Park Villa Restaurant at the
San Rafael Community Center!**

'TIS THE SEASON FOR LOVE, HAPPINESS, PEACE, GOOD HEALTH AND GOOD TIMES!!!

Come join your fellow members & friends at this most festive event of the year! This will be a sit down dinner where everyone is waited on like “Kings and Queens.” We will also pay tribute to our wonderful volunteers. ASSIGNED SEATS WILL BE GIVEN AT TIME OF SIGNUPS

DINNER MENU:

Relish Tray, Green Salad, Roast Turkey, Mashed Potatoes, Stuffing & Gravy, Vegetables,

Cranberry Sauce, Rolls, Pumpkin Pie,

**Coffee/Tea!!! No-Host Bar - 5:30PM until 9:00PM
MIXED DRINKS: \$3.00/SODA-\$.50**

Dinner will be served at 6:30PM. Followed with big band music by the “Lee Russell Band”

6:00 PM to 9:00 PM. We will also be holding the drawing for our Annual HOLIDAY Raffle (tickets will be sent to you later). Don't miss out on this fabulous event!

CANCELLATION DATE....Dec. 6th, 2011

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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–Thurs 9 AM--4 PM
Fri 9 AM--3 PM. All Goldenaires activities take
place at the San Rafael Community Center
(ADA accessible) at 618 B Street

President

Vivian Berliner

Vice President

Joanne Castaldo

Recording Secretary

Peggy Rivette

Treasurer

Effie Lee

Financial Secretary

Bob Soldavini

Past President

Joyce De Martini

Board Members

Peggy Dickinson

Mary Holcombe

Mario Perrando

Michalene Thone

Committee Chairpersons

Kitchen – Marge Wehrer

Bingo – Bob Soldavini

Decorations – Joanne Perrone

Crafts – Elida Canziani & Jillian Robinson

Newsette – Joanne Castaldo & Joyce De Martini

Dances – Joanne Castaldo & Harvey Perry

Office Volunteers

Peggy Rivette, Isabelle Keeney, Patty Kelly,

Mary Holcombe, Lorraine Raggio

(Relief: Maria Carter)

Senior Supervisor Coordinator

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 \$25/year. A name badge is optional at \$7.00. Membership will expire May 31, 2012. Members must be at least 62 years old.

SUNSHINE REPORT by Lorraine Raggio



The thought of the day is as follows:
Lucky people assume that momentary failure is merely a pothole on the road to success. By unknown

ILL MEMBERS:

Marge Wehrer had hip problems, Martha Howard had a knee replaced, Helen Vidaurri had a shoulder repaired, Angie Bartlett had hip surgery, Joanne Perrone had surgery, Joanne Castaldo had surgery and is back at Goldenaires. We wish you all a speedy recovery. Please contact the office if a fellow member would like some cheer.

OFFICE WILL BE CLOSED THE FOLLOWING DATES

WEDNESDAY – OCTOBER 19th

(Marin Senior Information Fair)

FRIDAY – NOVEMBER 4th – Craft Fair

THURSDAY- Nov. 10th – 11:30-2:00PM

Volunteer Lunch

FRIDAY – NOVEMBER 11th – Veteran's Day

THURS & FRI – NOV. 24th & 25th –

Thanksgiving Holiday

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. We also have puzzles.

PLEASE – **NO HARDBOUND BOOKS-**

we just don't have enough space on the bookshelves in the office. *Thank You!*



PRESIDENT'S MESSAGE

Dear Members:

Yesterday, September 30th, I returned home as the escort on our overnight trip to the Nugget Hotel and Boomtown with 26 happy and enthusiastic members! We had a great time. After all the years of my coaxing members to bring their swimsuits and try out the gorgeous pool at the Nugget Hotel, I finally got 7 members to join me at the pool and some basking outside on the sunny patio. One member even brought her own raft for the pool. Three members returned to the pool the next day at 6:00AM before our bus left for Boomtown! The pool was virtually empty of people as was the Casino so our group was keeping the place alive! At Boomtown, the Casino was un-crowded and the slots seemed to be paying off well, attested by yours truly who could hardly close her wallet with the money won - a rarity.

Signups have begun for the following productions: "HAIR" at the Golden Gate Theater on Nov. 16th (WED), Beach Blanket Babylon "HOLIDAY SHOW" - Nov. 20th (SUN), Cache Creek Casino - Nov. 15th (TUES) and "HOW THE GRINCH STOLE CHRISTMAS" at the Golden Gate Theatre on Dec. 23rd (FRI).

Please don't overlook the 26th Annual Senior Information Fair at the Marin Exhibit Hall on Oct. 19th (WED). This year the theme is "Seize The Day". It is a FREE event. The Goldenaires continue to have their same large booth right near the entertainment stage. Please stop by and bring along friends to see and purchase some of our beautiful handmade crafts and also to learn about the other services available to seniors. There will be over 100 vendors at the Fair!

November 4th (FRI) 11:00AM to 8:00PM Craft Fair at our Community Center. Crafts are for sale from over 60 vendors. Our Bakery Booth is a popular attraction, so please help by baking and donating. Everyone that attends the Fair looks forward to these homemade goodies from our members! Goldenaires also run the Café where one can sit down at a table and enjoy light refreshments or a complete lunch or dinner! In addition, we hold a raffle which generates our mailing list and we can certainly use some more gifts for our baskets. If you have any new items that you will not be using or if you can donate a bottle of nice wine, gourmet foods or a gift certificate to a store or restaurant, your donation would be deeply appreciated. Chairperson Lorraine Raggio &

committee, spend a full day putting these baskets together and additional items are requested. Please drop off at the office no later than Monday, Oct. 31st. Thank you in advance for supporting your Club.

Please make note that the first signup day for the Holiday Gala and December trips will be held MONDAY-OCTOBER 24th as we have a trip scheduled for Tuesday, Oct. 25th (normal signup day). Thank you for your understanding with this schedule change.

A big thank you to Marge Wehrer and kitchen crew along with Isabelle Keeney & Michalene Thone for making our picnic a HUGE success. It was a great day with beautiful weather & great food!

Lastly, we have quite a number of wonderful activities and programs during the next few months, so there is definitely something for everyone to enjoy. So don't just sit at home, come on down to the Goldenaires and stay active-not just physically but mentally! REMEMBER, SEIZE THE DAY!

Best Wishes - VIVIAN BERLINER

NEW MEMBERS

MYRTLE OLSEN	KAREN VAN DYKE
SUSAN KAMP	FEVZIYE BUYNK
LYDIA MERIWETHER	PHIL MEGNA
KEN VIX	JOHN ANDERSON
GRACE SEVERTSON	PAULA HASKINS
ANNE MARIE KAMBLU	

WELCOME

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

GENERAL MEETING

OCT. 26TH (4th Wed) 11:45 AM
NOV. 23RD (4th Wed) 11:45 AM

Executive Board and 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".* Let's have a big crowd! \$2 donation OR \$6 donation for under 60 years of age. THE LUNCHESES ARE REALLY DELICIOUS-ask anyone! Bingo to follow at 12Noon.

SIGNUPS BEGIN MON. OCT. 24th 9:30AM**BLACKHAWK MUSEUM IN DANVILLE- DEC. 1ST (THURS) - \$47**

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 8:30AM and from the San Rafael Community Center at 9:00AM. From there, we will head over to Danville to the BLACKHAWK MUSEUM for a docent led tour 10:30-12:30PM).

This non-profit museum was established to ensure that significant automotive treasures blending art, technology, culture and history would be exhibited for public enjoyment and educational enrichment. In 1988, the spectacular 70,000 square-foot architectural masterpiece showcasing these rolling sculptures in a unique "jewel box" setting became a reality. An Automotive Research Library and the Museum's Shop & Bookstore are additional exhibits along with displays of over 90 cars-1903 Mors J. Rothschild Fils Limousine, a 1909 Winton Touring Model 17, a 1936 M.G. PB Airline Coupe, etc. Since the Museum is located at the end of one of the most beautiful shopping centers in the East Bay, the Blackhawk Plaza, an assortment of boutiques, restaurants, galleries and many other shops will provide you plenty of time to explore and have lunch.. With a stream running through its manicured landscaping, from the fountain atop the Museum's Plaza to the outdoor terrace, you are in for a delightful day. We will depart Blackhawk at 2PM and arrive in downtown Danville for shopping & time to browse. On our way to Danville, a tour guide on the bus that will talk about the history of Danville. We will depart Danville at 3:30PM and should arrive back in San Rafael at approx. 5:00PM.

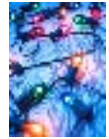
CANCELLATION DATE...Nov. 21st (MON)

SIGNUPS BEGIN MON. OCT. 24th 9:30AM**THE GREAT DICKENS CHRISTMAS FAIR- DEC. 4th (SUN) - \$44**

A holiday adventure into Victorian London, partying with hundreds of costumed players in 120,000 square feet of theatrically-lit music halls, pubs, dance parties and Christmas shops on winding lanes. Last years experience was enjoyed by everyone! It's a twilight evening in Charles Dickens' London Town – a city filled with lively and colorful characters from both literature and history. Enticing aromas of roasted chestnuts and hearty foods fill the air. Sample delicious foods from around the world, including fish & chips, English bangers, Greek delicacies, French onion soup and enticing desserts. Dozens of lamp-lit shops are filled to overflowing with Christmas presents. Come wander the lanes of Victorian London, as the glow of twilight settles upon the City with the scent of pine boughs and freshly baked scones floating in the air and the sound of carolers and holiday merry-makers accompanying your stroll. Enjoy the many

crafts available for purchase along with delightful entertainment. ITINERARY: We will depart Park & Ride at Smith Ranch Road at 9:30AM and from the San Rafael Community Center at 10:00AM. We will then venture to the Cow Palace in San Francisco for a fun-filled day. There are plenty of restaurants to choose from for delicious goodies! We will depart the Fair at 3:00PM and arrive back in San Rafael at 4:00PM. Driver's gratuity incl.

CANCELLATION DATE.....Nov. 23rd, 2011

SIGNUPS BEGIN MON. OCT. 24th 9:30AM**"DAY AT THE BAY-FESTIVE CHRISTMAS HOLIDAY" Dinner, theatre & S.F. Light Tour – DEC. 6th (TUES) - \$88**

FROM VAUDEVILLE TO ROCK N' ROLL-LIVE CABARET SHOW! THIS WAS A TERRIFIC TRIP LAST YEAR-DON'T MISS OUT! ITINERARY: We will depart from the Park & Ride at Smith Ranch Road at 2:45PM and from the San Rafael Community Center at 3:15PM. We will then head to San Francisco to FIOR D'ITALIA RESTAURANT for an early 4:00PM dinner and cabaret show. MENU SELECTION: 1) Pasta stuffed with chicken & turkey in a cream sauce, 2) Breast of Chicken Figure with dried tomatoes, zucchini & artichokes, 3) Alaskan Halibut with sage butter & pine nuts. Each entrée is served with Caesar salad, vegetables, bread & butter, dessert and coffee/tea. No-Host bar is available. From 5:15-6:30pm, you will be entertained by a delightful group of personalities that will sing a variety of tunes from Broadway shows, Hollywood movies and the Vaudeville Stage. After the show, we will board the bus and explore the sites of the holiday lights throughout San Francisco. We should arrive back in San Rafael at approx. 9/9:30PM. **CANCELLATION DATE....Nov. 21st (MON) We must have a minimum of 40 for event to take place!**

SIGNUPS BEGIN MON. OCT. 24th 9:30AM**THUNDER VALLEY CASINO – DEC. 15th (THURS) - \$32.00**

BRING YOUR THUNDER VALLEY PLAYER'S CARD ON THE DAY OF THE TOUR ALONG WITH YOUR PHOTO ID. (DRIVER'S LICENSE). AT THE TIME OF SIGNUPS, YOU WILL NEED TO GIVE YOUR PLAYER'S NUMBER TO THE OFFICE. IF YOU DON'T HAVE A PLAYER'S CARD, YOU WILL NEED TO SIGNUP FOR ONE AT THE CASINO. 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 Casino Free Play. *New Thunder Club members receive \$5 additional FREE Casino Play!* NO PARKING IN COMMUNITY CENTER OR SAFEWAY LOTS WHILE ON A TRIP. Should arrive back in San Rafael at approx. 5/5:30PM. Driver's gratuity included. **CANCELLATION.....DEC. 5th (MON)**

SIGNUPS BEGIN MON. OCT. 24th 9:30AM

**CELTIC YULETIDE-
DEC. 17TH (SAT) - \$88**

ITINERARY: We will depart Park & Ride on Smith Ranch Road at 12:00NOON and the San Rafael Community Center at 12:30PM. From there, we will head to the Marines' Memorial Theatre for the 2:00PM performance of Michael Londra's CELTIC YULETIDE. Starring internationally renowned Irish tenor MICHAEL LONDRA and lead singer of Riverdance on Broadway is preparing to sweep San Francisco audiences away to Christmas in Ireland. Come and share the excitement of world class Irish dancers, Irish musicians, Irish carols, and guest artist Sephria. Should arrive back in San Rafael at approx. 5/5:30PM. NO PARKING IN COMMUNITY CENTER or SAFEWAY LOTS.

CANCELLATION...NOV. 14th (MON)

SIGNUPS BEGIN MON. OCT. 24th 9:30AM

**JACK JONES – RRAZZ
ROOM IN S.F. – JAN. 19th,
2012 (THURS) \$78**

ITINERARY: We will depart Park & Ride on Smith Ranch Road at 12:00NOON and the San Rafael Community Center at 12:30PM. From there, we will head to the Rrazz Room for the 2:00PM performance of JACK JONES- Legendary 2-Time Grammy Winner vocalist! Treating you to some of his award winning tunes, such as "Lollipops & Roses", "Wives and Lovers", "What I Did for Love" and "Impossible Dreams", Mr. Jones will be highlighting the work of Alan & Marilyn Bergman – "The Windmills of Your Mind" & "The Way We Were". Should arrive back in San Rafael at approx. 5/5:30PM. NO PARKING IN CENTER/SAFEWAY LOTS. **CANCELLATION...DEC. 16 (FRI)**

SEATS STILL AVAILABLE

**CACHE CREEK CASINO –
NOV. 15th (TUES) - \$32**

**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. 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 (10:45AM to 3:00PM). YOU CAN CASH IN YOUR "GOODIES" AT ANYTIME WHILE YOU ARE AT THE CASINO. Back in San Rafael at approx. 5:00/5:30PM. Driver's gratuity incl.

CANCELLATION DATE...Nov. 1st (Tues)

SEATS STILL AVAILABLE-Last chance!

**"HAIR" at Golden Gate
Theatre – NOV. 16th
(WED) - \$78***

***(reduced fee if paid by 10/14/11)**

2009 Tony Award winner for

BEST MUSICAL REVIVAL!

HAIR depicts the birth of a cultural movement in the 60's and 70's that changed America forever. The musical follows a group of hopeful, free-spirited young people who advocate a lifestyle of pacifism and free-love in a society riddled with intolerance and brutality during the Vietnam War. As they explore sexual identity, challenge racism, experiment with drugs and burn draft cards, the show resonates with an irresistible message of hope more than 40 years after it first opened on Broadway. ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 12:00PM & from the San Rafael Community Center at 12:30AM. We will then venture to the Golden Gate Theater in San Francisco for the 2:00PM performance. We should arrive back in San Rafael at approx. 5:30/6:00PM. *NOTE: At the end of the 1st Act, there is a 30 second nudity scene. Drivers' gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. **ONLY 40 TICKETS-Orchestra Section!**

CANCELLATION DATE.....OCT. 14th (FRI)

SEATS STILL AVAILABLE-Last chance!

**"HOW THE GRINCH
STOLE CHRISTMAS"-
Golden Gate Theatre –
DEC. 23RD (FRI)-\$97**

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 9:15AM & from the San Rafael Community Center at 9:45AM. We will then venture to the Golden Gate Theater in San Francisco for the 11:00AM performance of Dr. Seuss' HOW THE GRINCH STOLE CHRISTMAS The Musical. The show is 90 minutes in length with no intermission. Discover the magic of **DR. SEUSS' HOW THE GRINCH STOLE CHRISTMAS! The Musical**, a production that has delighted thousands of families on Broadway and across the nation. Inspired by Dr. Seuss' beloved story and featuring the hit songs "You're a Mean One, Mr. Grinch" and "Welcome Christmas," The Grinch discovers there's more to Christmas than he bargained for in this heart-



warming holiday classic. Max the Dog narrates as the mean and scheming Grinch, whose heart is "two sizes too small," decides to steal Christmas away from the Whos, an endlessly cheerful bunch, bursting with holiday spirit. The Associated Press says, "This Grinch brings the Dr. Seuss classic fancifully to life - you might find your heart growing a few sizes, too," and The New York Times says The Grinch Musical is "100 times better than any bedside story." After the performance, we will head to THE STINKING ROSE RESTAURANT in North Beach for lunch (1:00PM). MENU SELECTION: 1) Forty Clove garlic Chicken-roasted on the bone 2) Salmon in lemon butter caper sauce 3) Italian Garlic Meat Loaf with pan gravy 4) Neon Ravioli with garlic basil Alfredo sauce 5) Lasagna of wild mushrooms, roasted eggplant, garlic, peppers, onions, Swiss chard, mozzarella & tomato sauce. Each entrée served with Salad, Focaccia bread, dessert & coffee/tea/soft drink. We should arrive back in San Rafael at approx. 3:30PM Drivers gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS.

ONLY 40 TICKETS-Orchestra Section!

CANCELLATION DATE.....Nov. 21st (MON)

SEATS AVAILABLE

HORSE RACES –
OCT. 21st (FRI) -
\$57

(Lunch/Turf)

It's always a fun day at
Golden Gate Fields!



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. 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 OR SAFEWAY LOTS. DRIVER'S GRATUITY INCL. *MARIN CHARTER & TOUR BUS* **CANCELLATION DATE...Oct. 3rd(MON)**

REMEMBER-SIGNUP DAY FOR DEC/JAN
TRIPS & HOLIDAY GALA- MONDAY,
OCTOBER 24TH AT 9:30 AM due to a trip
scheduled on the normal signup day which is
usually A Tuesday. Thank You!

SEATS AVAILABLE

RIVER ROCK CASINO –
OCT. 25th (TUES) - \$32



ITINERARY: Depart the San Rafael Community Center at 8:30AM and from the Park & Ride at Smith Ranch Road at 9:00AM. Our stay at River Rock in Geyserville will be from 10:30-3:30PM (must stay 5 hours). Upon arrival you will receive a casino package of **\$20 FREE PLAY or you can exchange that for \$35 Table Play.** Since we will be arriving on a Tuesday-senior day, you will receive an additional \$5 for free play plus 10% off at the Quail Room Buffet. Be sure to bring your player's card the day of the trip along with your photo I.D. If you do not have a player's card, you may obtain one that day. **AT THE TIME OF SIGNUPS, WE WILL NEED YOUR PLAYER'S CARD NUMBER OR BIRTHDATE.** This is required by the casino. Should arrive in San Rafael at 5:00PM. Driver's gratuity incl.
CANCELLATION DATE...OCT. 14th (FRI)

WAITING LIST

BEACH BLANKET BABYLON
NOV. 20th (Sun) \$83/person

ITINERARY: We will depart from the Park & Ride on Smith Ranch Road at 12:00PM and from the San Rafael Community Center at 12:30PM. We will head over to San Francisco to the Club Fugazzi Theatre to see this wonderful show BEACH BLANKET BABYLON "XMAS" for 2:00PM performance. (OUR SEATS ARE IN THE RESERVED SECTION CENTER BALCONY & FRONT CABARET OPEN SEATING). This is a show that is always full of excitement and great entertainers. If you haven't seen it, it is a MUST that you attend. If you have already seen it, the show is always changing and adding new characters and the XMAS production is great! Non-alcoholic beverages & snacks for sale. The show is approximately 1 and 1/2 hrs. We should arrive back in San Rafael at approx.4:30PM. GREAT WAY TO SPEND A SUNDAY. NO PARKING IN CENTER LOT/NO SMOKING ON BUS. **CANCELLATION & RESERVATION DATE.....SEPT. 21ST (WED)**

WAITING LIST

CIRQUE DU SOLEIL-Totem –
NOV. 6th (Sun) – \$98

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 11:00AM and San Rafael Community Center at 11:30AM and venture to the San Francisco AT&T Park for the 1:00PM performance CIRQUE DU SOLEIL - TOTEM. Should arrive back in San Rafael at 4:00 PM. *MARIN CHARTER & TOURS* **CANCELLATION DATE...AUGUST 12**



A GOLDENAIRES' CRUISE SPECIAL
AUGUST IN ALASKA ON THE SEA PRINCESS
2012 - ROUNDRIP SAN FRANCISCO !!

JOIN THE FUN OF GLACIERS, GLAMOUR & GREAT FRIENDS
GLACIER BAY NATIONAL PARK IS A HIGHLIGHT

11 DAYS - AUGUST 21 TO AUGUST 31, 2012

SAN FRANCISCO - 2 SEA DAYS - JUNEAU - SKAGWAY - GLACIER BAY
KETCHIKAN - SEA DAY - VICTORIA, B.C. - SEA DAY - SAN FRANCISCO

Table with 2 columns: Category and Price. Categories include BB/BALCONY, BC/BALCONY, E/OCEAN VIEW, JJ/INSIDE ROOM. Prices range from \$1249 to \$2374 per person/dbl.

\$75 PER CABIN ONBOARD CREDIT !!

Your Deposits are always Fully Refundable. Government Taxes are add'l \$110/person. Travel Insurance is Highly Recommended. Call our Cruise Expert: BARBARA NELSON, Barbara's Travel/San Marin Travel - 415-883-1120 OR 866-462-7887 toll free. Ship is of Bermudan Registry CST 1003321-10

Decorative separator line of ampersands.



It's a cover-up! Those crafty ladies have been at work to make it easier for you to ook better. This time we feature items to protect or hide something. A lovely selection of cobbler aprons will keep you neat and tidy. Bibs for babies and clothing protectors (larger adult size) with the same idea in mind. Hand knit lap robes and ear warmers to chase the chills. As for some less than lovely, everyday items; a fine cozy to hide the T.P. and snazy cover, better than a plain brown wrapper, for that enticing book you are toting with you. Remember, all profits from our crafts sales go back into the programs for Goldenaires. **NOTE: The ladies in the Craft group are in need of a sewing machine. If anyone has a machine that is 10 years old or newer, it would be greatly appreciated. Please contact Carol at 485-3341 if you are able to donate one-Carol is willing to pick it up!

Decorative separator line of ampersands.



BRIDGE ANYONE? Goldenaires Bridge Club welcoming new members! Enjoy the relaxed atmosphere, friendly members and delightful conversation. Please join us on Mondays and Thursdays from 11:00-3:00PM for a stimulating game. Please arrive by 10:30AM and bring a lunch. Must have knowledge of the game of bridge.

Decorative separator line of ampersands.

SPECIAL NOTICE

If any our members have an email address and would like to receive your NEWSETTE online & ON TIME, please call your friendly office volunteers at 485-3348 and let us know. The more we can save on expenses, the more we can continue to subsidize our programs. In addition, we realize there is a lot of information in the Newsette, but you only need to print out the pages that you wish to have on hand. Thank you so much for your consideration.

Decorative separator line of ampersands.

LAST CALL FOR BAKERY GOODS!

The Craft Fair is just around the corner - Nov. 4th and we are in need of our members to bake goodies for our bakery booth. Please drop off your sweets on Thursday afternoon-Nov. 3rd or Friday at 9:00AM. Please make note of your donation: apple pie, peach pie, banana nut bread and if you could dress it up that would be wonderful-colored saran wrap with a ribbon! So, let's start the ovens & BAKE, BAKE, BAKE!



- Active Lifestyle Information A to Z
- 135 + Colorful Booths
- Flu Shot Clinic
- Health Tests & Screenings
- Camera Clinic & Photo Show
- Fitness Activities
- Computer Help/Q&A
- Quilting Show & Demos
- Do-It-Yourself Art & Show
- Entertainment All Day
- Starduster Big Band & Dancing
- Prizes, Awards & Giveaways
- Jan Wahl - Emcee

**FREE
Admission**

**OCTOBER 19, 2011
9:00 AM - 3:00 PM**

MARIN EXHIBIT HALL - 10 Avenue of the Flags, San Rafael

FREE Roundtrip Shuttle Service Courtesy Whistlestop • Ride Info: 415-454-0964

General Fair Info: 415-456-FAIR - www.marinseniorinformationfair.org

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PATRONS:

AlmaVia of San Rafael • Drake Terrace • The Tunalpais

CRAFT FAIR

SAN RAFAEL COMMUNITY CENTER
618 "B" STREET, SAN RAFAEL



FREE ADMISSION

FRIDAY, NOV. 4th 11:00 AM – 8:00PM

CRAFTS FOR SALE FROM OVER 60 VENDORS

JEWELRY
LIGHTHOUSES
GIFT BASKETS
ORNAMENTS
WOOD CARVINGS
HOLIDAY DECORATIONS
BIRD HOUSES



BAKERY GOODS
CERAMICS
QUILTS
KNIT ITEMS
HAND PAINTED GLASS
DECORATED XMAS TREES
CANDLES

"CAFÉ"

FOR MORE INFORMATION CALL 485-3348/485-3333

DIRECTIONS: Going North or South on Hwy 101, take Central San Rafael Exit, go West on 3rd St., left on "B" Street.
San Rafael Community Center is next to Safeway

(Sponsored by San Rafael Goldenaires Senior Citizen Organization)

SPECIAL EVENTS



BINGO DAYS
Wednesdays
OCT. 12th & 26th

NOV. 2nd, 9th, 23rd & 30th
(NO Bingo on the 3rd Wednesday)

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! 15 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 - \$200! Cash prizes 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 3rd week, when there is no Bingo, it will be recognized on the 4th 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 \$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.** Please state that the meal site is at the San Rafael Community Center. Home-delivered meals are also available for those in need. You may call **MARIN MEALS ON WHEELS** 507-4300.

SUNDAY DANCES

OCT. 30th, NOV. 27th
(No Dance in December)
2:00 – 5:00 PM
(doors open at 1:30 PM)

Featuring
THE MANNY GUTIERREZ QUARTET
 San Rafael Community Center,
 618 B STREET –\$8.00 GENERAL –
 \$5.00 GOLDENAIRES
(MUST SHOW MEMBERSHIP CARD)



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. We've had great attendance the past few dances! The May dance had 89 people! Great exercise! 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.

Thursday, Oct. 13th
RIO (animated)

Anne Hathaway, Jesse Eisenberg,
George Lopez, Wanda Sykes,
Leslie Mann



Blu, a flightless macaw, acts more like a human than a bird. He thinks he's the last one of his kind. After he learns there's another-and that she's a she-Blu embarks on an adventure to Rio. He meets Jewel and a menagerie of vivid characters who help Blu learn to fly. 96 minutes *Disney Nature Film*

.....
Monday, Nov. 28th
THE LIGHTKEEPERS

Starring: Richard
Dreyfuss, Blythe
Danner, Mamie Gummer



Set in the year 1912 of Cape Cod, a lighthouse keeper who has disavowed any association with females, must deal with the appearance of two attractive women who move into a nearby cottage for the summer.

97 minutes Comedy

COLLETTE VACATION TOURS - BROCHURES AVAILABLE IN THE OFFICE

Discover Panama – The Land Between the Seas – February 29th-March 8, 2012

Highlights: Panama City, Miraflores Locks, Culinary Demonstration, Monkey Island Cruise, Smithsonian Galeta Marine Laboratory, Gamboa, Panama Canal Railway, Embera Indigenous Village, Salsa Dance Lesson, Play Bonita. Per Person Rates: Double-\$2,859, Single-\$3,709, Triple-\$2,829

WE HAVE A MEMBER-NANCY DOUGLAS – WHO IS LOOKING FOR A ROOMMATE-SO CONTACT THE OFFICE IF YOU ARE INTERESTED IN ATTENDING THIS TOUR, BUT YOU ALSO NEEDED TO SHARE!

SUNDAY DANCES

San Rafael Community Center

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

FEATURING

THE MANNY GUTIERREZ QUARTET

OCTOBER 30th

NO DANCE IN DECEMBER



NOVEMBER 27th

JANUARY 29th

**2:00 pm – 5:00 pm (doors open at 1:30) \$8.00 GENERAL
\$5.00 GOLDENAIRE MEMBERS (MUST SHOW MEMBERSHIP CARD)**

Open to the Public/Singles & Couples

**Snacks and Refreshments provided (no outside food). 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**

UPCOMING THEATRE PERFORMANCES: If you are interested in attending any of these Broadway theatre performances in San Francisco, please call the office at 485-3348: 1) **LES MISÉRABLES** - JULY 10 - AUG 5 ORPHEUM THEATRE, 2) **WAR HORSE** AUG 1 - AUG 26, 2012 – CURRAN THEATRE- "War Horse" tells the story of young Albert's beloved horse, Joey, which has been sold to the cavalry and shipped to France. In a tale that the Sunday Express said is "...both epic and intimate," and "absolutely guaranteed to move the heart," Joey is caught in enemy crossfire and ends up serving both sides of the war before landing in no man's land. Albert, not old enough to enlist, embarks on treacherous mission to find his horse and bring him home. Cost approx. \$80 to \$110 depending on the ticket price & bus. Seats are requested in the orchestra section. We need more names to book a date as we need to pay a non-refundable deposit!

******SPECIAL NOTICE******

**SIGNUP DAY FOR DEC/JAN TRIPS & HOLIDAY GALA
MONDAY, OCTOBER 24TH AT 9:30AM**

**Senior
Helpers
and friends
say...**

- Let's Eat !**
- Let's Think !**
- Let's Move !**
- Let's Talk !**



Let's Eat – What is good nutrition for seniors? We talk about easy and healthy meals. *Meal included!*

Let's Think – Am I losing my mind? We talk about simple ways to improve your memory.

Let's Move – What are the benefits of exercise? We talk about easy to do body movements.

Let's Talk – Why is it so important to interact with other people? We talk about the benefits of socialization.

Helping You
Have **FUN** &
Remain
Independent

*Come prepared to have **FUN** and enjoy this informative skit!*

San Rafael Community Center
618 "B" Street

TUESDAY OCTOBER 25TH
11:30-1:00



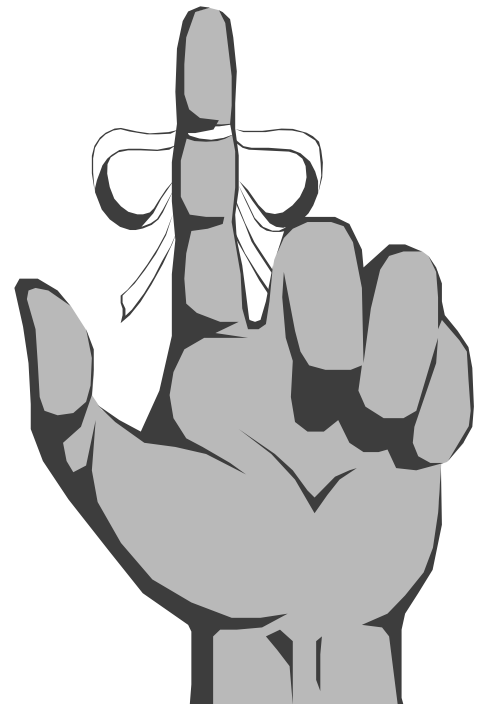
\$6.00 donation to cover food costs
Please RSVP Goldenaires
(415) 485-3348

JUST A REMINDER:

GET YOUR FLU SHOT

before it's too late

- Remember to get your flu shot. It's the best way to help fight this uncompromising virus and enjoy a healthy flu-free season.
- The flu is much worse than the common cold – or winter bug. When it hits, the uncomfortable symptoms can disrupt your life for days...
- But, you can protect yourself. A flu shot now will give your body time to develop immunity before flu season begins. It's the smart way to protect yourself against the flu.
- Remember, you cannot get flu from a flu shot. The vaccine is made from inactivated or "killed" flu viruses, which are not infectious.



Influenza vaccine should not be administered to anyone with a history of hypersensitivity to eggs or egg products. As with any vaccine, vaccination may not protect 100% of all susceptible individuals. The most common side effect is soreness at the injection site for up to two days. Less common side effects are fever and fatigue.

FLU SHOT CLINICS

Date:

Mon – Oct. 24th Time: 9:00-11:00am

Place:

San Rafael Community Center-618 "B" St.

Cost:

\$25.00 flu

\$35.00 pneumonia

No charge with proof of Medicare Part B

(Bring your red/white/blue card) **Donations appreciated**
 and a second ID. If you have Kaiser or Medicare HMO, you will need to pay for shots.

**Sponsored by San Rafael
 Goldenaires &**

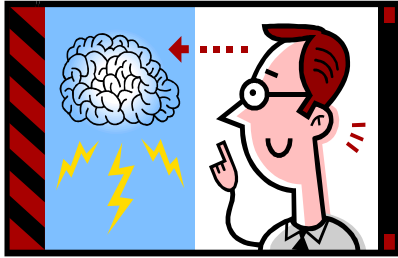
1-800-500-2400



Sutter VNA & Hospice

A Sutter Health Affiliate

www.sutterhealth.org



Your brain accepts everything you say...
 without question...!
 I'm too old for this.
 I can't lose weight.
and says OK and then makes sure
 you don't do it.

However, when you say...

- I CAN have a great day!
- I CAN lose weight!

Your brain agrees and endeavors to do
 everything it can to help.



**Would you like to learn how to accomplish
 more by simply telling your brain "I CAN"?**

Make your mind your greatest resource for positive change.
 Realize your dream by understanding how your mind works.
 Learn how to think differently.

Join us for a 10 part lecture series on retraining your brain
 not to accept "I CAN'T" and start saying "I CAN"!

Presented by Steven Campbell, author of **Making Your Mind Magnificent**.

The sessions are presented at San Rafael Community Center

Mondays –Oct. 3rd thru Nov. 28th 1:00-2:00 PM

\$5.00 per class attend all or a few

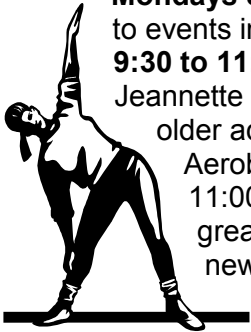
You may attend one or attend all (10% discount if you pay for all 10 sessions).

CALL 485-3348 TO RESERVE YOUR SPACE. TOPICS INCLUDE:

- OCT. 3rd - Where Does Self Image Come From
- OCT. 10th - Why Are Goals So Important
- OCT. 17th - How Can you Change Your Self Images
- OCT. 24th – Creating The Gap
- OCT. 31st – I Can See It: Creating A Stronger Picture
- NOV. 7th – Changing 'Have-To' to 'Get-It'
- NOV. 14th – Learned Optimism
- NOV. 21st – When We Get Discouraged
- NOV. 28th – Bringing It Altogether

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 \$34 (8 classes-9th is bonus).

Attend only one day a week (Mon or Fri) and pay \$19. Drop-in fee is \$8 per day. Both men and women welcome. *Jeannette Logan invites you to check her website-www.YouthfulHearts.com*

Youthful Hearts STILL GOING STRONG – Strength Training & Stretch

Mondays & Fridays (some Wednesdays due to events in building or holidays) from **11:15 AM to 12:15 PM**. This is a great class for those who want to build stronger bones and muscles and improve their range of motion. Mats are provided. Instructor: Jeannette Logan. Both men and women welcome. Attend twice a week and pay the full monthly fee of \$28. Attend only one day a week (Mon or Fri) and pay \$16. Drop-in fee is \$7 per day.

Jeannette Logan invites you to check her website-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

Mahjong

Tuesdays from 9:30 AM to Noon. Diana Brown & 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 gifts 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 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, Fridays and Saturday & Sunday (if courts not reserved) from 9 AM to 3 PM at Albert Park.



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! Fee: \$3 for 3 hours of outside play (\$3 for 1½ hours of inside play). It is a lot of fun and you'll meet new friends. Next league play will begin MARCH 2012. Fee for a Goldenaire team is \$125 (Bocce fee is \$155). The Club subsidizes the team of \$30 for all Goldenaire players (non members pay \$6 extra). 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).

There is a small fee for the instructor's mileage. Please bring your own supplies. Instructors: Gerhard Weihl, Bob Carlton & Anne Carroll, professional artists. Come and see what this very popular class is all about! Also, check out the display of paintings in the hallway - BEAUTIFUL work from beginners & advanced artists!

****NEW PAINTING GROUP ON MONDAYS- FROM 9:00-3:00PM. Acrylic water based paints. Intermediate/Advanced.**



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!

Authors' Round Table



Fridays, from 12:30-2:30pm. The Authors' Group will encourage you to write about all those memories you cherish. Come join us for \$5/month. Have fun exercising your thinking muscles! The current members would love to have some new members join them. Please stop by and visit.

Mature Driving Safety Course

OCTOBER 26th 12:30-5:00PM *
NOV. 15TH & 17TH (Tues & Thur) 9-1 PM
NO CLASS IN DECEMBER



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).

You must provide your AARP membership number when signing up for this class.

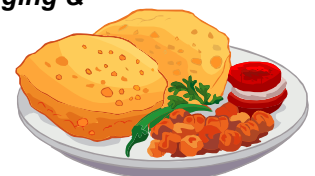
The Mature Driver Safety Program will substantially improve the driving skills of older motorists. This 8-hour classroom refresher course is designed to meet the specific needs of older drivers and will focus on sharpening their driving skills, as well as developing strategies for adjusting to age-related changes in vision, hearing and reaction time. **You must attend BOTH days at the same location.**

*****The 4 ½ hour review 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. **You must attend BOTH days at the same location. 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.

Instructor: Hank Levitan. **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 3rd 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: Oct. 21st, Nov. 4th & 18th
FOR HOME DELIVERED MEALS-please call Marin Meals on Wheels-415-507-4300.

November 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Painting 9-12:30/ 12:30-3:30pm Mahjong 9:30-12pm Poker 12-3:30pm Bocce (open play) 9-3 All Saint's Day	2 Exercise 9:30-11 Mat 11:15-12:15 BINGO 12 PM Good Earth Meal 11am Bocce League	3 Bridge 10:45-3pm Bocce League	4 NO CLASSES CRAFT FAIR 11-8:00 PM	5
6 CIRQUE DU SOLEIL Daylight Savings Ends (move clock back one hour)	7 Painting 9-3pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm EX.BD.MTG 9:30 AM	8 Painting 9-12:30/ 12:30-3:30pm Mahjong 9:30-12pm Poker 12-3:30pm Bocce (open play) 9-3 ELECTION DAY	9 Exercise 9:30-11 Mat 11:15-12:15 BINGO 12 PM Good Earth Meal 11am	10 Bridge 10:45-3pm OFFICE CLOSED 11:30-2:00PM (Volunteer Lunch)	11 OFFICE & BUILDING CLOSED Veteran's Day	12
13	14 Painting 9-3pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm NEWSETTE	15 Painting 9-12:30/ 12:30-3:30pm Mahjong 9:30-12pm Poker 12-3:30pm Bocce (open play) 9-3 DRIVING 9-1 PM CACHE CREEK	16 Exercise 9:30-11 Mat 11:15-12:15 HAIR	17 Bridge 10:45-3pm DRIVING 9-1 PM	18 Wood 9-12 Exercise 9:30-11 Mat 11:15-12:15 Authors 12:30-2:30pm Bocce (open play) 9-3 Crafts 12-3pm	19
20 BEACH BLANKET BABYLON	21 Painting 9-3pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm	22 Painting 9-12:30/ 12:30-3:30pm Mahjong 9:30-12pm Poker 12-3:30pm Bocce (open play) 9-3 DRIVING 1-5pm	23 Exercise 9:30-11 Mat 11:15-12:15 General Mtg. 11:45 BINGO 12 PM Good Earth Meal 11am	24 OFFICE & BUILDING CLOSED Happy Thanksgiving	25 OFFICE & BUILDING CLOSED Thanksgiving Holiday	26
27 DANCE 2-5pm	28 Painting 9-3pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm NEWSETTE MOVIE 1:00 PM	29 Painting 9-12:30/ 12:30-3:30pm Mahjong 9:30-12pm Poker 12-3:30pm Bocce (open play) 9-3 TRIPS SIGNUPS 9:30	30 Exercise 9:30-11 Mat 11:15-12:15 BINGO 12 PM Good Earth Meal 11am General Meeting 11:45 Driving 12:30-5 PM	ALL CLASSES AND PROGRAMS TAKE PLACE AT THE SAN RAFAEL COMMUNITY CENTER UNLESS NOTED Happy Turkey Day – November 24 th , 2011		

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

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

CURRENT RESIDENT OR

IMPORTANT DATES TO REMEMBER FOR 2011!

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



**SENIOR INFO. FAIR
WED, OCTOBER 19th**

**HOLIDAY PARTY
FRIDAY, DEC. 9th**



**HALLOWEEN LUNCHEON
FRIDAY, OCT. 28th**



**CRAFT FAIR
FRIDAY, NOV. 4th**

**BREAKFAST WITH SANTA
SATURDAY, DEC. 10th**

