



Live life locally

San Rafael Goldenaires

NEWSETTE

SEPTEMBER 2015

VOLUME XLVI I

Phone: (415) 485-3348

You can also read the Newsette online:

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

SIGNUP NOW! TICKETS AVAILABLE!
IT'S A GREAT DAY & GREAT FUN!

GOLDENAIRES ANNUAL PICNIC
SEPTEMBER 11th (FRI) - \$15
**(Bocce, Games & Prizes,
Lunch & BINGO)**

San Rafael Community Center

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



GOOD NEWS! "Bring a friend" to the Picnic and you do not have to pay the additional \$5 for bringing a non-member!

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

CANCELLATION DEADLINE: Sept. 8th (Tues)

SIGNUP NOW-DON'T MISS OUT!

**THE GOLDENAIRES INVITE YOU TO
THEIR 1st**

**OKTOBERFEST LUNCHEON –
FRIDAY, OCTOBER 23rd**

\$15 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 a delicious luncheon and entertainment – festive attire is always welcome! 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.

GOOD NEWS! "Bring a friend" to the luncheon and you do not have to pay the additional \$5 for bringing a non-member!

LUNCH WILL BE PROVIDED BY BLUEBERRY HILL CATERING & GOLDENAIRES KITCHEN CREW-CHAIRER BY PRESIDENT JOANNE CASTALDO. MENU: Green salad, Assortment of Brockwurst, Polish Sausage & Gourmet Frankfurters, Condiments like Sauerkraut, mustards, gourmet buns, etc, Homemade German warm Potato salad, Roll and butter, dessert & coffee/tea.

Let's have a big crowd of Goldenaires and celebrate OKTOBERFEST! We have also planned some special entertainment- **BIG LOU POLKA MUSIC!** . The day will end at approximately 2pm. Wine/beer will be available at \$4.00/glass! Get your tickets NOW –tables reserved for groups of 8-9 people.

CANCELLATION/RESERVATION: Oct. 20th

TABLE OF CONTENTS

Special Events.....1, 4-7, 8-13
 Classes.....11, 16, 18
 Sunshine Report.....2
 President's Message3
 Upcoming Outings4-8, 13-19
 Goldenaires Calendar.....21
 Announcements.....3, 8 - 22

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

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

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

President

Joanne Castaldo

Vice President

Loretta Soldavini

Recording Secretary

Peggy Rivette

Treasurer

Effie Lee

Past President

Vivian Berliner

Board Members

Elida Canziani

Jack Ciardelli

Carol Herbert

Isabelle Keeney

Dorothy Rogers

Committee Chairpersons

Kitchen – Marge Wehrer

Bingo – Carol Herbert & Lynn Goodfellow

Decorations – Joanne Perrone

Crafts – Elida Canziani

Newsette – Pat Mason

Dances – Joanne Castaldo

Office Volunteers

Peggy Rivette, Patricia Semple,

Isabelle Keeney,

Karen Torney & Lorraine Raggio

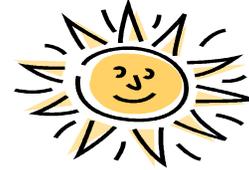
(Jackie Dema - relief)

Program Director

Carol Jacobs-Courtz

Have a friend who would like to join the Goldenaires? Annual membership fee is \$30/year. If joining in July, membership fee will be \$15 for remainder of the year. A name badge is optional for a \$9 fee. Membership will expire Dec. 31, 2015. Members must be 62 years or older.

SUNSHINE REPORT by Lorraine Raggio



The thought of the day is as follows:

Never measure yourself by someone else's yardstick. by unknown

ILL MEMBERS:

Susan Stanford had leg surgery,

Estelle O'Donnell had a fall.

Jeanne Strekfus had a knee operation.

We wish you all a speedy recovery.

Please contact the office if a fellow member needs some cheer.

OFFICE WILL BE CLOSED & NO CLASSES

MON-SEPT. 7TH (Labor Day)

FRI – SEPT. 11TH (Picnic)

BOOKS – BOOKS – BOOKS – BOOKS

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

Thank You

PRESIDENT'S MESSAGE



As I begin writing this August/September newsletter I can feel the soft breeze of my air conditioner working its way over to my chair. I'm afraid I will, shortly, have to turn it up to gale force in order to cool off. What in the world has happened to our Universe!!!!!! And to think that our "Indian Summer" will not arrive for a couple of months!

On July 10th we held our Luau luncheon and it was a great one. Debbie Ghiringhelli from Debbie Ghiringhelli Catering served a delicious buffet and the entertainment, lively ukulele players and lovely hula dancers led by our Ukulele instructor, Tucker Spolter, were enjoyed by all. It was a wonderful afternoon.

My trip to La Veranda Italiano Restaurant and then on to hear the Royal Society Jazz Orchestra was thoroughly enjoyed by all, however Vivian and her group, highly anticipating seeing the winner of 5 Tony awards, Matilda, left the theater missing much of the dialogue due to the English accents. That's the reason I find it hard to watch the BBC Channel on TV. But what good sports they were to laugh about it!!!!!!

The highlights for this period are: 8/13 International Left-Handers Month; 8/18 King Kong premiered, 8/21 Senior Citizens Day; 8/26 Women's Equality Day (proclaimed each year by the U.S. President to commemorate the granting of the vote to women throughout the country); 9/7 Labor Day (first Monday in September - a celebration of the American labor movement and is dedicated to the social and economic achievements of workers); 9/9 California Admission Day (celebrated annually on 9/9 to commemorate the anniversary of the 1850 admission of California); 9/13 National Grandparents Day; Evening 9/13 to Evening 9/15 Rosh Hashanah - is said to be the anniversary of the creation of Adam and Eve and their first actions toward the realization of humanity in God's world. Praying in Synagogue, personal reflections and hearing the Shofar, Rosh Hashanah literally means "head of the year" and is the Jewish New Year, one of the holiest days of the year.

Trips and escorts: 8/19 Exploratorium (Effie); 8/27 Giants game (Joanne); 9/1 California Academy of Science (Vivian); 9/7 Circus (Effie); 9/18 Santa Cruz Follies (Joanne); 9/24 Horse Races (Vivian); 9/30 Phantom of the Opera (Effie).

Events: 8/17 Monday Night Bingo; 8/25 Effie's Cooking Class; 8/30 Sunday Afternoon Dance; 9/11 Goldenaires Annual Picnic; 9/17 Mariachi Nueva Generacion; 9/27 Sunday Afternoon Dance.

Our movie host, Dodie, welcomes your attendance at "Movies in the Afternoon". Surprise in store for movie goes on 9/22 along with a great movie. She will be showing "The Best Exotic Marigold Hotel" then and "The Second Best Exotic Marigold Hotel" on 10/22.

The raffle tickets for our Summer Raffle were drawn at the general meeting on 7/22. Following are the lucky winners: 1st Prize-\$300:Mickey Whitney, 2nd Prize-\$100 Cash: Diana Edens, 3rd Prize \$100 Cash-Doris Velasco,

4th Prize \$25 Safeway-Ann Carroll & 5th Prize \$25 Goldenaires-Paul Sasse! The Goldenaires were also very fortunate. Because of your generosity this raffle raised \$2,952.00 and we thank each and every one of you for your support.

Shout out to Jeanette Logan, our fitness instructor. Her "Fit and Fun" and "Still Going Strong" group fitness classes not only keep you physically fit but add a mental, spiritual and emotional fitness as well. But her addition of a Non-Impact Chair Class to the schedule has allowed physically challenged members to maintain/develop fitness at their own pace and in their own comfortable way. HATS OFF TO YOU, JEANETTE.

Till next month remember: Life is Short-Live it; Love is Rare-Grab it; Anger is Bad-Dump it; Fear is Awful-Face it; Memories are Sweet-Cherish it
Peace, Love and Kindness Joanne

WELCOME

**ELSA HERNANDEZ, HARRIET COHEN
LITA HARVEY, DOLORES MERZ, ROBERT RIBALI
GLORIA JEFFCOAT & KATHLEEN HASSE**

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

GENERAL MEETING

AUGUST 26TH 11:45AM

****SEPTEMBER 23RD 11:45AM*****

Executive Board & General Meeting minutes along with treasurer's report and open time for new business. Good Earth Natural Foods lunches are served on Wednesdays at 11:00 AM. If interested, please call (415) 382-1334 the Monday prior for a reservation. LUNCH SERVED FROM 11:00 - 11:30AM. "The lunch program is made possible through funds from the Federal Older American Act, administered locally by the Marin County Health & Human Services, Division of Aging & Adult Services". \$3 donation for 60 years and older OR \$6 charge for under 60 years of age. ****SEPT. Meeting** – Guest speaker-Stephanie Edgerton from See's Candies will speak on the Goldenaires latest fundraising project. Stephanie has worked for See's Candies for 2 years and looks forward to sharing the rich and wonderful history of this California company that was founded in 1921. .MMM Good! Order sheets in the office & pickup dates for candy. BINGO begins promptly at 12:00Noon.

BOOKS – BOOKS – BOOKS – BOOKS

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

SIGNUPS BEGIN TUES. AUG. 18th 9:30am



ROYAL TEA-The Linde Lane Tea Room in Dixon – OCT. 8th (Thurs) \$82

Once a working Fire House cleverly converted into a team room; each table is uniquely decorated. The Old Dixon Fire Station was original built in 1929. The decor of the tea room is Victorian, and houses custom made chandeliers, furnishings and a one-of-a-kind 8 foot teacup booth. There are antiques, some older than a century intermingled throughout. Don't forget to visit the restrooms-even those are decorated and fit for a princess! ITINERARY: We will depart San Rafael Community Center at 8:30AM & from the Park & Ride at Smith Ranch Road at 9:00AM and then head to Dixon for our tour & hosted luncheon (11:15-1:15pm). MENU: Scones with cream & jam, soup, salad, 4 tea savories and assorted desserts. After a lunch, we will venture to the VACAVILLE OUTLETS for shopping & browsing (1:45-3:15pm). We should arrive back in San Rafael at approx. 5:00PM. Driver's Gratuity Included NO PARKING IN CENTER/SAFEWAY LOTS. **CANCELLATION DATE...Sept. 16th**

SIGNUPS BEGIN TUES. AUG. 18th 9:30am

HORNBLOWER CRUISE- FLEET WEEK IN S.F. – OCT. 10th (SAT) - \$120

ITINERARY: We will depart from the Park & Ride at Smith Ranch Road at 11:30AM and from the San Rafael Community Center at 12:00Noon and head to Pier 3 in San Francisco. We will board the SAN FRANCISCO BELLE YACHT at 1:30PM for a spectacular lunch and show. IT'S FLEET WEEK and the "BLUE ANGELS" have returned to San Francisco and will be flying right over the Bay for your viewing pleasure plus all of the fabulous boats and yachts that will be out on the Bay. Champagne brunch (wide variety of delicious entrees, salads & desserts to choose from) will be served upon our arrival (Live entertainment & No-Host cocktails available on the cruise) and at approx. 3:00PM, the Blue Angels will begin their show. What a place to be – right on the Bay to see this unbelievable extravaganza! You will be cruising from 2:30PM till 4:30PM and arrive back in San Rafael at approx. 5:30/6:00PM. WHAT A WAY TO SPEND A SATURDAY AFTERNOON AS SAN FRANCISCO IS ALWAYS FABULOUS THIS TIME OF YEAR! SPACE FOR 56 PASSENGERS! No parking in Center/Safeway lots. (Driver's gratuity incl.). **CANCELLATION DATE.... Sept. 22nd (TUES)**



SIGNUPS BEGIN TUES. AUG. 18th 9:30am

CACHE CREEK CASINO – OCT. 15th (THURS)



PACKAGE!!! \$5 FOOD COUPON (not for buffet), \$20 MATCH PLAY COUPON & \$10 BONUS PLAY ADDED TO THE CLUB CARD FOR A TOTAL VALUE OF \$30. ALL PASSENGERS MUST HAVE A CACHE CREEK'S PLAYERS CARD. 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. NO PARKING IN SAFEWAY/COMMUNITY CENTER LOTS. Should arrive back in San Rafael at 5:00/5:30PM. Driver's gratuity incl. **CANCELLATION DATE...Oct. 2nd (FRI)**

SIGNUPS BEGIN TUES. AUG. 18th 9:30am

APPLE HILL HIGH HILL RANCH - OCT. 19th (MON) - \$67



ITINERARY: We will depart the San Rafael Community Center at 8:00AM and the Park & Ride at Smith Ranch Road at 8:30AM. Then it's off to one of our favorite places to visit APPLE HILL at HIGH HILL RANCH in Placerville. We will arrive at 10:30am and have time to stretch your legs and look around before we start our "loop tour" at 11:15AM – we will visit Larsen's & Boa Vista Farms. If you've never been to Apple Hill, this is a trip you must attend. High Hill is located in the Sierras with breathtaking views, fishing pond, crafts, great food and beautiful apple orchards! After our tour, we will have a delicious luncheon (1:00PM) - barbecued chicken, macaroni salad, a roll and homemade apple pie with ice cream. After lunch, you will have a chance to do last minute shopping at High Hill Ranch for crafts & goodies & homemade pies & cider. We will depart at approx. 3:30PM and arrive back in San Rafael at approx. 5:30/6PM. On the way home, you will be treated to an apple fritter and juice. NO PARKING IN SAFEWAY OR CENTER LOTS. Driver's gratuity included. **CANCELLATION DATE...Oct. 5th (MON) NO BINGO ON BUS!**

SIGNUPS BEGIN TUES. AUG. 18th 9:30am

"JOHNNY CASH" TRIBUTE-OCT. 24th (SAT) - \$85



James Garner's Tribute to Johnny Cash celebrates the life and music of the Man in Black with strong conviction and stunning accuracy. Garner and his band faithfully recreate Cash's biggest hits,

such as Folsom Prison Blues, I Walk the Line and Ring of Fire, and incorporate historical accounts and personal anecdotes about America's most beloved singing storyteller in this not-to-be-missed musical event. The show is a fun, classy and toe-tapping trip down memory lane honoring Johnny Cash's life and music, and the boom-chicka-boom sound of his longtime backing band, the Tennessee Three. ITINEARY: We will depart Park & Ride at Smith Ranch Road at 9:45AM and from the San Rafael Community Center at 10:15AM. From there, we will venture to Pittsburg for a hosted lunch at LA VERANDA RISTORANTE ITALIANO (11:30-1PM). Menu Selection: 1) Lasagna-baked with Italian Sausage Meat Sauce 2) Eggplant Parmesan 3) Cheeseburger. All entrees served with salad, tiramisu and coffee/tea. After lunch, we will then arrive at the El Campanile Theatre in Antioch for the 2PM performance-JOHNNY CASH TRIBUTE! Back in San Rafael at approx. 5:30pm. DRIVER'S GRATUITY INCL. NO PARKING IN CENTER or SAFWAY LOTS. CANCELLATION DATE...Oct. 9th

SIGNUPS BEGIN TUES. AUG. 18th 9:30am

**BEACH BLANKET
BABYLON "HOLIDAY"
SHOW -NOV. 22nd (Sun)
\$91 (Bus & show)- 48Tickets**



ITINERARY: We will depart from the Park & Ride on Smith Ranch Road at 3:00PM and from the San Rafael Community Center at 3:30PM. We will head over to San Francisco to the Club Fugazzi Theatre to see this wonderful show BEACH BLANKET BABYLON "XMAS" for 5:00PM performance. (44 SEATS ARE IN THE RESERVED SECTION CENTER BALCONY & 4 SEATS IN FRONT CABARET OPEN SEATING FOR DISABLED). 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. 7:00/7:30PM. GREAT WAY TO SPEND A SUNDAY. NO PARKING CENTER/SAFWAY LOTS CANCELLATION DATE...Sept. 22nd

SIGNUPS BEGIN TUES. AUG. 18th 9:30am

**EL DORADO OVERNIGHT and/or
SHOW/BOOMTOWN
DAY 2- DEC. 3rd & 4th
(Th/Fr) You make the choice
for either dinner/show or not!**



ITINERARY: We will depart from the Community Center at 7:30AM and from Park & Ride at Smith Ranch Road at 8:00AM and head to

Sacramento for a breakfast stop and then on to Reno to the EL DORADO for your overnight stay. This evening, for those that have registered, you will enjoy a buffet dinner (opens at 4PM) & show (7:00-8:30pm) in the El Dorado Showroom- doors open at 6:30pm- The musical Christmas Carol "EBENEZER," based on the Charles Dickens' holiday classic, is a warm and rich telling of an unhappy, cruel man that goes from "Bah Humbug" to finding the true meaning of Christmas. Visited by the ghost of his old partner, Jacob Marley, Scrooge is warned that if he does not change his ways, he will be eternally bound by weights and chains and a devastating fate also awaits Tiny Tim, the son of his employee. Much to his dismay, Ebenezer is visited by four Ghosts on Christmas Eve that takes him through a musical journey of his life. He travels to his Past, comes face to face with the Present and is horrified by what his Future could hold. "EBENEZER," is a loving holiday greeting for adults and families filled with humor, singing and a classic Dickens story. DAY 2- We will depart the EL DORADO at 10:00AM (leave your baggage in your room by the door for an 8:30AM pickup) and then head to BOOMTOWN for a 4hr. stay (10:30-2:30PM). Refreshment stop at McDonald's on way home. Should arrive back in San Rafael at approx. 7:00PM. NO PARKING IN CENTER/SAFWAY LOTS. PLEASE BRING \$1 BILLS FOR BINGO. BRING BOTTLED WATER IF NEEDED. DRIVER'S GRATUITY INCL. CANCELLATION DATE...NOV. 3rd (TUES)

SGL RM: \$130 SGL RM & SHOW: \$170

DBL RM: \$116/PERSON

DBL RM & SHOW: \$156/PERSON

****Please note that cost is based on 28 passengers-if we receive signups over that amount-everyone gets money back! So get your friends & family members to signup-let's fill the bus!**

GOODIES: EL DORADO-Buffer dinner & show, breakfast coupon BOOMTOWN: Food Coupon

SEATS STILL AVAILABLE

**CALIFORNIA ACADEMY
OF SCIENCES – SEPT. 1st
(TUES) - \$58**



Come and explore the NEW academy in San Francisco. If you have not visited the new Academy it is a must and if you have already attended, don't miss the new exhibit- COLOR OF LIFE. See color for what it truly is: a major player in the natural world. From mating rituals to survival tactics, color plays a crucial part in the day-to-day life of countless species, and reveals the interconnectedness of life. Explore color's influence on animal behavior in a variety of habitats, from ocean floors to forest canopies. Walk among live birds, insects, and cephalopods displaying bold and surprising color patterns to see firsthand how various adaptive strategies—like camouflage and bioluminescence—allow animals to survive and thrive. See and hear what color can tell us about the health of the environments where these organisms live. Zoom in and

examine butterfly wings and beetle shells with GIGAmacro™ imaging, and you'll see life on an unprecedented (chromatic) scale. **ITINERARY:** We will depart Smith Ranch Road at 8:45AM and from the San Rafael Community Center at 9:15AM. Your day will begin at 10:00AM where you will have plenty of time to view the many exhibits including a coral reef and a natural history area. Another new exhibit is **WHALES-GIANT'S OF THE DEEP**. Also there are a variety of times to choose a planetarium show – a sweeping geological journey, **EARTHQUAKE** that explores the forces that transform the surface of our planet. After a stunning flight over the San Andreas fault, audiences travel back in time to experience San Francisco's infamous 1906 earthquake. You may also visit the aquarium, natural history museum & rainforest. *Please note: Photography and food and beverage are not permitted in the exhibits.* For your dining pleasure, you may enjoy lunch (on your own) at The Academy Café that serves a wide variety of multi-cultural cuisine, made fresh, with healthy, seasonal and organic ingredients. In redefining museum dining, the cafe offers delicious and healthy foods using sustainable ingredients. We will depart the academy at 2:30PM and arrive back in San Rafael at 3:30PM. **NO PARKING IN COMMUNITY/SAFEWAY LOTS. CANCELLATION DATE AUG. 20th (THURS)**

SEATS STILL AVAILABLE
RINGLING BROS. BARNUM
& BAILEY "CIRCUS" –
SEPT. 7th (MON) - \$58



ITINERARY: We will depart Park & Ride at Smith Ranch Road at 1:15PM and from the San Rafael Community Center at 1:45PM. From there, we will head to the Cow Palace for the 3:30PM show. **CIRCUS XTREME** - the 145th edition of The Greatest Show On Earth®. **Xtreme Sports** 15 artist-athletes bring the world of extreme sports into the circus ring. Free-runners turn every inch of the arena into their personal playground, leaping from trampolines, barreling along half-pipes, and slithering across slacklines. BMX riders are equally defiant of gravity as they arc off a ramp and perform flips above the heads of several awestruck clowns. **Xciting Animal Acts** Animal trainer Tabayara Maluenda treats his tigers like a family, and the love he brings to his wildly engaging performances—like his kissing a 300-pound tiger—puts that mutual affection front-and-center. **Xtraordinary Humans** It's not a bird, a plane, or even a dangerously evolved shark. It's Gemma, a 25-year-old Minnesota native who's been fired from a cannon more than 300 times in a single year. Not to be outdone, the strongmen of the Mongolian Mystics troupe twirl 200-pound barbells as if they were a drum major's baton. There are plenty of eateries to grab a bite, or bring a goodie for the bus. Our seats are on the lower level with few stairs to descend/climb; show is approx. 2 hours. We will depart the 5:30PM and arrive back in San Rafael at approx. 7:00PM. **NO PARKING IN CENTER/SAFEWAY LOTS. DRIVER'S GRATUITY INCLUDED. Cancellation Date...August 10th**

SEATS STILL AVAILABLE
SANTA CRUZ FOLLIES
– Sept. 18th (FRI) - \$85



"THOSE WERE THE DAYS" is the theme for this year's Follies production – all the hits – Earth Angel, Tuxedo Junction, Motown, Beach Boys, Patriotic & Country. - Santa Cruz Follies celebrating 60 years of these older adults singing and dancing their hearts out! **LAST YEAR'S TRIP WAS FABULOUS!** **ITINERARY:** We will depart the Park & Ride at Smith Ranch Road at 8:00AM and from the San Rafael Community Center at 8:30AM. We will head to Santa Cruz and arrive at **MICHAEL'S ON MAIN RESTAURANT** (10:45AM) in Santa Cruz for a hosted lunch prior to the performance. **MENU SELECTION:** 1) Grilled Chicken Sandwich w/Fries 2) Kobe Beef Burger w/Fries 3) Turkey Club w/Fries -all served with House Salad, dessert & beverage. After lunch, we will have a short drive to the Civic Auditorium – downtown Santa Cruz for the 1:00PM performance (approx. 2 hrs. + intermission). We will arrive back in San Rafael at approx. 5/5:30PM. Driver's Gratuity Incl. **CANCELLATION DATE....Aug. 14th (FRI) Only 46 tickets**

SEATS STILL AVAILABLE
HORSE RACES – SEPT. 24th (Thurs)
\$70 (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 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. **NO TENNIS SHOES** are not permitted for either men or women. Should arrive back in San Rafael approx. 5:30/6:00PM. **NO PARKING IN CENTER/SAFEWAY LOTS. DRIVER'S GRATUITY INCL. MARIN CHARTER & TOURS CANCELLATION DATE...Sept. 8th (TUES)**

FOUR (4) NEW BROADWAY SHOWS
COMING TO SAN FRANCISCO-DON'T MISS
OUT! LIMITED NUMBER OF TICKETS!
SEATS STILL AVAILABLE!!!!
SIGNUP NOW AS WE MAY NEED TO
CANCEL IF NOT ENOUGH ATTENDEES!

#1 - "ONCE" ORPHEUM THEATRE - OCT. 28TH (WED) -\$90

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 12:00Noon & from the San Rafael Community Center at 12:30PM. We will then venture to the Orpheum Theater in San Francisco for the 2:00pm performance. Winner of eight 2012 Tony Awards® including BEST MUSICAL, *ONCE* is a truly original Broadway experience. Featuring an impressive ensemble of actor/musicians who play their own instruments onstage, *ONCE* tells the enchanting tale of a Dublin street musician who's about to give up on his dream when a beautiful young woman takes a sudden interest in his haunting love songs. As the chemistry between them grows, his music soars to powerful new heights... but their unlikely connection turns out to be deeper and more complex than your everyday romance. Emotionally captivating and theatrically breathtaking, *ONCE* draws you in from the very first note and never lets go. It's an unforgettable story about going for your dreams and the power of music to connect us all. We should arrive back in San Rafael at approx. 5:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. ONLY 36 TICKETS-Orchestra Section! CANCELLATION DATE...SEPT. 8th, 2015

#2- "RIVERDANCE" GOLDEN GATE THEATRE - NOV. 8TH (SUN) -\$130

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 11:00AM & from the San Rafael Community Center at 11:30AM. We will then venture to the Golden Gate Theater in San Francisco for the 1:00pm performance. The international Irish dance phenomenon is back by popular demand in *RIVERDANCE - THE 20th ANNIVERSARY WORLD TOUR*. Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song. *RIVERDANCE - THE 20th ANNIVERSARY WORLD TOUR* is composed by Bill Whelan, produced by Moya Doherty and directed by John McCoolgan, and comes directly to North America from a sold out run across Europe and Asia. Of all the performances to emerge from Ireland - in rock, music, theatre and film - nothing has carried the energy, the sensuality and the spectacle of Riverdance. We should arrive back in San Rafael at approx. 5:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. ONLY 36 TICKETS-Orchestra Section! CANCELLATION DATE...SEPT. 22nd, 2015

#3 - "A CHRISTMAS STORY" ORPHEUM THEATRE - DEC. 10TH (THURS) -\$85

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 12:00PM & from the San Rafael

Community Center at 12:30PM. We will then venture to the Orpheum Theater in San Francisco for the 2:00pm performance. *A CHRISTMAS STORY, THE MUSICAL* chronicles young and bespectacled Ralphie Parker as he schemes his way toward the holiday gift of his dreams, an official Red Ryder® Carbine-Action 200-Shot Range Air Rifle ("You'll shoot your eye out kid!"). An infamous leg lamp, outrageous pink bunny pajamas, a maniacal department store Santa, and a triple-dog-dare to lick a freezing flagpole are just a few of the distractions that stand between Ralphie and his Christmas wish. Chock-full of delightful songs and splashy production numbers, *A CHRISTMAS STORY, THE MUSICAL* has proudly taken its place as a perennial holiday classic for the whole family. This new Broadway musical based on the classic 1983 movie, which itself was based on stories by legendary radio humorist Jean Shepherd, features a festive and nostalgic holiday themed score by Benj Pasek & Justin Paul and a faithful yet inventive book by Joseph Robinette.

We should arrive back in San Rafael at approx. 5:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. ONLY 36 TICKETS-Orchestra Section! CANCELLATION DATE...Aug. 25th, 2015

#4 - "JERSEY BOYS" ORPHEUM THEATRE - JAN. 27TH (WED) -\$110

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 12:00PM & from the San Rafael Community Center at 12:30PM. We will then venture to the Orpheum Theater in San Francisco for the 2:00pm performance. Oh, what a night - SHN just announced the return engagement of the Tony, Grammy and Olivier Award-winning hit musical JERSEY BOYS, the story of Frankie Valli and The Four Seasons. We should arrive back in San Rafael at approx. 5:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. ONLY 48 TICKETS-Orchestra Section! CANCELLATION DATE...Dec. 8th Each entrée comes with Caesar Salad & Tiramisu for dessert. Should arrive back in San Rafael at approx. 3:00PM. DRIVER'S GRATUITY INCLUDED. CANCELLATION DEADLINE....July 10th

****TAI CHI CLASSES****

The Goldenaires are looking into starting up a Tai Chi class on Thursdays, beginning sometime in late September or October. If you are interested, please contact the office and place your name on the interest list. If we receive enough names, we will hold an introduction class followed by a weekly session program. A nominal hourly fee would be charged to cover the instructor's time. If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

MOVIES IN THE AFTEROON

Doors open 12:45PM

Movie starts 1:00PM

Free popcorn and bottled water! Call the Goldenaires office to reserve a space-there are no bad seats! The movies are shown in the auditorium at the Community Center. **NON MEMBERS WELCOME – \$2.00CHARGE**



Tuesday, Sept. 22nd
THE BEST EXOTIC
MARIGOLD HOTEL

Some British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic -- and less expensive -- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.



RATED-PG-13 **2hrs. 4min.**

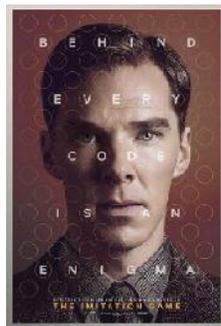
Thursday, October 22nd
THE SECOND BEST EXOTIC
MARIGOLD HOTEL

As the Best Exotic Marigold Hotel has only a single remaining vacancy - posing a rooming predicament for two fresh arrivals - Sonny pursues his expansionist dream of opening a second hotel. Check in again for more love and laughter as new arrival Richard Gere joins an all-star ensemble cast returning for this heartwarming sequel to The Best Exotic Marigold Hotel!

RATED-PG-13 **2hrs. 3min.**

Thursday, November 19th
THE IMITATION GAME

Starring: Benedict Cumberbath, Keira Knightley & Matthew Goode
During World War II, mathematician Alan Turing tries to crack the enigma code with help from fellow mathematicians.



RATED-PG-13 **2 hours**

NO MOVIE IN DECEMBER!

NEW FUNDRAISER FOR THE
GOLDENAIRES
SEE'S CANDIES!!!

Delicious & affordable, See's Candies has just what you need to make a lasting impression, whether you are shopping for friends or family members! Remember-See's candy is American – made - ALWAYS. With no added preservatives - EVER! No need to wait in line-just order through the Goldenaires and pick-up your candies in the office!



Come on down to the office & place your order for a variety of candies along with Gift Certificates! Prices are equal to what is charged in the stores, but you have the ease of ordering & picking up your boxes of candies at the Goldenaires and knowing that you are helping in the fundraising efforts for the Goldenaires!

Orders will be taken now through October 28th ; the candies will arrive for your Thanksgiving or December holidays in mid-November for pickup! How easy is that! All boxes will be wrapped in Holiday colors. Selections also include: Peanut Brittle, Lollypops, Molasses Chips, Nut & Chew Bars, Walnut Squares & Toffee-ettes along with 1 lb. or 2 lb boxes of Assorted Chocolates, Nuts & Chews and Milk Chocolates!

So come on down to the Goldenaires & place your orders! Sales representative, STEPHANIE EDGERTON will be our guest speaker at our Sept. 23rd General Meeting to give you highlights & history of See's candy and also available to answer any questions.

UKULELE CLASSES

We hope start up again Ukulele classes for those interested. We had a great group of over 9 students who have been strumming along and enjoying themselves. Any new players? Call the Office and put your name on the interest list & if enough players, we will start up a new class!

COLLETTE TOURS FOR 2015

BROCHURES AVAILABLE IN OFFICE

All trips INCLUDE air from SFO, Air Taxes, Transportation to/from San Rafael to the airport, cancellation insurance. Brochures available in Office

AMERICA'S MUSIC CITIES:

OCTOBER-16-23, 2015 *Highlights:* Historic RCA Studio B, Country Music Hall of Fame, Ryman Auditorium, Grand Ole Opry Show & Backstage Tour, Graceland, French Quarter, Swamp Tour, New Orleans School of Cooking

SOUTHERN CHARM HOLIDAY:

DEC 6-11, 2015 *Highlights:* Historic Charleston, Boone Hall Plantation, Beaufort, Savannah, Factors Walk, Jekyll Island

REFLECTIONS OF ITALY:

March 8-17, 2016 *Highlights:* Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Milan

SPOTLIGHT ON WASHINGTON, D.C.

April 13-19, 2016 *Highlights:* U.S. Capitol Building, WWII Memorial, White House Visitor Center, Mount Vernon, Arlington National Cemetery, Smithsonian Institution, Baltimore, Annapolis, Washington National Cathedral, Ford's Theatre

BINGO DAYS – WEDNESDAYS



**AUGUST 26TH
SEPT. 2ND, 9TH, 23RD, 30TH**

**OPEN TO THE PUBLIC!
Anyone over the age of 18 yrs. can play!**

Bingo, held at the San Rafael Community Center, is open to anyone 18 years and older. **Doors open at 9:30 AM** Bingo games start promptly at Noon. Free coffee! 16 games of Bingo are played Bingo packs of 10 sheets per pack – 3 squares per sheet - \$4.00/pack, 6 squares per sheet – \$7/pack. ALL SPECIAL GAMES ARE \$1.00 per sheet and prizes pay out at \$100 - \$150 Cash!!! If your birthday occurs during the week of a Wednesday Bingo (Sunday to Sunday), you will receive a FREE dauber. If your birthday occurs during the 3rd week, when there is no Bingo, it will be recognized on the 4th Wednesday!

**BIRTHDAYS APPLY TO ALL PLAYERS!!
MUST SHOW DRIVER'S LICENSE OR ID.**

***** GOOD EARTH NATURAL FOODS** will serve lunch on Wednesdays before Bingo at 11:00 AM. Lunch served till 11:30 AM. Besides a wonderful meal, you can share special times with your fellow friends. Suggested donations for lunch are \$3 for seniors and disabled persons and \$6 fee for those under 60 years old. **"This program is made possible through funds from the Federal Older American Act, administered locally by the Marin County Health & Human Services, Division of Aging & Adult Services"**. Lunch reservations must be made by calling (415) 382-1334 by 4:30 PM the Monday before. Please state that the meal site is at the San Rafael Community Center. **Home-delivered meals (Meals on Wheels) are available for those in need. Call 473-2539 for details, menus and to sign-up.**

Home-delivered meals (Meals on Wheels) are available for those in need. Call 473-2539 for details, menus and to sign-up for delivery.

THE CRAFTY LADIES ARE HARD AT WORK!



Store Front. Yes, the Goldenaires crafty ladies have a storefront. Take a look to the right as you enter the B Street community center. Like all storefronts, it is only the beginning and to shop you must walk inside. So walk down the hall and into the Goldenaires office (store). On display are many more items and a friendly receptionist (shopkeeper) to help you with purchases. Shop and support the Goldenaires when you need baby or adult gifts, something for the home, or even for yourself.

SUNDAY DANCES

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

FEATURING
THE MANNY GUTIERREZ QUARTET

AUGUST 30th
OCTOBER 25th



SEPTEMBER 27th
NOVEMBER 29th

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

New Year's in San Antonio



At the Hilton Palacio del Rio
December 29, 2015 – January 2, 2016

****Roundtrip Home Pick-Up
Airport Transfers**

Boat Cruise down the Paseo del Rio

- ◆ New Year's Eve Gala Dinner & Dancing &
New Year's Day Brunch
- ◆ Visit the Alamo

◆ Visit San Jose Mission & the SAS Store

◆ Day trip to Fredericksburg including

LBJ National Park & Admiral Nimitz Museum and MORE!!

Per Person Prices: \$2045 Double / \$2520 Single

Be sure to pick up the brochure at the Goldenaires office



Youthful Hearts Fitness Classes for 62+

Exclusively for Goldenaires Members*

Taught by ACE-Certified Instructor Jeanette Logan,
Specializing in Senior Fitness since 1994

Want to take greater control of your health, make friends and have fun as you grow older? Of course you do! Come join us for supportive, uplifting group fitness classes that will help you improve not only your physical fitness but also your mental, emotional and spiritual fitness as well! Learn to safely work with your limitations and actually enjoy exercising your body and mind for a positive health promoting experience. Now is the time for a better life!

Youthful Hearts Exercise done on a regular basis can help with:

- ~ Improving Heart & Brain Health
- ~ Increasing Vitality and Flexibility
- ~ Regaining Joint Mobility
- ~ Burning Calories and Releasing Stress
- ~ Overall Body Awareness & Stamina
- ~ Strengthening Bones and Muscles
- ~ Developing Better Balance
- ~ Expanding Breathing Capacity
- ~ Feeling Younger and Sleeping Better
- ~ Building Confidence & Self Compassion

Your first class is FREE so come in for a tryout! 3 great classes for women & men to choose from:



1. Fit & Fun, Low-Impact Aerobics, Monday and/or Friday, 9:30-11:00am. This class includes a 10-minute warm-up, followed by approx. 30 minutes of low impact aerobics done to a variety of music. After a water break, we do a 35-minute mix of standing and seated exercises using resistance bands and hand weights, along with some flexibility, balance and brain training. **NO FLOOR WORK.** The class ends with a 10-minute guided relaxation experience, except on the 1st & 3rd Fridays when we do a shorter strength/stretch set and 20 min. of optional line dancing. Fee: Attend once a week- \$20 per month; twice a week- \$36 per month. Drop in fee- \$9 per class. *Occasionally class meets on Wed. due to holidays and events.*



2. Still Going Strong, Strength & Stretch Training, Monday and/or Friday, 11:15am-12:15pm.

This class includes a 10-minute warm-up, followed by a 40-45 minute mix of standing, seated and mat exercises using resistance bands, hand weights and body weight. The majority of the class is devoted to strength & stretch but we also do balance and brain work.



INCLUDES FLOOR WORK. The class ends with a 5-10 minute guided relaxation experience. Fee: Attend once a week- \$17 per month; twice a week- \$30 per month. Drop in fee- \$8 per class.



Occasionally class meets on Wed. due to holidays and City events.

3. Non-Impact Chair Exercise, Monday only, 12:35-1:25pm. If you have a physical challenge that currently makes it really difficult or impossible to stand for prolonged periods then this class is for you. **NO STANDING OR FLOOR WORK.**



The entire revitalizing class is down sitting in a chair! Warm-up is 10 minutes, followed by 10 minutes of chair aerobics including brain exercise, 10 minutes of strength training using weights and bands, and 10 minutes of stretch and relaxation. **Everyone is welcome, including those who need a cane, walker or wheelchair.** Fee: Once a week- \$18 per month; Drop in fee is \$8 per class.



Occasionally class meets on Friday due to holidays and City events.

*Classes are for members only. Goldenaires membership fee is \$30 yearly.

Location: San Rafael Community Center Auditorium, 618 B Street, San Rafael, CA 94901

Questions? Call 415-485-3348 (office) or 707-642-3603 (Jeanette). Visit www.YouthfulHearts.com for more info.

*****READ THE LATEST CRUISE NEWS*****

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

2. ABOUT OUR FEATURED 4 CRUISE LINES.

- A. AMAWATERWAYS RIVER BOATS: All-inclusive: drinks with lunch and dinner, all shore excursions. Tips extra.
- B. CELEBRITY CRUISE LINE: Choose from 2 to 4 amenities, like prepaid gratuities, for small daily fee. **One is offered FREE No matter what category you book!!!!** Like internet!!
- C. CRYSTAL CRUISE LINE: **All-inclusive** except shore excursions—they even pay your tips. ALL drinks incl, even from the bars!!
- D. PRINCESS CRUISES: A favorite with the Goldenaires. **TWO Beverage Packages:** Covers wine, cocktails, sodas, Specialty coffees, beer, bottled water. \$49 per person/per Day. **GOOD THRU AUG. 18**—Book a Balcony or above: Get a FREE Beverage Package for TWO, plus up to 50% off 3rd and 4th person in cabin. **OR SUBSTITUTE A GENEROUS ONBOARD CREDIT, based on cruise length.** 2016 the National Park Service turns 100. Princess offers. Several additional features for All ALASKA cruises such as Expanded Seafood dishes and local chefs from local Alaska Restaurants!!

STARTING WITH FALL 2015 – VERY LIMITED SPACE

- NOVEMBER 15 – 25 10 days roundtrip SAN FRANCISCO!! MEXICO GRAND Princess**
Includes: new port of Manzanillo, \$75 onboard credit, Inside rm- ONLY \$779 per person/dbl. Ocean View - \$1079 pp/dbl.
- JANUARY 9 – 19, 2016 10 days roundtrip SAN FRANCISCO MEXICO GRAND Princess**
Includes: new port of Manzanillo \$75 onboard credit, Inside room – ONLY \$799 per person/dbl.
- MARCH 4 – 19, 2016 15 days roundtrip SAN FRANCISCO HAWAII GRAND Princess**
4 Islands, 9 sea days & Ensenada \$75 onboard credit, Inside room from \$1699 per person/dbl.
- APRIL 9 – 25, 2016 16 day TRANSATLANTIC Ft. Lauderdale to ROME !! Celebrity's Reflection**
BALCONY Stateroom for ONLY \$100/day pp, OVERNIGHT Barcelona, visit Nice, Florence, Canary Islands and MORE!!
- APRIL 22, 2016 16 days TRANSATLANTIC Ft. Lauderdale – BARCELONA THE NEW ROYAL PRINCESS**
ONLY \$1198 pp/dbl inside (\$1839 balcony), \$50 onboard credit Visit Portugal, Seville, Gibraltar, Palma de Mallorca
- APRIL 23, 2016 15-day PANAMA CANAL Ft. Lauderdale – Los Angeles ISLAND Princess**
5 Ports of Call – 8 sea days Inside cab. Fr. \$2199pp/dbl Aruba, Columbia, Costa Rica, Nicaragua, Cabo San Lucas
- APRIL 26, 2016 15-day PANAMA CANAL Miami – San Diego Celebrity's Infinity**
from \$1609pp/dbl, Columbia, Costa Rica, Guatamala, Puerto Vallarta, Cabo San Lucas
- MAY 21 – JUNE 1 11-day ALASKA Roundtrip SAN FRANCISCO GRAND Princess**
Inside cabin fr. \$1349pp/dbl \$75 Onboard Credit, Visit the Tracy Arm Fjord Glacier and Icy Strait Point plus other ports
- MAY 23 – JUNE 6 14 Nights - AMSTERDAM TO BUDAPEST LIMITED SPACE AMAWATERWAYS AmaPrima**
Save \$500pp/dbl fr. \$6599 (less \$500)!!! Cruise the Rhine and Danube Rivers (7 night cruises also available)
- JUNE 26 – JULY 3 7-day ALASKA Anchorage – Vancouver Crystal Serenity**
ALL-INCLUSIVE Ocean View from \$2995pp/dbl \$250 shore trip credit See Hubbard Glacier, SITKA and 3 more ports
- NOVEMBER 5-20 15 nights TRANSATLANTIC ROME – Ft.Lauderdale Celebrity's Silhouette**
(2 category upgrade incl) Inside from \$899pp/dbl, Visit Florence, Barcelona, Palma de Mallorca & more, \$75 onboard credit
- NOVEMBER 13- 23 10 nights \$75 onboard credit MEXICO GRAND Princess**
ROUNDTRIP SAN FRANCISCO Fr. ONLY \$998/pp/dbl, Puerto Vallarta, Manzanillo, Mazatlan and Cabo San Lucas
- NOVEMBER 16 19 Days !!! Roundtrip Los Angeles PANAMA CANAL ISLAND Princess**
Partial Transit/Gatun Lake, BALCONIES from \$3399pp/dbl, Visit Huatulco, Guatamala, Panama OVERNIGHT, Costa Rica
- NOVEMBER 23 15 DAYS Roundtrip SAN FRANCISCO HAWAII GRAND Princess**
\$75 onboard credit Inside room from \$1698 pp/dbl 4 Hawaiian islands, Ensenada, and 10 Sea Days for Fun and Sun !!
- NOVEMBER 24 15 NIGHTS \$50 onboard credit PANAMA CANAL Celebrity's INFINITY**
Cat. 10 Inside from \$1419pp/dbl **BARGAIN!!!!!! SAN DIEGO TO FT. LAUDERDALE -- Cabo, Puerto Vallarta, Puerto Quetzal, Columbia, Cartagena, and More !! SHOP FOR CHRISTMAS !!**
- DECEMBER 3 – 20 17 days ROME – FT. LAUDERDALE TRANSATLANTIC PACIFIC PRINCESS -- Small Ship at ONLY 672 passengers Inside fr. \$1748pp/dbl PRE-CHRISTMAS SHOPPING "Cool Weather" \$50 onboard credit Rome, Naples, Sicily, Barcelona, Gibraltar, Azores, Bermuda, Ft. Lauderdale**

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

ONGOING CLASSES AND PROGRAMS FOR MEMBERS

Youthful Hearts

FIT & FUN-Low Impact Aerobics



Mondays & Fridays (some Wednesdays due to events in building or holidays) from **9:30 to 11:00 AM**. Certified instructor, Jeannette Logan, teaches safe exercise for older adults. Schedule: 9:30-10:45 AM, Aerobics, Stretch & Strength. 10:45-11:00 AM, Guided Relaxation. It's a great way to keep in

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

Youthful Hearts STILL GOING STRONG – Strength Training & Stretch

Mondays & Fridays (some Wednesdays due To events in building or holidays) from **11:15 AM to 12:15 PM**. This is a great class for those who want to build stronger bones and muscles and improve their range of motion. Mats are provided. Instructor: Jeannette Logan. Both men and women welcome. Attend twice a week and pay the full monthly fee of \$30. Attend only one day a week (Mon or Fri) and pay \$17. Drop-in fee is \$8 per day. *Jeannette Logan invites you to check her website-www.YouthfulHearts.com*

Youthful Hearts Non-Impact Chair Aerobics

Mondays (some Fridays due to events) from **12:35-1:10 PM**. A SEATED Exercise Program for Men & Women. Do you have a physical challenge such as limited mobility that prevents you from doing conventional exercise? Would you like to relieve stress and joint pain, improve your circulation, lower high blood pressure and stretch and tone your muscles without strain? Join us for this gentle, unique exercise program that blends elements of chi gong, yoga, non-impact aerobics and meditation all done while sitting in a chair. FEE: \$16/month. Drop-In Fee: \$6.00 each day *Jeannette Logan invites you to check her website-www.YouthfulHearts.com*

Bridge Contract Bridge on Mondays from 10:45 AM to 3 PM. You must already know how to play; this is not a teaching class. Both Intermediate & Advanced players (men and women) welcome. No reservations needed, but you MUST arrive no later than 10:30 AM and bring your own lunch. Chairperson: Uta Bender

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

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

CRAFT FAIR RAFFLE NOV. 6th - BASKETS

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

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

Bocce – Open Play Tuesdays and Fridays from 9 AM to 3 PM at Albert Park - right next door to the SR Community Center. \$4-\$5. Open to all seniors who are interested in open-play bocce ball. Courts are right next door to the Goldenaires office. Everyone is welcome and no experience is required! League play begins in March-October.



Goldenaires subsidizes part of league fee-\$15 per team. It is a lot of fun & you'll meet new friends. For more info, call the Bocce office (415) 485-5583.

Watercolor Painting

Tuesdays from 10-3pm. Small fee for the instructor's mileage. Please bring your own supplies. Instructor: Anne Carroll, professional artist. Also, check out the display of paintings in the hallway - BEAUTIFUL work from beginners & advanced artists and pictures are for sale! In the office, we now sell greeting cards hand-painted by these talented artists – only \$3 each!



Crafts Boutique

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



Wood Carving

Fridays from 9:00 AM to Noon-- A great, inexpensive, fun class that promotes a truly rewarding hobby. Beginners welcome! NO FEE. Students help out, teaching each other techniques and showing you how much fun wood carving can be!



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

- It's the best way to help fight this uncompromising virus and enjoy a healthy flu-free season.
- 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 the 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. Most common side effect-soreness at the injection site for up to two days. Less common side effects: fever & fatigue.

FLU SHOT CLINIC

WHERE: San Rafael Community Center DATE: MON, SEPT. 14th TIME: 11:00am-1:00pm
No reservation necessary. Medicare Part B-FREE. Bring Medicaid card plus 2nd form of ID. If not enrolled, vaccine is \$30. Kaiser Or Medicare HMO will need to pay for shots. For more information call 1-800-500-2400 or check www.suttercareathome.org



2015 AARP Driver Safety Program Course

SEPT. 15th (TUES) 12:30-5:00pm ***

NOV. 10th & 13th (TUES/FRI) 1:00-5:00pm

This AARP-sponsored course is offered at the San Rafael Community Center and is available to all motorists ages 55 and older. **Fee: \$15 for AARP members and \$20 for non-members (includes certificate which is valid for 3 years.) Please provide your AARP membership number when signing up for this class for reduced fee.** The course will substantially improve the driving skills of older motorists. This 8-hour classroom course is designed to meet the specific needs of older drivers and will focus on sharpening their driving skills, as well as developing strategies for adjusting to age-related changes in vision, hearing and reaction time. **You must attend BOTH days at the same location. ***The 4 ½ hour refresher course is for people who have already taken the 8-hour course within the last 4 calendar years (review class).** To register, call the Goldenaires at (415) 485-3348, stop by their office or mail in your payment with a self-addressed stamped envelope for the return of your receipt. Instructor: Paul Roye. **If you do not cancel by the day before class is held, or if you do not attend the first class, fee will be retained.**

IT'S COOKING TIME AGAIN!!!!

COOKING WITH EFFIE

TUESDAY, AUG. 25TH SIGNUP NOW!!!!

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

San Rafael Community Center

RESERVATIONS REQUIRED!

MAXIMUM 20 MEMBERS – FEW SPACES LEFT!

FEE: \$12.00 (DEMONSTRATION, LUNCH,

RECIPES & LAUGHS)

Luncheon including: Entrées, Dessert & Tea.

DON'T MISS OUT ON A FUN TIME!



MONDAY NIGHT BINGO

AUGUST 17TH, 2015

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, Aug. 14th, 2015
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 \$150 (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: \$150

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!



ATTENTION GOLDENAIRES

Learn to Use Your iPad or iPhone

Presented by Technology4Life

Congratulations, you finally got your very own iPhone or iPad!
There is only one problem... you have no idea how to use it.

#101 iPad/iPhone 1: The Basics Mondays, Sept. 21 & 28th, 10:00am-12:00noon

In this personalized, two week course, you'll be guided through how to make calls, send emails, send texts, use the internet, and add applications. A course for older adults and those new to the smart phone/wireless device world, each session provides one-on-one help and comes with instructional handouts so you can practice at home. (For Apple devices only)

#102 iPad/iPhone 2: Essential Applications Thurs, Oct. 29th & Nov. 5th, 10-12:00noon

This course will review some of the basics of using your device. We will show you how to get the most out of your built-in apps including Photo editing, iCloud, Calendar, Siri, E-mail, Texting, Facetime, iHealth, Maps/GPS, and more! We will show you how to find out what version of the device you are using and when/how to upgrade. We'll introduce the steps to find and install new apps, and show you how to update, delete and organize your apps for easy access.

If you understand the basics of your device and are ready to see what else it can do, this is the course for you! A perfect sequel to the 'Basics' class. Don't forget to charge-up and bring your device, your Apple ID and password to class. 2 weeks.

#103 Intro to Laptop: PC Basics Thurs, Dec. 3rd & 10th, 10:00am-12:00noon

If you would like to start at the very beginning and get an overview of what a personal computer can do for you, this is the class for you! This is a hands-on course that will provide you with the basic skills needed to use your Windows based laptop. It is designed for first-time computer users who own a laptop. In this class you will learn how to start your computer and turn it off, use the mouse/touchpad and keyboard to perform basic computer tasks, use Windows components to create and print a document, identify the basic parts of a computer and their use, search the Internet to find information and set up an email account. It is time to start learning how a computer can enrich your life! Must bring laptop. 2 weeks (PCs only, not for Mac users)

ALL CLASSES HELD AT: San Rafael Community Center, 618 B Street

Each Class - COST: \$65 Goldenaires Member/\$70 Non-Member

CALL TO ENROLL: San Rafael Goldenaires (415) 485-3348

OR come down to the Center to register & pay.

*Discount given to San Rafael Goldenaire Members (Maximum 10 students)

Don't let that amazing technology sit in its box any longer!



Offered by:

Visit us on the Web: www.technology4life.org

YOU DON'T MISS OUT ON THIS FABULOUS CONCERT!!!!

Mariachi Nueva Generación



Thursday -September 17th, 2015
2:00pm – 3:30pm

San Rafael Community Center-618 B Street, San Rafael

*San Rafael Goldenaires and Whistlestop invite you to enjoy
an afternoon of Mariachi music.*

*Please join us for live music, friendship & raffle prizes!
All are welcome; please bring family members and friends!*

Refreshments: 2:00 - 2:30pm

Music Show: 2:30 - 3:30pm

Cost: \$ 7 per person in advance, \$10 at the door
Open to the public – (Children 12 yrs. & under NO CHARGE)

Advanced registration recommended.

Tickets available at Whistlestop (930 Tamalpais Ave. San Rafael, 415-456-9062)
or at San Rafael Goldenaires (618 B St. San Rafael, 415-485-3348)



And San Rafael Goldenaires
Present.....

"The best protection against memory loss is to exercise the brain's memory mechanisms."
-- Richard Restak, MD

Brain Fitness Workshop-reservations required

OCTOBER 1st (Thursday) 10:30-11:30AM

San Rafael Community Center (Goldenaires)

Concept Statement:

As we age, we start relying more and more on the routines of life. We brush our teeth, we write our name or we drive the same direction to the store. The challenge with routines? They don't require you to think about the activity.

There are many ways to exercise your brain:

- Use your non-dominant hand to do a task
- Drive a different way to go shopping
 - Learn something new
 - **Play a Game**

The Alzheimer's Foundation of America suggests the following five things to promote a healthy brain lifestyle:

Physical Activity -- walk, dance, garden

Nutrition -- eat lean protein, fruits, vegetables, foods high in omega 3 fatty acids and antioxidants

Socialization -- call a family member, visit a friend, join an organization, volunteer

Mental Stimulation -- read out loud, problem solve, **play a game**

Spirituality -- pray, meditate, go to a place of worship

Workshop: San Rafael Goldenaires & Senior Access will be offering a new way to accomplish these activities. Join us for 1 hour of **FUN** activities. Our activity leader will lead you through a series of brain fitness exercises. The event will provide you an opportunity to achieve:

- **Physical Activity** (you have to get to the event);
- **Socialization** (you will be surrounded by a group of other people); and
- **Mental Stimulation** (you play games together).

CALL GOLDENAIRES AT 1-415-485-3348 to reserve a space in this fun workshop!
Limited to only 20 participants!

ENGAGE ã ENRICH ã ENJOY

ANNOUNCING THE UPCOMING BROADWAY THEATRE SEASON 2015-2016

Listed below are the new theatre productions coming to San Francisco. If interested in any or all of these, please call the office (415-485-3348) place your name on the interest list. If enough signups, we will order tickets & you will be first contacted to signup prior to advertising to the group. COST: \$100-\$180 (includes bus, escort, bus & driver's tip)



IF/THEN- NOV-DEC 2015 (Orpheum Theatre) A New musical is a contemporary Broadway musical about living in New York today-and all the possibilities of tomorrow. With unforgettable songs and a deeply moving story by the Pulitzer Prize and Tony Award-winning creators of *Next to Normal*, this “fascinating, ambitious, and original new musical (*New York Post*)” simultaneously follows one woman’s two possible life paths, painting a deeply moving portrait of the lives we lead, as well as the lives we might have led.

A GENTLEMAN’S GUIDE TO LOVE & MURDER-DEC 2015 (Golden Gate Theatre)

Getting away with murder can be so much fun... and there’s no better proof than the knock-‘em-dead hit show that’s earned unanimous raves and won the 2014 Tony Award® for BEST MUSICAL. As one most gentlemanly *NPR* critic put it, “I’VE NEVER LAUGHED SO HARD AT A BROADWAY MUSICAL!” *GENTLEMAN’S GUIDE* tells the story of Monty, an heir to a family fortune who sets out to jump the line of succession by—you guessed it—eliminating the eight relatives who stand in his way. All the while, Monty has to juggle his mistress, his fiancée & the constant threat of landing behind bars! It will all be worth it if he can slay his way to his inheritance & be done in time for tea.

DIRTY DANCING-FEB- MARCH 2016 (Golden Gate Theatre)

Seen by millions across the globe, this worldwide smash hit features the hit songs “Hungry Eyes,” “Hey Baby,” “Do You Love Me?” and the heart-stopping “(I’ve Had) The Time Of My Life.” London’s Sunday Express says, “This crowd-pleasing stage adaptation hits the jackpot!” It’s the summer of 1963, and 17-year-old Frances “Baby” Houseman is on vacation in New York’s Catskill Mountains with her older sister and parents. Baby discovers her own entertainment when she stumbles upon the staff quarters where an all-night dance party is in full swing. Mesmerized by the raunchy dance moves and the pounding rhythms, Baby can’t wait to be part of the scene, especially when she catches sight of Johnny Castle the resort dance instructor. Baby’s life is about to change forever as she is thrown in at the deep end as Johnny’s leading lady both on-stage and off with breathtaking consequences.

CABARET-JUNE-JULY 2016 (Golden Gate Theatre)

As part of their 50th Anniversary Season, the critically acclaimed and award-winning Roundabout Theatre Company is proud to present **SAM MENDES** (*Skyfall*, *American Beauty*) and **ROB MARSHALL’S** (*Into the Woods* and *Chicago*, the films) Tony Award®-winning production of *CABARET*. Welcome to the infamous Kit Kat Klub, where the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd—and to leave their troubles outside. But as life in pre-WWII Germany grows more and more uncertain, will the decadent allure of Berlin nightlife be enough to get them through their dangerous times? Come hear some of the most memorable songs in theatre history, including “Cabaret,” “Willkommen” and “Maybe This Time.” Leave your troubles outside – life is beautiful at *CABARET*, **JOHN KANDER**, **FRED EBB** and **JOE MASTEROFF**’s Tony-winning musical about following your heart while the world loses its way.

BEAUTIFUL: THE CAROLE KING MUSICAL AUG-SEPT.2016 (Orpheum Theatre)

tells the inspiring true story of King’s remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. Featuring a stunning array of beloved songs written by Gerry Goffin/Carole King and Barry Mann/Cynthia Weil, including “I Feel The Earth Move,” “One Fine Day,” “(You Make Me Feel Like) A Natural Woman,” “You’ve Got A Friend” and the title song, *BEAUTIFUL* has a book by and Tony® Award-nominee and Academy® Award-nominated writer Douglas McGrath, direction by Marc Bruni, choreography by Josh Prince, and took home two 2014 Tony® Awards and a 2015 Grammy® Award.

******NEW PRODUCTION ADDED FOR THE SEASON: HEDWIG & THE ANGRY INCH – OCT. 2016**

2014 TONY AWARD-BEST MUSICAL REVIVAL. *Hedwig and the Angry Inch* is a rock musical about a fictional rock and roll band fronted by a genderqueer East German singer named Hedwig. Hedwig, formerly Hansel, assumes a female persona after a botched sex change operation which was performed to allow him to marry an American man and escape East Germany. The book is by John Cameron Mitchell, and the music and lyrics are by Stephen Trask. The story draws on Mitchell's life as the son of a U.S. Army Major General who once commanded the U.S. sector of occupied West Berlin. The character of Hedwig was inspired by a German divorced U.S. Army wife who was a Mitchell family babysitter and moonlighted as a prostitute at her Junction City, Kansas, trailer park home. The music is steeped in the androgynous 1970s glam rock style of David Bowie (who co-produced the Los Angeles production of the show), as well as the work of John Lennon and early punk performers Lou Reed and Iggy Pop.

TRIP POLICIES, PROCEDURES & PROGRAMS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SEPTEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 <u>CALIF ACADEMY OF SCIENCE</u>	2 Bocce League BINGO 12 Noon Good Earth Lunch 11am	3 Bocce League	4 Wood 9-10:30AM Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 9-3 Crafts 12:30-3pm	5
6	7 OFFICE & BLDG CLOSED Labor Day <u>CIRCUS</u>	8 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 NEWSETTE	9 Bocce League BINGO 12 Noon Good Earth Lunch 11am <u>EX.BD.MTG 3pm</u> Exercise 9:30-11 Mat 11:15-12:15	10 Bocce League	11 OFFICE CLOSED & NO CLASSES <u>ANNUAL PICNIC</u>	12
13	14 Bocce League Painting 10- 3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:25 <u>Flu Shots 11-1pm</u>	15 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 DRIVING 12:30-5pm <u>TRIP SIGNUPS 9:30AM</u>	16 Bocce League Exercise 9:30-11 Mat 11:15-12:15	17 Bocce League <u>MARIACHI CONCERT</u>	18 Wood 9-12Noon Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 9-3 Crafts 12:30-3pm <u>SANTA CRUZ FOLLIES</u>	19
20	21 Bocce League Painting 10 --3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:25 IPAD/IPHONE 10-12Noon	22 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 MOVIE 1:00PM	23 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 Autumn Begins Yom Kippur	24 Bocce League <u>RACES</u>	25 Wood 9-12Noon Exercise 9:30-11 Mat 11:15-12:15 Bocce (open play) 9-3 Crafts 12:00-3pm	26
27 **SUNDAY** DANCE 2-5PM	28 Bocce League Painting 10 --3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:25 IPAD/IPHONE 10-12Noon	29 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3	30 Bocce League BINGO 12 Noon Good Earth Lunch 11am GEN. MTG 11:45AM **Exercise 9:15-10:45 **Mat 10:55-11:55am <u>PHANTOM</u>	ALL PROGRAMS & CLASSES TAKE PLACE AT THE SAN RAFAEL COMMUNITY CENTER UNLESS OTHERWISE NOTED		

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 2015!

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

Many thanks are extended to the following agencies/businesses that are advertising in our Newsette. Please support these agencies (if not using them yourselves), but by referring friends and family members if they are in need of their services.



INDEPENDENT & ASSISTED LIVING
Call (888) 537-4443 today to experience
Drake Terrace for yourself!
275 Los Ranchitos Rd., San Rafael, CA 94903
LifefeatDrakeTerrace.com Lic. #216801028



BARBARA'S TRAVEL

**Hawaii, South America,
Caribbean, Africa, and
Tours to Europe**

**Call For YOUR Destination
Toll Free at 866-462-7887**

barbarastravel@earthlink.net



Dependable, Professional
Companion and Personal Care
Mention this ad for 1 free hour
In Home Care & Assistance 415.233.7855 | www.rahmarin.com



Call now to attend free presentations:
SENIOR HOUSING OPTIONS
Sue Dwight, Senior Living Specialist/Realtor®
(415) 297-1554
sdwight@bradleyrealestate.com
CalBRE# 01035908



All activities held at the SR Community Center

Monday Night Bingo - August 17th

PICNIC - Sept. 11th

**Senior Information Fair Civic Center -
October 21st**

OCTOBERFEST - Oct. 23rd

Craft Fair - November 6th

HOLIDAY GALA - December 11th

OFFICE CLOSED & NO CLASSES

December 21st - Jan 1st, 2016

OFFICE REOPENS - Jan. 4th, 2016