



Live life locally

San Rafael Goldenaires

NEWSETTE

DECEMBER 2016

VOLUME XLVIII

Phone: (415) 485-3348

You can also read the Newsette online:

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

SEATS STILL AVAILABLE

THE GOLDENAIRES
INVITE YOU TO THEIR
ANNUAL

HOLIDAY GALA!!!

FRI – DEC. 9th -5:30PM - \$30
(non-members \$35)

A BUFFET dinner catered
by Debbie Ghiringhelli Catering
Company. GALA held 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! **ASSIGNED SEATS**
WILL BE GIVEN AT TIME OF SIGNUPS-

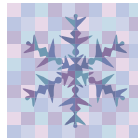
Round tables with seating for 10 guests.

DINNER MENU: Caesar Salad, Antipasto
Plates, Jello Mold Salad, Roast Turkey, Mashed
Potatoes, Stuffing & Gravy, Vegetables,
Cranberry Sauce, Rolls, Pumpkin Pie,
Coffee/Tea!!! **AND ALSO INCLUDES:**

2 BOTTLES OF WINE (1 white & 1 red)
on each table!! No-Host Bar - 5:30PM until
9:00PM.

MIXED DRINKS: \$5.00; WINE/BEER: \$4.00 &
SODA-\$1.00 Additional bottles of wine on sale at
the bar for \$10. Dinner will be served at 6:30PM,
followed with big band music by the "LEE
RUSSELL BAND" from 6:00-9:00 PM. We will also
hold the drawing for our annual HOLIDAY RAFFLE
along with installation of new officers! Don't miss
this fabulous event!

CANCELLATION/RESERVATION...Dec. 5th



MEMBERSHIP

DUES ARE

NOW DUE!

DECEMBER 31ST

DEADLINE!

\$30/PERSON

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

**Please include a self-
addressed-stamped-
envelope for the return
of your membership card.
Thank You in advance
for taking care of
this request!**

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

**Community Services Department
 618 B STREET
 (next to Safeway-off 2nd Street)
 San Rafael, CA 94901
 (Non Profit # 59-3837185)**

Phone: (415) 485-3348 Fax: (415) 485-3186

Office Hours: Mon–Fri 9:00 AM—3:00 PM

All Goldenaires activities take place at the
 San Rafael Community Center
 (ADA accessible) at 618 B Street

President

Vivian Berliner/Loretta Soldvini

Vice President

Recording Secretary

Dorothy Rogers

Treasurer

Effie Lee

Past President

Board Members

Eida Canzani

Jack Ciardelli

Carol Herbert

Isabelle Keeney

Marilyn Ryan

Committee Chairpersons

Kitchen A– Marge Wehrer & Crew

Kitchen B- Effie Lee & Crew

Bingo – Carol Herbert & Lynn Goodfellow

Decorations – Joanne Perrone

Crafts – Elida Canzani

Newsette - Pat Mason

Dances – Rose Marie Heckman, Gwen Long

Barbara Mogerman & Joan Terrell

Office Volunteers

Marcia Higgins, Patricia Semple

Dorothy Rogers, Gina Ranney, Karen Torney &

Lorraine Raggio (Isabelle Keeney - relief)

Program Director

Carol Jacobs-Courtz

Have a friend who would like to join the Goldenaires? Annual membership fee is \$30/year. Name badge is optional - \$9 fee. Special Membership rate- July 1st expires Dec. 31, 2016 - \$15. Members must be 62 yrs.

SUNSHINE REPORT by Lorraine Raggio



The thought of the day is a follows:

Reflect upon your present blessings- of which everyone has many- not on your past misfortunes, of which all have some. -Charles Dickens

ILL MEMBERS:

Charlotte Maier fell and broke her hip, Bobbie Cunningham is having tests and having trouble walking. Marge Wehrer fell and shattered her elbow & broke her wrist. We wish you all a speedy recovery.

DEPARTED MEMBERS:

Evelyn Del Santo will be missed by many, Curtis Thames will be forever missed by his wife Nathalie, Otis Orme is deeply mourned by his wife Fran, family, and friends, Barbara Wakida is greatly missed by family, Tony Mazzio will be forever missed by his daughter Toni & son Steven. We remember with sorrow and sadness all our relatives and friends. Please contact the office if a fellow member would like some cheer.

OFFICE WILL BE CLOSED & NO CLASSES

NOV. 24th & 25th (Thanksgiving Holiday)

DEC. 19th-Jan. 2nd, 2017 (Holiday Vacation)

Office reopens & classes commence:

TUESDAY, January 3rd, 2017

BOOKS – BOOKS – BOOKS – BOOKS

Yes, we have 4 bookcases of paperback books for your enjoyment. Please drop by and browse through our wide selection. We also welcome paperback books that are in decent condition with no torn covers. We also have a few jigsaw puzzles.

PLEASE – NO HARDBOUND BOOKS- not enough space on the bookshelves in the office. *Thank You*

PRESIDENT'S MESSAGE

Dear Members:

This year is now coming to an end. The Goldenaires have done so many wonderful things for your enjoyment that I hope you will continue to enjoy all the things the Goldenaires have to offer next year.

We just had our Oktoberfest luncheon provided by Blueberry Hill Catering-Roberto Soriano – great food and great entertainment. Thank you to Effie Lee & her kitchen crew for a job well done along with Joanne Perrone's wonderful decorations & Darrell Raggio managing the bar! Raffle winners that day were: \$25 Goldenaire Gift certificate-Janet O'Sullivan, \$15 Goldenaire Gift Certificate-Bette Bohman & \$10 Gift Certificate – Pat Thompson. Also, we had 2 winners for Costumes at the Oktoberfest- \$5.00 certificates were given to-Sherilyn Chew & Joanne Saltzgaber. Thank you all for participating in the raffle and wearing a costume!

Our next event will be the Holiday Gala on Friday, December 9th - get your tickets NOW-do not be left out! We will also be installing our new officers for the coming years - 2017 through 2018. Don't forget your raffle tickets, 12 tickets for \$10 or \$1.00 each. Your financial support helps keep the fees for our activities at a cost we can all afford.

With that in mind, it is now time for your annual membership dues which will be due at the end of this year-they are \$30 per person.

Also, a notice to our members that smoke, it has come to our attention that there is NO SMOKING ALLOWED around the building or in the patio at the Community Center. The City of San Rafael has become a NO SMOKE ZONE at public facilities.

Wishing you and yours a very pleasant Thanksgiving, a very Merry Christmas and a Happy New Year! I wish to thank all of you for your support to me while I shared the position of president this past year along with Vivian Berliner. It was a pleasure and honor to do so. I look forward to serving on the Executive Board next year as a Board Member. This will be my last president's message for this year. I welcome our next president, Chris Chew and know that you will all welcome her and give her the support she will need.

LORETTA SOLDAVINI

WELCOME

- | | |
|--------------------------|------------------------|
| DAVID KUSHNER | DIANE LARRECOU |
| MADLINE RITCHIE | JENNY KELLEY |
| SANDRA LUCAS | VICTORIA COOPER |
| SUSAN ALEXANDER | NEIL MAHONEY |
| SHELLY STURTEVANT | |

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 & welcome suggestions for new & exciting adventures or workshops!

GENERAL MEETING

***NOVEMBER 23rd 11:30AM**

NO DECEMBER MEETING

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. *Arts/Crafts baskets raffle drawing. Tickets available in office. BINGO begins promptly- 12:00Noon.

Signups begin Tues-Nov. 22nd – 9:30am

HIGH NOON EXPRESS

SIERRA RAILROAD –

JAN. 22nd (SUN) - \$115

The Sierra Railroad was formed in 1897 to connect the Central Valley to the Gold Country. As the third oldest railroad in North America, the Sierra continues to haul freight, carry passengers, make Hollywood movies and play an important role in California. The Sierra Railroad dinner train, launched in 1999, provides visitors an opportunity to travel on the historic Sierra Railroad while enjoying a delicious meal, beautiful countryside and a wide range of entertainment. We offered this trip in the past and it was a HUGE success with many members requesting it to be repeated. ITINERARY: We will depart the Park & Ride at 8:00AM and from the San Rafael Community Center 8:30AM. We will then venture down to Oakdale for our adventure on the SIERRA RAILROAD-HIGH NOON EXPRESS. This will be quite an excursion as you will enjoy a delicious luncheon along with 5 wine OR beer tasting tickets while enjoying a 2 to 2 ½ -hour train ride along the beautiful countryside. Enjoy their new signature train ride, named after the Academy Award winning movie that was filmed on their railroad! Come and enjoy a strolling musician during your train ride along with a docent on board that will share historic tales of the train and countryside. All taxes and gratuities included. NO PARKING IN SAFEWAY/CENTER LOTS. Bring bottle water. Should arrive back in San Rafael at approx. 5:30pm. STORER BUS COMPANY. **CANCELLATION DATE....JAN. 9th, 2017 DON'T MISS OUT ON THIS FUN SUNDAY AFTERNOON EXCURSION.**



Signups begin Tues-Nov. 22nd – 9:30am

RIVER ROCK CASINO –

JAN. 26th (THURS) - \$35

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 10:30-3:00PM. Upon arrival you will receive a casino package of **\$20 FREE PLAY**. 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. This is required by the casino. Should arrive in San Rafael at 4:30pm. Driver's gratuity incl. Marin Charter & Tours Bus **CANCELLATION...JAN. 17th, 2017**

Seats still available-don't delay!

**"FESTIVAL OF LIGHTS
TOUR & DINNER"-
DEC. 12th (MON) -\$80**



**(Dinner, escort, bus) This
has always been a popular trip-do not miss out!**

ITINERARY: We will depart from the Park & Ride at Smith Ranch Road at 3:15PM and from the San Rafael Community Center at 3:45PM. We will venture to San Francisco and arrive at RAINFOREST CAFE for a hosted dinner. No Host Bar available. MENU SELECTION AT TIME OF SIGNUPS: 1) Rainforest Burger with fries 2) Fried Shrimp with fries 3) Pasta in sausage marinara sauce 4) ½ Jungle Wheat Wrap with Turkey & Cup of Soup. Each entree includes appetizer, green salad, dessert & beverage. Our tour guide, Don Stace (he is fabulous) will meet us at the restaurant & then after dinner (6:30/6:45pm) we will start our Festival of Lights Tour which will include some of these highlights and other not noted: Fairmont, Union Square and the St. Francis gingerbread castle (30 minute stop) and the Hyatt regency for the interior light display. Possible drive by views: City Hall, Davies Symphony Hall, the giant Xmas Tree at the Bank of America, Bay Bridge & the giant ornaments at 101 California. Should arrive back in San Rafael at approx. 10:00/10:30PM. Let's have a full bus! NO PARKING IN CENTER/SAFEWAY LOTS. Driver's gratuity incl. **CANCELLATION ...Nov. 21st, (MON)**

Seat still available

**"RENT" at
GOLDEN GATE
THEATRE -
FEB. 19TH (SUN) - \$136**



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 head to S.F. to the Golden Gate Theatre to see RENT - **1:00PM PERFORMANCE**. In 1996, an original rock musical by a little-known composer opened on Broadway... and forever changed the landscape of American theatre. Two decades later, Jonathan Larson's RENT continues to speak loudly and defiantly to audiences across generations and all over the world. And now, this Pulitzer Prize and Tony Award®-winning masterpiece returns to the stage in a vibrant 20th anniversary touring production. A re-imagining of Puccini's La Bohème, RENT follows an unforgettable year

in the lives of seven artists struggling to follow their dreams without selling out. With its inspiring message of joy and hope in the face of fear, this timeless celebration of friendship and creativity reminds us to measure our lives with the only thing that truly matters—love! Tickets - **Orchestra Section**. Should arrive back in San Rafael at approx. 4:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. **CANCELLATION...JAN. 9TH (MON)**

**SOLD OUT BEACH BLANKET BABYLON
"HOLIDAY" SHOW DEC. 4TH (Sun) \$91**

Depart from the Park & Ride on Smith Ranch Road at 12:00PM and from the San Rafael Community Center at 12:30PM. Should arrive back in San Rafael at approx. 4:30/5PM. **CANCELLATION DATE.....Oct. 4th (TUES)**

**SOLD OUT! "WHITE CHRISTMAS" -
GOLDEN GATE- DEC. 18th (SUN)**

Depart the Park & Ride at Smith Ranch Road at 10:00AM & from the San Rafael Community Center at 10:30AM. Should arrive back in San Rafael at approx. 5:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. **CANCELLATION DATE...Oct. 24th**

CIRQUE DU SOLEIL - Jan. 14th (SAT)

SOLD OUT! Depart Smith Ranch Road at 2:15PM and SR Community Center at 2:45PM. Home by 7:30/8PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. **CANCELLATION DATE...Oct. 24th**

GIANTS IN 2017!



Who wants to attend a Giant's game in summer 2017? Goldenaires have just placed a \$1000 deposit for next year. This places us on the priority list to be called to reserve tickets. We are looking at a day game in either end of July or the beginning of August. The time of games has not been set. Since the Giants require full payment way in advance of the game, we are now requesting our members (if interested in going to a game) to make payment of \$98 - same fee as this year's game and that will insure you a seat. Location of seats will be the same as 2016-lower box reserve by Giants dugout. For drop off and pickup for the game, we will be using the parking lot at ATT which seems to work better for all. The bus has difficulty in parking on the street due to the police department. So come on down, reserve a spot to see the Giants in action! LET'S GO GIANTS!!!! Many members have already been paying for a ticket, so don't be left out - we only have a limited number of tickets! CAROL WILL ORDER TICKETS ON NOVEMBER 18TH - SHE WILL ONLY ORDER FOR THOSE THAT HAVE PAID OR HAVE STATED A COMMITMENT TO HER!! CALL NOW OR COME ON DOWN & PLACE A NON-REFUNDABLE PAYMENT!!!

BINGO DAYS –



WEDNESDAYS

NOV. 23rd & 30th

DEC. 7th & 14th

JAN. 4th, 11th & 25th

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 (Monday 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!!

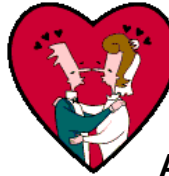
MUST SHOW DRIVER’S LICENSE or ID & MEMBERSHIP CARD.

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

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

TICKETS NOW ON SALE!

**“LET ME CALL YOU
SWEETHEART”**



**THE GOLDENAIRES INVITE
YOU TO THEIR
VALENTINE’S LUNCHEON
FRIDAY, FEBRUARY 17TH
AT THE SAN RAFAEL
COMMUNITY CENTER**

**LUNCH SERVED AT 12:30pm
(Doors open at 12/12:15pm)
ONLY \$13.00 PER PERSON**

Come and share this special holiday-VALENTINE’S DAY with your fellow members & friends. Buffet lunch will be served at 12:30pm. Seating is first come, first served. No need to rush in as all seats will be great. For groups of 8 or more, we will reserve a table (round tables).

Lunch will be provided by our wonderful kitchen crew-chaired by Effie Lee & Kitchen Crew! Wine & beer will be sold for \$4 a glass! MENU: Ham, potatoes, salad, “red” velvet cupcakes & coffee! MMM! After lunch, we will have special entertainment along with music to enjoy! Special entertainment by: THE SIRENADERS! Let’s have a big crowd to help us celebrate “St. Valentine’s” Day! The event should end around 2pm. Get your tickets NOW! Do not delay and be left out on this special day!
RESERVATION DEADLINE- FEB. 15th (WED)

Member Nancy Douglass has signed up for the tour-NORMAN ROCKWELL’S NEW ENGLAND September 28th – October 5th, 2017 with Talbot Tours (sponsored by Goldenaires). She is looking for a roommate to share a double room. If interested, please call the Goldenaires and leave your name and she will contact you.

Thank you!

SUNDAY DANCES

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



FEATURING
THE MANNY GUTIERREZ QUARTET

NOVEMBER 27TH
(NO DANCE IN DECEMBER)

JANUARY 29TH, 2017

2:00 pm – 5:00 pm (doors open at 1:30)

\$10.00 GENERAL \$7.00 GOLDENAIRE MEMBERS
(MUST SHOW MEMBERSHIP CARD)

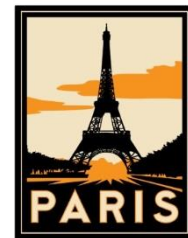
Open to the Public/Singles & Couples Snacks and Refreshments provided
Plenty of mixers so all dance Great wood floor; air conditioning;
and plenty of parking

SAVE \$1500 PER COUPLE ON RIVERBOAT IN FRANCE
JUNE 29 – JULY 6, 2017 – "TASTE OF BORDEAUX"

WINE TASTING, PARIS & THE LOIRE VALLEY
HOSTED BY WINE EXPERT FOR JUST OUR GROUP
\$200 PER CABIN ONBOARD CREDIT
UNLIMITED WINE AND BEER AT LUNCH & DINNER
SHORE EXCURSIONS ARE INCLUDED!!



Category E - Fixed Window	\$3599 pp/double
Category D - Fixed Window	\$3898 pp/double
Category C – French Balcony	\$4498 pp/double
Category B – French Balcony	\$4698 pp/double
Category A - French Balcony	\$4798 pp/double
Category S - Suite	\$5998 pp/double



Riverboats are small and space is very limited. DISCOUNT ENDS NOV. 30.
Airfare and Travel Insurance are additional. **BROCHURES, FLYERS & DVD'S**
FOR AMAWATERWAYS ARE IN OLDNAIRES OFFICE. For more information call:
Barbara Nelson, San Marin Travel: 866-462-7887 or email at:
barbaratravel@earthlink.net. **GOLDENAIRE'S RECEIVE A DONATION !!**

Make a Few Lifestyle Changes - Do Something Good for Your Grandchildren



A minimum of 5 households needed for class. Participants should have access to their utility bills and a computer.

In this free, 5 meeting series you will learn about practical actions to live more lightly on the earth to help with climate change. Simple things, like trimming energy and water use, reducing waste and driving more economically can save money and create a healthier future for everyone.

*Over 250 Marin households have participated in the **Resilient Neighborhoods Program** and reduced 2.85 million pounds of CO₂ pollution! The program is fun and rewarding. To find out more go to www.resilientneighborhoods.org.*

First class: November 29, 1:00 - 3:00 pm at the San Rafael Community Center. The remaining 4 classes meet for two hours about every 2 weeks. Sign up at the Goldenaires.

Call Goldenaires office to reserve a space for this FREE introductory class! 415-485-3348

Computer Class!!

Join teacher, Erica Kaplan, MS, ED! She is patient and kind. Come learn and feel confident. All levels welcome!! Now is the time to come and learn with others. Prove to yourself that 21st C. technology can be yours, too. Bring your own device OR let us know if you need a device for class.

10:30am-11:30am : Thursdays (January - March):
Classes beginning January 19th, 2017

Members: \$60 per 4 classes or \$20 drop in Non-members: \$70 per 4 classes or \$25 drop in
Call Goldenaires to register-415-485-3348!

Teaching technology to Goldenaires since April 2016:

I push buttons that I never pushed before. I'm not afraid to just push buttons. I'm not afraid to experiment with the thought that I'm going to lose everything because if you hit the undo button it goes back. I'm more "comfortable" which with a senior is a good "word." ~ Elena

After just four weeks of classes (one time per week)... "I'm not as afraid to try things. I don't feel like I'm going to totally screw it up. I got my phone when my husband passed away. I was taking classes at night and wanted it for emergencies. As it turned out, the places that I go don't have very many bars so I didn't use it as a phone as much as I thought I would. So I learned to play games and take notes on it. Now, that I have you to be my little help desk, I'm not afraid to learn new things. I have the larger smartphone and have had it for three years. Now, it seems like a normal phone size to me. ~ Bette

Erica makes it super easy to learn & gives you individual attention to ease your frustration & any feelings of inadequacy.
~MacCrae (a member & student)



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: \$18/month. Drop-In Fee: \$8.00 each day *Jeannette Logan invites you to check her website-www.YouthfulHearts.com*

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

Acrylic Painting Mondays from 11:30AM to 3:30PM. Practice your painting skills and create new things in a fun-loving, encouraging environment. Bring your own supplies. Ongoing. New persons may join at any time. YVONNE BROWN, artist, is willing to guide/suggest painting techniques.

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

CRAFT FAIR RAFFLE- BASKETS-We need gifts!

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 are 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 4 PM at Albert Park - right next door to the SR Community Center. \$4.00. If interested in lessons, please arrive at 9AM or after 12Noon. 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: 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-Fridays 12:00-3:00PM

Enjoy the fun of learning new crafts while making new friends. The craft group meets every Friday. 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!



TRIP POLICIES, PROCEDURES & PROGRAMS

PROCEDURES FOR SIGN-UP DAY: Tuesday, NOVEMBER 22nd 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 12Noon on signup day.

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 first day of signups after 12NOON. You may either come into the Goldenaires office or mail in your requests! ***PLEASE INCLUDE A SELF-ADDRESSED STAMPED 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 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.

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. Overnight/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! **Being on time also pertains to classes- Exercise, driving, workshops, etc -thank you!**

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. 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! Don't forget about our “Memorial Fund” in memory of a member or a loved one.

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

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

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

MARIN ACCESS – TRANSPORTAION CHOICES – 1) VOLUNTEER PROGRAM: 415-454-0902 Provides transportation support for seniors and ADA eligible riders in Eastern Marin. Provides mileage reimbursement to driver-(\$0.35 per mile) 100 miles/mo, 300 in West Marin. **2) CATCH-A-RIDE:** Allows Marin residents who are age 80 and older as well as residents 60 and older who no longer drive to receive a subsidy to ride on Taxis and other licenses vehicles within Marin. \$14 subsidy toward rides (\$18 if low income). 8 one-way rides a month. For more information call 855-760-0920. **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

CRUISE WITH THE GOLDENAIRES IN THE CARIBBEAN

11 nights, 5 ports, CELEBRITY Equinox

April 3 – 14, Roundtrip Ft. Lauderdale - 2017



Ft. Lauderdale, Sea Day, Cozumel, Sea Day, Costa Rica (Puerto Limon), Sea Day, Colon/Panama, OVERNIGHT/2 days/Cartegena, Columbia.Sea Day, Georgetown/Grand Cayman, Ft. Lauderdale

Cat. 12 Inside Room, some Mid-Ship \$1249 per person dbl

Cat. 10 Inside Room, some Mid-Ship \$1319 per person dbl

Cat. 8 OCEAN VIEW, some Mid-Ship \$1799 per person dbl

Cat. 2D Balcony—SAME PRICE AS OV !! \$1799 per person dbl

Cat. 2B Balcony, some Mid-Ship \$1899 per person dbl

Cat. C3 CONCIERGE, with Balcony \$2049 per person dbl

(Special Services & Perks)Best Locations on Ship

BOCCE COURT – 10 RESTAURANTS – WINE TASTING CLASSES

12 BARS & LOUNGES – ADULTS ONLY SOLARIUM – GLASS BLOWING – ZUMBA CLASSES – COMPUTER CLASSES (So Book Now!!)



Air fare, taxes, and travel insurance additional. Space is limited And restrictions apply. With new promotions, your fare could Decrease. Call Barbara Nelson, San Marin Travel: Toll-Free at 866-462-7887 or barbarastravel@earthlink.net

Ship is Registered in Malta

CST 1003321-10

The "latest" Princess Cruises promotion!!!

Good for all cruises 6 to 60 days long, Summer 2017 to April 2018.

3 FOR FREE: FREE tips, FREE upgrade within your chosen category, FREE Onboard Credit, from \$75.00 per person to \$150 per person based on cabin category.

SIGNUP NOW-DO NOT MISS OUT!!!!

Affordable Housing Workshop

This helpful workshop will discuss housing options for Marin seniors. It is presented by the Homeshare Program, a free referral service for older adults that provides an affordable and alternative way of meeting housing needs.



Date: Monday, November 21st, 2016

Time: 1:00-2:30pm.

Location: San Rafael Community Center

Fee: Free

Instructor: Leslie Klor, Director of Shared Housing with Episcopal Senior Communities Senior Resources

There is hope! Looking for affordable housing options for yourself, an aging parent, relative or friend? Struggling to make ends meet? Come to get some clarity on all the different housing choices in Marin. For more information call, Leslie Klor, 415/456-9068 OR call the San Rafael Goldenaires to reserve a space-415-485-3348.

**TWO NEW CRUISES
OFFERED BY THE GOLDENAIRES**

- **A WEEK IN THE MED ON NEW PRINCESS SHIP, THE MAJESTIC AND**
- **A WEEK IN PARIS & NORMANDY WITH WINE TASTING AND GOLF ON A NEW RIVERBOAT, JOIE DE VIVRE !!**



MAJESTIC PRINCESS, BARCELONA TO ROME – April 16 – 23, 2017

NEW: Special Room Just for Karaoke

Walk out over the water 28 feet, 128 feet above ocean, on the Sea Walk (glass floor!!)

INSIDE ROOMS START AT \$1479.00 PER PERSON

(This new ship has NO ocean view category rooms).

OBSTRUCTED BALCONY FARES START AT \$1779.00 PER PERSON.

Goldenaires have already sold 3 cabins on this cruise!!

RIVERBOAT JOIE DE VIVRE, ROUNDTRIP PARIS – August 6 – 13, 2017

NEW: Covered Swim Pool Turns into Dance Floor at Night

Our Own Wine Expert Onboard & Our Own Exclusive Wines

ALL Shore Excursions are Included: Normandy Beaches and Apple Brandy Farm, plus more

ALL Wine & Spirits & Sodas Included.

Early Booking Discount Based on Room Category.

Most Rooms have a French Balcony. Bikes available to Ride

\$100 per person ONBOARD CREDIT

ONLY 128 PASSENGERS !!

WE HAVE ONE SINGLE PERSON ROOM TO OFFER: \$5749.00/Cat. 3 fare

CATEGORY 4, Small window, Lower deck - 6 left - \$4399 per person/dbl

CATEGORY 3, French Balcony 8 left - \$5199 per person/dbl

CATEGORY 2, French Balcony 12 left - \$5499 per person/dbl

Other categories available. Most rooms are 194 sq ft, larger than cruise ship

There may be additional costs for both cruises. Travel Insurance is ALWAYS Recommended. Air is additional, AND IS FREE FOR SOME CATEGORIES.

Space is limited on both Ships.

CALL BARBARA NELSON, San Marin Travel at: 866-462-7887 or Email

At barbarastravel@earthlink.net. Brochures & DVD's available upon deposit.

Majestic Princess is Bermudan Registry

CST 1003321-10



GOLDENAIRES RECEIVE A DONATION FOR EACH CABIN SOLD !!

3 Fun Exercise Classes

Created Special for Goldenaires!



These classes help you maintain and improve your independence, your balance, and your mental capabilities. You also have fun with new and old friends!

We offer classes for ALL levels of Fitness. Choose the one that is right for you. You can sit, stand, or exercise on the floor. We have workouts for beginners, people who are returning, and those who are active and fit.

PLEASE CALL to find out which class is right for you. **Call (707) 642-3603.**

Your Instructor is Jeanette Logan, ACE-Certified Group Fitness Instructor.
She is a "Brains and Balance Specialist"
who can help you improve your abilities and maintain good health.

Affordable class prices plus one FREE!

Enroll NOW for your free trial class!

For more information, call 707-642-3603 or 415-485-3348
Or visit www.YouthfulHearts.com



Feel Great, Improve Your Health, and Have FUN With Us!

Goldenaires Senior Citizen Organization, sponsored by the San Rafael Community Services Department, Exercise Class location: San Rafael Community Center, 618 B Street, San Rafael, CA 94901

Arranged by Talbot Tours for San Rafael Goldenaires

HOME PICK UP AIRPORT TRANSFERS ON ALL TRIPS!!



VISIT CUBA'S CHARMING COLONIAL CITIES & HAVANA!

May 13-21, 2017



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

Per Person Prices from: \$5390 Dbl / \$5841 Single

100th Birthday of JFK on Cape Cod May 20-25, 2017

Per Person Prices from: \$2260 Dbl / \$2620 Single

Boston, Hyannis, Provincetown, Nantucket, JFK Library & Museum, Whale Watching & more!



August 14-22, 2017

U.S. & Canadian National Parks

Per Person Prices from: \$3395 Dbl / \$4280 Single

National Parks Tour, Revelstoke, Banff, Kootenay, Waterton, & Glacier



Norman Rockwell's NEW ENGLAND

Sept 28-Oct 5, 2017



Per Person Prices: \$3515 Dbl \$4460 Single

See Norman Rockwell's inspirations while driving the backroads of Vermont, New Hampshire, New York, Massachusetts and Maine during Autumn's splendor!



Albuquerque Balloon Fiesta

October 7 - 14, 2017

Per Person Prices from: \$3130 Dbl / \$3840 Single

Don't miss the most photographed event in the world...the Albuquerque Balloon Fiesta! Coupled with the Native American artifacts, artwork and culture of Santa Fe and Taos, this First Class tour encompasses all of the great features of the Southwest.

Florida Coast to Coast with the Keys!

November 4-10, 2017

7 Days <- 11 Meals <- Professional Tour Manager

Sarasota, Ft. Myers, the Everglades, Ft. Lauderdale, Boca Raton and Key West!

Highlights: Sarasota John Ringling Ca' d'Zan Mansion & Circus Museum, Ft. Myers summer homes of Henry Ford & Thomas Edison, Air boat ride in the Everglades, Alligator, snake & bird farm, Ft. Lauderdale canal cruise, Scenic Overseas Highway to Key West, Hemingway House, Winter White House & Conch train tour



Per Person Prices: \$2935 Dbl / \$3630 Single

Be sure to pick up the brochures at the Goldenaires office

The busy hands of Goldenaires Crafty Ladies make: aprons, adult shirts, baby sweaters, comforters, doll clothes, hats, lap robes, mini moose ornaments, scarves, snowflakes, towel hangers, travel mug covers, wine bottle vestments, Xmas wreaths, and more. See pictures below of these craft items. Last chance to do your holiday shopping at the Goldenaires!



SPECIAL ARTS & CRAFTS RAFFLE

TICKETS ARE \$1.00 EACH OR 6 TICKETS FOR \$5.00

DROP BY THE OFFICE TO VIEW THESE ITEMS AND TO PURCHASE TICKETS! GREAT GIFT FOR YOURSELF OR A SPECIAL "LITTLE" ONE!

**HOLIDAY PORCELAIN BARBIE DOLL BASKET FULL OF HOLIDAY ITEMS
or
ANIMATED NUTCRACKER-24" TALL**



**DRAWING-WEDNESDAY, NOVEMBER 23RD AT GENERAL MEETING-11:30AM
(Need not be present to win)**

DECEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ALL PROGRAMS & CLASSES TAKE PLACE AT THE SAN RAFAEL COMMUNITY CENTER UNLESS OTHERWISE NOTED</p>				<p>1 Computers 10:30-11:30</p>	<p>2 Wood 9-12Noon Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 Crafts 12:00-3pm</p>	<p>3</p>
<p>4 <u>BEACH BLANKET BABYLON</u></p>	<p>5 PAINTING 11:30-3:30 Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:25 <u>EX.BD.MTG 10:30AM</u></p>	<p>6 Painting 9-3:30 Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 10-3 <u>TRIP SIGNUPS 9:30AM</u></p>	<p>7Exercise 9:30-11 Mat 11:15-12:15 BINGO 12 Noon Good Earth Lunch 11am Pearl Harbor Day</p>	<p>8</p>	<p>9 Wood 9-10:30am Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 Crafts 12:30-3pm <u>HOLIDAY GALA 5:30PM</u></p>	<p>10</p>
<p>11</p>	<p>12PAINTING 11:30-3:30 Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:45-3pm Chair Aerob. 12:35-1:25 <u>FESTIVAL OF LIGHTS</u></p>	<p>13 Painting 9-3:30 Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 10-3</p>	<p>14 Exercise 9:30-11 Mat 11:15-12:15 BINGO 12 Noon Good Earth Lunch 11am</p>	<p>15 HICAP 1-4pm</p>	<p>16 Wood 9-12Noon Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 Crafts 12:00-3pm Chair Aerob. 12:35-1:25 <u>LAST DAY OFFICE IS OPEN</u></p>	<p>17</p>
<p>18 <u>WHITE XMAS</u></p>	<p>19 <u>OFFICE CLOSED & NO CLASSES</u> HAPPY HOLIDAYS</p>	<p>20 <u>OFFICE CLOSED & NO CLASSES</u> HAPPY HOLIDAYS</p>	<p>21 <u>OFFICE CLOSED & NO CLASSES</u> HAPPY HOLIDAYS Winter Begins</p>	<p>22 <u>OFFICE CLOSED & NO CLASSES</u> HAPPY HOLIDAYS</p>	<p>23 <u>OFFICE CLOSED & NO CLASSES</u> HAPPY HOLIDAYS</p>	<p>24 Hanukkah Begins</p>
<p>25 Christmas Day</p>	<p>26 <u>OFFICE CLOSED & NO CLASSES</u> HAPPY HOLIDAYS</p>	<p>27 <u>OFFICE CLOSED & NO CLASSES</u> HAPPY HOLIDAYS</p>	<p>28 <u>OFFICE CLOSED & NO CLASSES</u> HAPPY HOLIDAYS</p>	<p>29 <u>OFFICE CLOSED & NO CLASSES</u> HAPPY HOLIDAYS</p>	<p>30 <u>OFFICE CLOSED & NO CLASSES</u> HAPPY HOLIDAYS</p>	<p>31 NEW YEAR'S EVE</p>

San Rafael Goldenaires, Inc.
618 "B" Street
San Rafael, CA 94901


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

CURRENT RESIDENT OR

IMPORTANT DATES TO REMEMBER FOR 2016-17!

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
LifecatDrakeTerrace.com Lic. #216801028



BARBARA'S TRAVEL

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

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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

**All activities held at the
San Rafael
Community Center**

HOLIDAY GALA- December 9th

OFFICE CLOSED

**December 19th, 2016 -
Jan. 2nd 2017**

Office Re-opens

Tues-January 3rd, 2017