



# San Rafael Goldenaires

# NEWSETTE

Live life locally

JULY 2018

VOLUME L

Phone: (415) 485-3348

You can also read the Newsette online:  
<https://www.livelifelocally.org/goldenaires-newsette/>

## TICKETS STILL AVAILABLE!

**ALOHA! THE GOLDENAIRES' ANNUAL LUAU**

**JULY 13<sup>TH</sup> - FRIDAY**

**12:30PM Lunch is served**

**(Doors open 12/12:15PM)**

**\$18.00/person (Guests - \$23.00)**

**Luncheon held at the San Rafael Community Center**

**Catered by DEBBIE GHIRINGHELLI**

**CATERING with Kitchen Crew #A (Jackie Dema & Crew)**

Let's have a big crowd- You don't want to miss out on this fun event!!!

**MENU:** Green salad, Baby Back Ribs with Hawaiian-Style Red BBQ Sauce, Teriyaki-Sesame Baked Chicken Thighs, Rice Pilaf and Stir Fried Asian Vegetables with Water Chestnuts Hawaiian Rolls, Dessert –coffee & tea.



WINE & BEER available -\$4 & soda pop-\$1.00!  
Following lunch, we will have some fabulous entertainment by renowned TUCKER SPOLTER & THE UKULELE JUBILEE group from Marin County and other areas. You are in for a real treat with this group as we are most pleased to have our past Ukulele instructor,

Tucker Spolter, be a part of this group! He promises that you will all be laughing, smiling & dancing! We also hope for a hula dance! **PLEASE BRING A CONTAINER TO TAKE HOME YOUR LEFTOVERS.**

**RESERVATION/CANCELLATION... JULY 10<sup>TH</sup>**

## TICKETS ON SALE NOW!

**THE GOLDENAIRES INVITE YOU TO THEIR 5<sup>th</sup> SUMMER SPLASH**

**FRIDAY, AUGUST 10<sup>TH</sup>**

**\$17.00 PER PERSON**

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

**SAN RAFAEL COMMUNITY CENTER**



Come spend a lovely afternoon with your fellow friends & members and CELEBRATE SUMMER with delicious American food and decorations. Buffet lunch will be served at 12:30pm. SEATING IS FIRST-COME, FIRST-



SERVED. No need to rush as all seats will be great. LUNCH WILL BE PROVIDED BY OUR #B KITCHEN CREW, CHAIRED BY EFFIE LEE!. MENU: ½ Chicken, Corn on the Cobb, Salad Dessert & coffee. Let's have a big

crowd of Goldenaires and celebrate the end of SUMMER!! Special entertainment by member JOANNE SALTZGABER on the guitar! The day should end at approximately 2pm. Wine/beer will be available at \$4.00/glass & Soda Pop \$1.00! Get your tickets NOW – tables reserved for groups of 8-10 people.

**RESERVATION DEADLINE...Aug. 8<sup>th</sup>**

**PLEASE BRING A CONTAINER TO TAKE HOME YOUR LEFTOVERS!**

*Thank you!*

**TABLE OF CONTENTS**

Special Events.....1, 8, 11, 15-16  
 Classes.....8, 10, 13, 15-16  
 Sunshine Report.....2  
 President's Corner.....3  
 Upcoming Outings.....4-7, 9, 11-14, 17  
 Goldenaires Calendar.....19  
 Announcements.....1-3, 14-20

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

Community Services Department  
618 B STREET

(next to Safeway-off 2<sup>nd</sup> 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**

Chris Chew

**Vice President**

Elida Canziani

**Recording Secretary**

Dorothy Rogers

**Treasurer**

Effie Lee

**Past President**

Vivian Berliner

**Board Members**

Bette Bohman

Cindylu Janisen

Isabelle Keeney

Marilyn Ryan

Loretta Soldavini

**Committee Chairpersons**

Kitchen A- Jackie Dema & Crew

Kitchen B- Effie Lee & Crew

Bingo - Lynne Goodfellow

Decorations - Joanne Perrone

Crafts - Elida Canziani

Newsette - Pat Mason

Dances - Jackie Dema,

Rose Marie Heckman & Gwen Long

**Office Volunteers**

Marcia Higgins, Lorraine Raggio

Dorothy Rogers, Gina Ranney,

Karen Falk & Karen Torney

**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 - \$10 fee. Membership fee is \$30 and will expire Dec. 31, 2018. Members must be **62 years of age** and may reside anywhere - not just Marin County!

**SUNSHINE REPORT by Lorraine Raggio**



The thought of the day is as follows:

"Human greatness does not lie in wealth or power: but in character and goodness.

Anne Frank

**ILL MEMBERS:**

Prudence Kerr suffered a stroke - she is at 81 Professional Center Parkway, San Rafael. 94903, Herb Graff had a fall, Lynn Goodfellow was under the weather, Beth Newbold was in the hospital, she is now recuperating at home, Marilyn Ryan fractured her foot. We wish you all a speedy recovery.

**DEPARTED MEMBER:**

Roy Sunit will be miss by his loving wife Rosina. & his fellow bridge partners at Goldenaires. 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**

**JULY 4<sup>th</sup> (WED)**

**INDEPENDENCE DAY**



**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*





**SIGNUP NOW-DO NOT DELAY!!**

**ROOFTOP GARDENS/WALKING**

**TOUR IN SF-SEPT. 11<sup>th</sup>**

**(TUES) - \$96 (max. 25**

**passengers)** ITINERARY: We



will depart Park & Ride at Smith Ranch Road at 8:45AM and from the San Rafael Community Center at 9:15AM. We will venture to San Francisco and begin our tour by picking up our tour guide at Grace Cathedral, Don Stace who you may remember from the Festival of Lights tours. Highlights include: Nob Hill, Grace Cathedral, will wander into the Fairmont, visit the Financial District, Cable Car Barn, and much more. After our 2 hour tour, we will arrive at THE STINKING ROSE RESTAURANT (highlighting the ingredient garlic) for a hosted lunch. MENU SELECTION: 1) Forty Clove Garlic Chicken with Yukon gold garlic mashed potatoes 2) Italian Garlic Meatloaf with Yukon gold garlic mashed potatoes 3) Lasagna-Wild mushrooms, eggplant, garlic, peppers, onions, spinach, mozzarella & tomato cream sauce. All entrees served with salad & SPECIAL dessert. After lunch, we will continue our tour for another hour. Should arrive back in San Rafael at approx. 4:00PM. DRIVER'S GRAT. INCL.

**THIS IS A WALKING TOUR-WEAR COMFORTABLE SHOES! WILL BE A FUN DAY! CANCELLATION DEADLINE....Aug. 27<sup>th</sup>**

**SIGNUP NOW-DO NOT DELAY!!**

**SANTA CRUZ FOLLIES & LUNCH -**

**Sept. 13<sup>th</sup> (Thurs) - \$95**

**SENTIMENTAL JOURNEY "The Way We Were"** from Jimmy



Durante to John Lennon - And a little bit of Elvis! Santa Cruz Follies celebrating 63 years of these older adults singing and dancing their hearts out! The show is beautifully costumed and the vocals are outstanding. The show starts out with a Vaudeville flavor and transitions from the 30's thru the 60's. The 2nd half starts with a presentation of Elvis Presley's most beloved songs, John Lennon's beautiful song "Imagine" as a segue into the finale which contains thoughtful patriotic songs.

They end with Roy Rogers and Dale Evans "Happy Trails" for a send-off. 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 BACK NINE BAR & GRILL prior to the performance. MENU SELECTION: 1) Lemon Thyme Chicken 2) Peppered Top Sirloin Steak 3) Chef's Choice Vegetarian Pasta -all served with tossed green 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. 5:30/6:00PM. Driver's Gratuity Incl. **CANCELLATION....Aug. 24<sup>th</sup> (FRI)**

**Only 40 tickets available! PLEASE NOTE CANCELLATION DATE AS WE NEED TO MAKE FINAL PAYMENT FOR TICKETS. TICKETS MAY BE AVAILABLE AFTER DEADLINE.**

**SIGNUP NOW-DO NOT DELAY!!**

**RAILTOWN - SEPT. 16<sup>TH</sup> (SUN) \$107**

ITINEARY: We will depart Park & Ride at Smith Ranch Road at 7:30AM and from the San Rafael Community Center at 8:00AM. From there, we will venture to Jamestown for our Railtown 1897 State Historic Park Docent Tour (10:45-11:45AM). From 12PM-1:00PM, you will enjoy a Railtown Train Ride-Diesel Train! Climb aboard an authentic diesel engine train and travel back to 1897 through miles of picturesque meadows and oak studded "Wild West". Known as "The Movie Railroad," Railtown's first known filming was in 1919, for a silent series called "The Red Glove". Railtown 1897 and its historic locomotives and railroad cars have appeared in more than 200 films, television productions, and commercials. Still a popular Hollywood location site today, Railtown 1897's most famous locomotive, "Movie Star No. 3", has been referred to as: "perhaps the most widely seen locomotive in the world." *The Virginian* (the first sound motion picture filmed outside a studio), the western classic *High Noon*, and Clint Eastwood's *Unforgiven* were all filmed at Railtown. Movie crews also produced the railroad sequences in the movie *Back to the Future Part III* at Railtown. TV credits include "Death Valley Days" (with Ronald Reagan) and "Petticoat Junction." From 2:00-3:30PM, you will enjoy a delicious box lunch at the Oakdale Cheese Factory -MENU: 1) Teriyaki Chicken Sandwich 2) Tri-Tip Sandwich 3) Grilled Cheese Sandwich with soup. All served with fruit, cookie, chips & bottled water. You will have time to browse & shop at the Cheese Factory. Should arrive back in San Rafael at approx. 6:00/6:30pm. DRIVER'S GRATUITY INCL. NO PARKING IN CENTER/SAFWAY LOTS.



**CANCELLATION DATE...AUGUST 15<sup>th</sup> (possible seats available after this date)**

**SEATS STILL AVAILABLE!**

**ROARING CAMP/BIG TREES**

**NARROW GAUGE**

**RAILROAD- JULY 9<sup>th</sup>**

**(MON) - \$95**

ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 7:00AM and from the San Rafael Community Center at 7:30AM.



From there, we will head down to the Santa Cruz area to the FELTON ROARING CAMP and greeted by a hostess. (You will have a short time to visit the gift shop before the train ride or after lunch). We will then board a train (11:00AM) and enjoy a fun & scenic ride for 1 hour & 15 minutes

(6 MILES). You will be taken through the Redwoods up to Bear Mountain by a 100 yr. old steam engine train. Your conductor will tell of the history on the Santa Cruz Mountains, Bear Mountain & the many animals in the area. Upon our return, we will enjoy a delicious barbecue lunch. MENU: Chicken Breast Filet, 2 Pork Ribs, beans, tossed green salad, beverage & marshmallows to roast. After lunch, you will have time for some special treats - a "blacksmith" demonstration along with a park next door that you can visit-Henry Cowell Redwoods State Park. There is a short walking trail that you can enjoy along with a gift shop that you can visit. Should arrive back in San Rafael at approx. 6:00PM. Driver's gratuity included. NO PARKING IN SAFEWAY/CENTER LOTS. **CANCELLATION DATE...June 25<sup>th</sup> (MON)**

**SEATS STILL AVAILABLE!!**

**ROSIE THE RIVETER**  
**WWII HOME FRONT-**  
**JULY 27<sup>th</sup> (FRI)-\$73**



ITINERARY: Depart Park & Ride at Smith Ranch Road at 8:45AM & San Rafael Community Center at 9:15AM. We will venture to Richmond to visit the ROSIE THE RIVETER/WWII Home Front National Historical Park (10-12Noon tour). This relatively new National Park was established in 2000 and is still under development. We will start our visit at the Visitor Educational Center. You will have time to view the temporary exhibits. Explore and honor the efforts and sacrifices of American civilians on the World War II home front. Find out how they lived, worked and got along. Many faces, many stories, many truths weave a complex tapestry of myths and realities from this time of opportunity and loss. You will also meet a few of the "real" Rosie Riveter's as they volunteer at the museum on Fridays. After our tour, we will head to El Cerrito for a hosted lunch at ROMANO'S MACARONI GRILL. Menu Selection: 1) Penne Rustica-Chicken, Shrimp, Prosciutto 2) Lasagna Bolognese (meat sauce) 3) Shrimp Portofino in lemon butter sauce 4) Mushroom Ravioli 5) Chicken Parmesan 6) Eggplant Parmesan 7) Grilled Salmon. Each entrée comes with Caesar Salad, Lemon Passion for dessert & beverage. Should arrive back in San Rafael at approx. 3:00PM. DRIVER'S GRATUITY INCLUDED. **CANCELLATION DEADLINE....July 16<sup>th</sup>**

**SEATS STILL AVAILABLE!**

**ABBACADABRA - AUG. 5<sup>TH</sup>**  
**(SUN) \$98**



Dust off the leisure suits! Shine up those platform shoes! Be transported back to a simpler time when gas was under \$1.00 per gallon....when music was fun, inspiring and uplifting ...and disco was King! With the new resurgence of the '70's, portrayed in part by the hugely popular, musical production of "MAMMA MIA!", released as a motion picture, the music of ABBA is

finding its way back into the hearts of those who are experiencing it for the first time now. ABBACADABRA – the Ultimate ABBA concert promises to continue the momentum by performing 20 of the group's greatest hits in full ABBA fashion & flair. You won't be able to sit still in your seats as songs like "S.O.S.", "SUPER TROOPER" and "DANCING QUEEN" are re-created with such precision you'll swear you were listening to the originals themselves. The melodies of "FERNANDO" and "CHIQUITITA" will rekindle those feelings of first loves. "TAKE A CHANCE ON ME" and "VOULEZ VOUS" will lift the audience out of their seats to dance! The show is authentic in music and dress and is performed to live music that will leave you excited and melancholy...at the same time. With a cast of the country's best performers and the culmination of 3 years in production perfecting site, sound and technique, Abbacadabra – the ultimate ABBA concert delighting all audiences, young and young at heart...and will leave you wondering, "Was that really them?" ITINERARY: We will depart Park & Ride at Smith Ranch Road at 10:45AM and from the San Rafael Community Center at 11:15AM. From there, we will venture to Antioch to have lunch at LONE TREE GOLF COURSE. Menu : Two Cooking Stations, Waffle & French Toast, Seafood on Ice, Prime Rib & Carved Meats, fancy Dessert Assortment & Two (2) complimentary Mimosas. (12:45-2:15PM). After lunch, we will then arrive at the El Campanile Theatre for the 3:00PM performance- ABBACADABRA! Should arrive back in San Rafael at approx. 6:30pm. DRIVER'S GRATUITY INCL. NO PARKING IN CENTER/SAFWAY LOTS. **CANCELLATION DATE...JULY 5<sup>th</sup>**

**SEATS STILL AVAILABLE!!!**

**SUNDAY IN THE**  
**PARK WITH**  
**GEORGE &**  
**LUNCH - AUG.**  
**25<sup>TH</sup> (SAT) \$118**



In the final days before the completion of his masterpiece, A Sunday Afternoon on the Island of La Grande Jatte, Georges Seurat is torn between making meaningful art and maintaining a relationship with his lover, Dot. One of the most acclaimed musicals of our time, Sunday in the Park with George won the Pulitzer Prize and was nominated for 10 Tony Awards including Best Musical – held at the SF Playhouse San Francisco. ITINERARY: We will depart Smith Ranch Road at 10:30AM and from the San Rafael Community center at 11AM. We will head to the DAILY GRILL RESTAURANT for a hosted lunch (11:45-1:15PM). Menu: 1) Turkey Club with Fries 2) Meatloaf with mashed potatoes 3) Grilled Herb Chicken. Each entrée comes with either soup of the day or green salad, dessert & beverage.. After lunch, we will have a short drive to the SF PLAYHOUSE to see the production SUNDAY IN THE PARK WITH GEORGE! Should arrive back in San Rafael at approx. 5:30PM. Driver's Grat. Incl.

**SEATS STILL AVAILABLE!!!**

**JOHN DENVER at El Campanile Theatre – JUNE 23<sup>rd</sup> (SAT) - \$99**



The music of the late John Denver is like an old friend outlasting trends and standing the test of time. Join acclaimed performer Jim Curry for this tribute to the music of one of the most beloved singer/songwriter's ever to grace the stage. Jim's voice was heard in the CBS-TV movie Take Me Home: The John Denver Story, and he has performed Denver's music in sold out shows throughout the country. Jim's uncanny ability to mirror John's voice and clean-cut look takes you back to time when "Rocky Mountain High", "Sunshine", "Calypso" and "Annie's Song" topped the charts. Often performing with John Denver's former band members, Curry's show is the first and only full-length John Denver tribute to headline in Las Vegas. ITINEARY: We will depart Park & Ride at Smith Ranch Road at 10:00AM and from the San Rafael Community Center at 10:30AM. From there, we will venture to Antioch for a hosted lunch at LONE TREE GOLF & EVENT CENTER: Custom Buffet lunch including: Salads, Bistro Filet, Chicken Cordon Bleu, Starch & Vegetables and dessert station-Crème Brulee (11:45-1:15PM). No-Host Bar available. After lunch, we will then arrive at the El Campanile Theatre in Antioch for the 2PM performance-TRIBUTE TO JOHN DENVER! Should arrive back in San Rafael at approx. 6:00pm. DRIVER'S GRATUITY INCL. NO PARKING IN CENTER/SAFWAY LOTS. Bring bottled water if needed. **CANCELLATION ...May 21st**

**WAITING LIST !!!**

**"SCHOOL OF ROCK" at ORPHEUM THEATRE – JULY 18<sup>TH</sup> (WED) -**

**\$105** 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 head to S.F. to the Orpheum Theatre to see SCHOOL OF ROCK – 2:00PM PERFORMANCE. Should arrive back in San Rafael at approx. 5:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. **CANCELLATION DATE...May 29<sup>th</sup>**

**SEATS STILL AVAILABLE!!!**

**"LES MISERABLES" at ORPHEUM THEATRE – AUGUST 9<sup>TH</sup> (THURS)**

**-\$120** 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 head to S.F. to the Orpheum Theatre to see LES MISERABLES – 2:00PM PERFORMANCE. Set against the backdrop of 19<sup>th</sup>-century France, LES MISERABLES tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and

redemption – a timeless testament to the survival of the human spirit. Featuring the thrilling score and beloved songs "I Dreamed A Dream", "On My Own", "Stars", "Bring Him Home", "One Day More", and many more, this epic and uplifting story has become one of the most celebrated musicals in theatrical history.

Should arrive back in San Rafael at approx. 5:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. Orchestra Section. **CANCELLATION DATE...June 26<sup>th</sup>**

**SEATS STILL AVAILABLE!**

**"PHANTOM OF THE OPERA" at ORPHEUM**



**THEATRE – SEPT. 19<sup>TH</sup> (WED) -**

**\$120** 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 head to S.F. to the Orpheum Theatre to see PHANTOM OF THE OPERA – 2:00PM PERFORMANCE. Critics are raving that this breathtaking production is "bigger and better than ever before." This PHANTOM features a brilliant new scenic design by Paul Brown, Tony Award®-winning original costume design by Maria Björnson, lighting design by Tony Award®-winner Paule Constable, new choreography by Scott Ambler, and a new staging by director Laurence Connor. The production, overseen by Matthew Bourne and Cameron Mackintosh, boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score - with songs like "Music of the Night," "All I Ask Of You," and "Masquerade" - will be performed by a cast and orchestra of 52, making this PHANTOM one of the largest productions now on tour. Should arrive back in San Rafael at approx. 5:30PM. Driver's gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. Orchestra Section – ONLY 36 seats! **CANCELLATION DATE...August 8<sup>th</sup>**

**SEATS STILL AVAILABLE!**

**"ON YOUR FEET" at GOLDEN GATE THEATRE – SEPT. 23<sup>RD</sup>**

**(SUN) - \$135** ITINERARY: Depart the Park & Ride at Smith Ranch Road at 12:00PM & from the San Rafael Community Center at 12:30PM. We will head to S.F. to the GOLDEN GATE Theatre to see ON YOUR FEET – 2:00PM PERFORMANCE. From their humble beginnings in Cuba, Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. From international superstardom to life-threatening tragedy, *ON YOUR FEET!* takes you behind the music and inside the real story of this record-making and



groundbreaking couple who, in the face of adversity, found a way to end up on their feet. Directed by two-time Tony Award® winner Jerry Mitchell (*Kinky Boots*), with choreography by Olivier Award winner Sergio Trujillo (*Jersey Boys*) and an original book by Academy Award® winner Alexander Dinelaris (*Birdman*), *ON YOUR FEET!* features some of the most iconic songs of the past quarter-century. Back in San Rafael at approx. 5:30PM. Driver's gratuity incl. **NO PARKING IN CENTER OR SAFEWAY LOTS.** Orchestra Section – ONLY 36 seats! **CANCELLATION DATE...August 14<sup>TH</sup>**



**BINGO DAYS  
WEDNESDAYS**

**JUNE 13th & 27th**

**JULY 11th, 18th & 25th**

**(YES, WE ARE PLAYING BINGO ON THE  
3RD WEDNESDAY DUE TO JULY 4TH)**

**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 - \$5.00/pack, 6 squares per sheet-\$8/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 3<sup>rd</sup> week, when there is no Bingo, it will be recognized on the 4<sup>th</sup> 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) 457-4636 by 12Noon the Thursday 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.**

**WAITING LIST! "WAITRESS" at  
GOLDEN GATE THEATRE –  
OCT. 17<sup>TH</sup> (WED) - \$105**

ITINERARY: Depart the Park & Ride at Smith Ranch Road at 12:00PM & from the San Rafael Community Center at 12:30PM. Head to S.F. to the GOLDEN GATE Theatre to see *WAITRESS* – 2:00PM PERFORMANCE. Arrive back in San Rafael at approx. 5:30PM. Driver's gratuity incl. **NO PARKING IN CENTER OR SAFEWAY LOTS.** Orchestra Section **CANCELLATION...Sept. 4<sup>th</sup>**

**TICKETS STILL AVAILABLE  
LET'S GO GIANTS –**



**AUG. 7<sup>TH</sup> (TUES) - \$110 SIGNUP NOW!** Once you pay, you are committed and there is no refund. 12:45PM game against the HOUSTON ASTROS-2017 World Champions! Great seats - located in lower box reserve- section 128-by

Giant's dugout. **FEW TICKETS LEFT!!!! DO NOT DELAY! YOU CAN EVEN TAKE YOUR GRANDCHILD IF YOU'D LIKE! ONLY \$10 MORE FOR TICKET!** ITINERARY: Depart Park & Ride at Smith Ranch Road at 9:45AM and from San Rafael Community Center at 10:15AM. Head to AT&T Park for the 12:45PM game. Drop-off will be at 2<sup>nd</sup> & King Streets- there is a gate right there that will take you to your section. Depart after the game has ended & will meet bus at a designated location. Back in San Rafael by 6:30PM (depending on traffic).

**NO REFUNDS - unless wait list.**

**A NEW CLASS STARTING FOR:  
A MATTER OF BALANCE**

**AUG. 23<sup>RD</sup>-OCT. 11<sup>TH</sup>      \$20 – 8 WEEKS  
FEW SPOTS AVAILABLE, SO CALL NOW!**

Participants will be taught: problem-solving strategies to address habits & behaviors. Beginning Session 3-learn safe and simple exercises to promote strength, flexibility and balance. Contact Beverly Winsor for information or to register 1-415-993-2557 OR you can also contact the Goldenaires at 415-485-3348.

# “B” STREET BALLROOM SUNDAY DANCES

San Rafael Community Center  
618 “B” Street, San Rafael 415-485-3348 or 415-485-3333  
FEATURING MANNY GUTIERREZ QUARTET

JUNE 24<sup>TH</sup>  
AUGUST 26<sup>TH</sup>  
2:00 pm – 5:00 pm



JULY 29<sup>TH</sup>  
SEPTEMBER 30<sup>TH</sup>  
(doors open at 1:30pm)

**\$10.00 ADMISSION**

Open to the Public/Singles & Couples-ALL AGES Refreshments provided  
Plenty of mixers so all dance Great wood floor; air conditioning; great parking



## AARP Driver Safety Program Course

**\*\*\* JULY 18<sup>TH</sup> (WED) 12:30-5:00PM**

**SEPT. 18<sup>TH</sup> & 20<sup>TH</sup> (TUES & THURS) 1:00-5:00PM**

**\*\*\*NOV. 19<sup>TH</sup> (MON) 12:30-5:00PM**

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. **\*\*\*This is a 4 ½ hour refresher course 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. For information on additional classes & locations call 1-888-227-7669 or visit [www.aarp.org/drive](http://www.aarp.org/drive)

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

### COOKING WITH EFFIE

AUGUST 21<sup>st</sup> - TUESDAY - SIGNUP NOW!!!!

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

San Rafael Community Center RESERVATIONS REQUIRED!

MAXIMUM 20 MEMBERS

FEE: \$12.00 (DEMONSTRATION, LUNCH,  
RECIPES & LAUGHS) \$17-NON MEMBERS

Luncheon including: Entrées, Dessert & Tea.





# 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 \$39 (8 classes-9<sup>th</sup> is bonus). Attend only one day a week (Mon or Fri) and pay \$22. Drop-in fee is \$10 per day. Both men and women welcome.

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 \$33. Attend only one day a week (Mon or Fri) and pay \$19. Drop-in fee is \$9 per day. Check her website-www.YouthfulHearts.com

**Youthful Hearts Non-Impact Chair Aerobics**

**Mondays** (some Fridays due to events) from **12:35-1:25 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: \$20/month. Drop-In Fee: \$8.00 each day. 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** Nov.-1<sup>st</sup> part of March-M/W/TH:

10am-1pm & Tue/ Fri/Sat/Sun 10am-3pm at Albert Park -next to SR Comm. Cnt. \$5/person. If interested in lessons, please arrive at 9AM or after 12Noon. Everyone is welcome and no experience is required! League play begins in March-October. Goldenaires subsidizes part of league fee-\$15/ team. It is a lot of fun, great exercise & 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 & \$4 each! We now have ceramics to sell!



**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.



**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!



**HICAP** (Health Insurance Counseling Advocacy Program)

offers free and confidential information and assistance with understanding Medicare benefits and rights, solving medical billing problems and filing claims and appeals. HICAP meets at the San Rafael Community Center from 1-4pm on the 3<sup>rd</sup> Thursday of each month! To make an appointment call (1-800-434-0222)



Arranged by Talbot Tours for San Rafael Goldenaires



No Carolina & Outer Banks <> Sept 16-22, 2018

Experience the history and sights of Raleigh, Atlantic Beach, Beaufort, Ocracoke Island, Cape Hatteras, Nags Head, Corolla & Northfolk. Visit Wright Brothers Memorial of Flight, MacArthur Memorial plus Nauticus Maritime Museum and much more!



The BIG "E" The largest fair on the East Coast <> Sept 17-25, 2018

Culture \*\* History \*\* Entertainment \*\* ;Shopping \*\* Food & Drink PLUS touring to New England ~ Vermont & Portland! Highlights include: Eastern States Exhibition Springfield Museums; The "Big E" Circus, Parade, Concert & Circus ticket, Norman Rockwell Museum; special dinner & entertainment at Yankee Candle Village; lunch at the Trapp Family Lodge and much more!



Upstate New York & Hudson Valley <> Oct 6-12, 2018

New York City and Niagara Falls create the bookends to a wonderful tour that includes the best of NY state. West Point Military Academy, Cooperstown Baseball Hall of Fame, the Erie Canal, Buffalo are some exciting gems! Finger Lakes wine tour, Corning Glass Factory & Museum, FDR's home/library & Eleanor's cottage, Culinary Institute of America tour & lunch and so much more!!



At Home with the Presidents <> Oct 10-16, 2018

Follow the trail of 10 US Presidents through Washington DC, Virginia, Maryland and Pennsylvania. Tours of 5 Presidential Homes: Mount Vernon, Montpelier, Monticello, Ash Lawn, Lincoln's DC Cottage & Eisenhower Gettysburg Home & Farm. D.C. sights include: DC memorials, stops at the US Capitol & White House Visitors Center, Gettysburg



Battlefield tour, tours of Annapolis, Baltimore and much more!



Tucson New Year's <> Dec 30, 2018—Jan 3, 2019

5-Days, 4-Nights at the fabulous Westward Look Grand Resort! 4-Star Rating with Award Winning Cuisine! Large Suite Style Rooms with patio or Balcony!

Daily Tours Including: Mission San Xavier Del Bac, Arizona-Sonora Desert Museum, Zoo & Botanical Gardens, Pima Air & Space Museum, Kartchner Caverns & Caves, Sabino Canyon Tram Ride, A Day in Tombstone, Boot Hill, New Year's Eve Party with Cocktails, Dinner and Live Band,

Farewell Dinner with Chef's Demonstration of Cooking Techniques!



UTAH MIGHTY 5! <> May 2019 (date TBA)

Explore five breathtaking national parks: Arches, Canyonlands, Capitol Reef, Bryce Canyon & Zion!

These comprise the Utah Mighty 5. You'll get a chance to explore them all on this 6-day guided tour in southern Utah. Join a small group of no more than 14 guests and a private guide on this week-long adventure. Hiking, scenic viewpoints, local eateries, hidden gems, and other fantastic experiences await!



Alpine Swiss Villages <> July 25-Aug 3, 2019

Unpack Just Twice, an In-Depth Look at the World Famous Bernese Oberland PLUS Swiss Confederation (National) Day celebration! You may have been to Switzerland, but you will NOT have seen this Switzerland. Spend 7 nights in the quaint alpine village of Wengen (1000 people at 4,800 feet), surrounded by 14,000 foot mountains like the Eiger, Monch and Jungfrau.



Imperial Splendors and OBERAMMERGAU <> Sept 14-26, 2020



Be a part of history at the world-famous Oberammergau Passion Play. Located in the heart of Bavaria, the quaint and picturesque village is known for its spectacular Passion Play, performed by residents just once every decade. It's the re-enactment of the crucifixion of Christ preserves the health and well-being of the town to this day.



Call Goldenaires office (415) 485-3341 \*\*Pick up all brochures at office





# Multicultural PARTY!

Marin County Aging and Adult Services, the City of San Rafael, and Whistlestop invite you to join us.

**WHEN:** Wednesday June 20th , 2018  
11:00AM to 1:00PM

**WHERE:** ALBERT J. BORO CENTER (Pickleweed Park)  
50 Canal Street, San Rafael, 94901



**ENTERTAINMENT:**



11:00 -11:30am Belly Dancing with Dhyanis  
11:45 - 1:00pm Tucker Spolter & Ukulele Jubilee Group  
12 Noon **Lunch, reservations required by June 14th by calling 415-457-4636**

**MENU:** BBQ Chicken, roasted potatoes, salad, fruit, juice, & dessert provided by Good Earth Natural & Organic Foods

**COST:** \$3 Suggested donation for people over 60 Yrs.  
\$6 Fee for people under 60 Yrs.

Funding for this program, & congregate meal site at least in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health & Human Services, Division of Social Services, Aging & Adult Services. If you are a person with a disability and require this document in an alternate format (example: Braille, Large Print, Audiotape, CD-ROM), you may request an alternate format document by using the contact information below. If you require an accommodation (example: ASL Interpreter, reader, note taker) to participate in any county program, service or activity, you may request an accommodation by calling (415) 473-4381 (Voice) / (415) 473-3232 (TTY) or by e-

mail at: [disabilityaccess@marincounty.org](mailto:disabilityaccess@marincounty.org) not less than four work days in advance of the event.





# Broadway Productions Season 2018-2019

Put name on interest list!

- 1) **MISS SAIGON: OCT-NOV 2018 ORPHEUM** Experience the acclaimed new production of the legendary musical **MISS SAIGON**, from the creators of *LES MISÉRABLES*. This is the epic story of a young Vietnamese woman named Kim. In a bar run by a notorious character called The Engineer, Kim meets an American G.I. That encounter will change their lives forever. Featuring stunning spectacle, a sensational cast of 42, and a soaring score including Broadway hits like "Last Night of the World," "The Movie in My Mind," and "The Heat is On in Saigon," this is a theatrical event you will never forget.
- 2) **A BRONX TALE: NOV-DEC 2018 GOLDEN GATE:** Broadway's hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s- where a young man is caught between the father he loves and the mob boss he'd love to be. Bursting with high-energy dance numbers and original doo-wop tunes from the songwriter of *Beauty and the Beast*, **A BRONX TALE** is an unforgettable story of loyalty and family. Academy Award® winner Robert De Niro and Tony® winner Jerry Zaks direct this streetwise musical- based on Academy Award nominee Chazz Palminteri's story- that *The New York Times* hails as "A Critics' Pick!
- 3) **COME FROM AWAY: JAN-FEB 2019 GOLDEN GATE:** The true story of the small town that welcomed the world. Broadway's **COME FROM AWAY** has won Best Musical all across North America! The *New York Times* Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran night, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Don't miss this breathtaking new musical written by Tony® nominees Irene Sankoff and David Hein, and helmed by this year's Tony-winning Best Director, Christopher Ashley. Newsweek cheers, "It takes you to a place you never want to leave!" On 9/11, the world stopped. On 9/12, their stories moved us all.
- 4) **HELLO DOLLY: FEB-MARCH 2019-GOLDEN GATE** Winner of 4 Tony Awards® including Best Musical Revival, Broadway's most beloved musical is back where it belongs! Directed by Tony winner Jerry Zaks and featuring choreography by Tony winner Warren Carlyle, **HELLO, DOLLY!** is "the best show of the year" (*NPR*). Breaking box office records week after week and receiving thunderous critical raves on Broadway, this "gorgeous" new production (*Vogue*) pays tribute to the original work of legendary director/choreographer Gower Champion -- hailed both then and now as one of the greatest staging's in musical theater history. *Rolling Stone* calls it "a must-see event. A musical comedy dream. If you're lucky enough to score a ticket, you'll be seeing something historic. Wow, wow, wow indeed!"
- 5) **FALSETTOS:MARCH-APRIL 2019 GOLDEN GATE** William Finn and James Lapine's groundbreaking, Tony Award®-winning musical **FALSETTOS** returned to Broadway in an all new production from Lincoln Center Theater, and was nominated for Five 2017 Tony Awards, including Best Revival of a Musical. Lapine returned to direct an extraordinary cast in a production that will be seen this Fall on PBS stations nationwide. **FALSETTOS** revolves around the life of a charming, intelligent, neurotic gay man named Marvin, his wife, lover, about-to-be-Bar-Mitzvahed son, their psychiatrist, and the lesbians next door. It's a hilarious and achingly poignant look at the infinite possibilities that make up a modern family... and a beautiful reminder that love can tell a million stories.
- 6) **CHARLIE & THE CHOCOLATE FACTORY: APRIL-MAY 2-019 GOLDEN GATE** Roald Dahl's amazing tale is now San Francisco's golden ticket! It's the perfect recipe for a delectable treat: songs from the original film, including "Pure Imagination," "The Candy Man," and "I've Got a Golden Ticket," alongside a toe-tapping and ear-tickling new score from the songwriters of *Hairspray*. Willy Wonka is opening his marvelous and mysterious chocolate factory...to a lucky few. That includes Charlie Bucket, whose bland life is about to burst with color and confection beyond his wildest dreams. He and four other golden ticket winners will embark on a mesmerizing joyride through a world of pure imagination. Now's your chance to experience the wonders of Wonka like never before – get ready for Oompa-Loompas, incredible inventions, the great glass elevator, and more, more, more at this everlasting showstopper!
- 7) **ANASTASIA: SEPT. 2019 –GOLDEN GATE** Inspired by the beloved films, the romantic and adventure-filled new musical **ANASTASIA** is on a journey to San Francisco at last! From the Tony Award®-winning creators of the Broadway classic *RAGTIME*, this dazzling show transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing conman and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find home, love, and family. **ANASTASIA** features a book by celebrated playwright Terrence McNally, a lush new score by Stephen Flaherty (music) and Lynn Ahrens (lyrics) with direction by Tony Award winner Darko Tresnjak.

**CALIFORNIA COASTAL CRUISE FOR THE GOLDENAIRES !!**

**LESS THAN \$100 PER DAY !! SEPTEMBER 30, 2018**

**ROUNTRIP SAN FRANCISCO – 8 DAYS/7 NIGHTS**

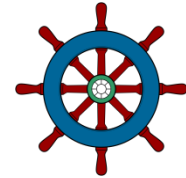
**CRUISE ON THE GRAND PRINCESS**

**\$50 ONBOARD CREDIT PER STATEROOM**

**San Francisco Sea Day Santa Barbara Los Angeles San Diego  
(late night) Ensenada Sea Day San Francisco**



CABIN CATEGORY	LOCATION ON SHIP	FARE PER PERSON, DBL.
IB – Inside Room/No Window	Central	\$779.00
OW Obstructed View/Window	Central	\$849.00
OC – Ocean View	Central part of Deck	\$969.00
BD – Balcony Room	Mid-ship to Aft	\$1049.00
BB - Balcony Room	Central part of Deck	\$1099.00
MD – Mini-Suite	Mid-ship to Aft	\$1449.00
MB - Mini-Suite	Central part of Deck	\$1569.00



Add taxes of \$135 per person. Travel/Medical Insurance is highly recommended and low-priced. Some restrictions may apply. Space is limited. The Goldenaires receive a donation for each Stateroom booked!! \$200 per person deposit is REFUNDABLE. Final Payment Date-around July 15, 2018.

CONTACT BARBARA NELSON, SAN MARIN TRAVEL: 866-462-7887

[barbarastravel@earthlink.net](mailto:barbarastravel@earthlink.net) Princess Ships are Bermudan

\*\*\*\*\*



**MEMORY SCREENINGS**

**Are you concerned? Take Action!**

**Thursday, JULY 19<sup>th</sup> 9:00am – 12:00pm**

**(half-hour individual appointments)**

**Who should be screened?**

Memory screening makes sense for anyone concerned about memory loss. Screenings are also appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparison.

**What is memory screening?**

Memory screening is as simple as a few short activities with a geriatric professional. How you do with the activities is **not a diagnosis** and in no way does it replace consultation with a qualified health professional, but it may lead to a thoughtful conversation about “next steps.” You have time to discuss your concerns with a professional. **The screenings are individual half-hour sessions just between you and a professional.**

**Why screen now?**

- Why not? It’s never too early (or too late) to make lifestyle changes that can affect your overall health:
- 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
- Physical Activity** -- walk, dance, garden

Memory Screenings are a national initiative of the Alzheimer’s Foundation of America. In our community, Senior Access, Senior Helpers, Care Navigate and the Goldenaires are working together to bring this initiative to you.

**For information or to schedule an appointment, contact: CALL 415-491-2500, ext. 200**



**California Phones**  
Keeping you connected.

## Having difficulty **hearing** or **seeing** on your iPhone? Attend a **FREE** training and make your iPhone work better for you!

### Learn how to:

- Make your iPhone louder and easier to hear
- Send text messages
- Turn your iPhone into a magnifier
- Connect Bluetooth devices
- Operate the basic functions of your iPhone...and much more!



**When:** Friday July 6th, 2018 10am - 12pm OR  
Tuesday July 31st, 2018 10am - 12pm  
Sign up for 1 class only

**Where:** San Rafael Goldenaires  
618 B St, San Rafael, CA 94901 in the Lounge

**SPACE IS LIMITED, REGISTER NOW!**

**Contact:** San Rafael Goldenaires office at...  
415-485-3348 (Class for Android phones will be scheduled at another date).





**ATTENTION GOLDENAIRES!!  
PANAMA CANAL – 15 DAYS - \$1500  
SAN FRANCISCO TO FT. LAUDERDALE**

**2 DATES IN 2018 – THIS FALL – TO SELECT FROM!!  
November 20 or December 5 (or January 31, 2019)**

Cruise the Island Princess in 2018 (or Coral Princess in 2019)

**ITINERARY: San Francisco, 2 Sea Days, Cabo San Lucas,  
2 Sea Days, San Juan de Sur in Nicaragua; Punta Arenas,  
Costa Rica; 1 Sea Day, Fuerte Amador, Panama;  
FULL TRANSIT OF THE PANAMA CANAL INCLUDING NEW  
LOCKS, Cartagena, Columbia; 2 Sea Days, Ft. Lauderdale**

**CRUISE FARES ARE FOR MID-SHIP STATEROOMS**



IC Inside Stateroom	\$1513.00 pp/double
OW Obstructed View	\$1541.00 pp/double
OC Full Ocean View	\$1660.00 pp/double
BB Balcony	\$2050.00 pp/double
MB Mini-Suite	\$2479.00 pp/double

If a group forms, a mini-van or larger bus can be contracted to drive everyone to the San Francisco Pier!! Airfare from Ft. Lauderdale is cheap. Taxes and Travel Insurance are extra. Some restrictions apply. The Goldenaires Club receives a Monetary bonus when booked with Barbara, San Marin Travel. Call Barbara at: Toll Free 866-462-7887 or email her at [barbarastravel@earthlink.net](mailto:barbarastravel@earthlink.net).

Ships are Bermudan Registry

CST 1003321-10

# MONDAY NIGHT BINGO

## AUGUST 13<sup>TH</sup>, 2018



**SAN RAFAEL COMMUNITY CENTER-**  
**618 B STREET – SAN RAFAEL**  
 (Sponsored by the San Rafael Goldenaires)

*If you're eligible for Marin Access ADA paratransit service, call 415.454.0964 to schedule your trip. If you need assistance or advice on other transportation options to the event, please contact the Marin Access Travel Navigator Department at 415-454-0902.*

**DOORS OPEN 5:30pm**

**BUFFET DINNER 6:00-6:45pm**

(Raviolis, Salad, French Bread, Dessert, Coffee/Tea)

**BINGO GAMES BEGIN AT 7:00pm (PROMPTLY)**

**ADVANCE RESERVATION: \$20.00 per person**

**Deadline for advance reg.: Friday, AUGUST 10<sup>th</sup>, 2018**

**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!**

**GOLDENAIRES PHONE: 415-485-3348 MON-FRI 9:00am-3:00pm**



## Hiring a Caregiver, Preventing Financial Abuse, Family Dispute Resolution, Long Term Care & Assessing Memory Loss

**1:00 Hiring a Home Caregiver & Preventing Financial Abuse**  
(Carolyn Rosenblatt, Esq.)

**1:10 Elder Abuse - Civil Remedies  
Conservatorships** (Marlene Getchell, Esq.)

**1:20 Family Conflicts & Dispute Resolution with Mediation**  
(Carolyn Rosenblatt, Esq.)

**1:30 Long Term Care, Medi-Cal & Special Needs**  
(Stacy Turner, Esq.)

**1:40 Memory Loss - How to Evaluate and Measures to Take**  
(Geriatric Psychologist, Dr. Mikol Davis)

**1:50 Questions and Answers**

**2:00 to 3:00 -20 min Free consultations w/ 4 Panelists**  
**(3 spots available w/ each panelist)**

- If you would like one of the limited consultation spots with the above experts, call Legal Aid of Marin (415) 492-0230 to reserve a spot.

**Friday August 24, 2018; 1:00 – 3:00 pm**

Sponsored by Marin ProBono Network and San Rafael Goldenaires.  
**Location: Community Center, Club Rooms 2 & 3 at 618 B Street, San Rafael**  
\*\*\*Call Legal Aid of Marin (415) 492-0230 to RSVP your attendance



### \*TRIP POLICIES, PROCEDURES & PROGRAMS\*

**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 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. **WE ARE NOW ACCEPTING CREDIT CARDS -minimum purchase of \$30.** 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. 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.

**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.

**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. 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! Purchase certificates in Goldenaires office. 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!

**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](mailto: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](mailto:Navigator@whistlestop.org)

# JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> 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 AGE SONG 2:15-3:45PM <u>EX BD MTG 9:30AM</u>	<b>3</b> Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play)10-3	<b>4 OFFICE &amp; BUILDING CLOSED-No programs Happy Independence Day</b>	<b>5</b> Bocce League	<b>6</b> Wood 9-12pm Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 Crafts 12:00-3pm <u>IPHONE CLASS 10-12</u>	<b>7</b>
<b>8</b>	<b>9</b> 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>ROARING CAMP</u>	<b>10</b> Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play)10-3  <u>NEWSETTE</u>	<b>11</b> Good Earth Lunch 11am <b>BINGO 12 Noon</b> Bocce League	<b>12</b> Bocce League	<b>13</b> Wood 9-10:30AM Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 <u>LUAU</u>	<b>14</b>
<b>15</b>	<b>16</b> 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>CRAFT FAIR 9:30</u> <u>SIGNUPS-MEMBERS</u>	<b>17</b> Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play)10-3	<b>18</b> Bocce League Good Earth Lunch- 11 <b>BINGO 12 Noon</b> EXERCISE 9:30-11am MAT 11:15-12:15 <u>Craft Fair Signups-</u> <u>Public</u> <u>SCHOOL HS ROCK</u>	<b>19</b> Bocce League <b>Memory Screening 9-12Noon</b>  HICAP 1-4pm	<b>20</b> Wood 9-12pm Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 Crafts 12:00-3pm	<b>21</b>
<b>22</b>	<b>23</b> 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	<b>24</b> Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3	<b>25</b> Bocce League Good Earth Lunch 11am GEN MTG 11:45AM- <b>SUMMER RAFFLE</b> <b>11:30AM</b> <b>BINGO 12 Noon</b>	<b>26</b> Bocce League	<b>27</b> Wood 9-12pm <b>NO EXERCISE</b> <b>NO MAT</b> Bocce(open play) 10-3 Crafts 12:00-3pm <u>ROSIE RIVETOR</u>	<b>28</b>
<b>29 **SUNDAY**</b> <b>DANCE</b>  <b>2:00-5:00pm</b>	<b>30</b> 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 Age Song 2:15-3:45PM	<b>31</b> Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 <u>IPHONE CLASS 10-12</u>	<b>ALL PROGRAMS &amp; CLASSES TAKE PLACE AT THE SAN RAFAEL COMMUNITY CENTER (UNLESS OTHERWISE NOTED)!</b>			

San Rafael Goldenaires, Inc.  
San Rafael Community Services Dept.  
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 2018!



*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.

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

- LUAU - July 13<sup>th</sup>
- GOODBYE TO SUMMER -  
August 10<sup>th</sup>
- MON NIGHT BINGO - Aug. 13<sup>th</sup>
- PICNIC - September 7<sup>th</sup>
- HALLOWEEN LUNCH - Oct. 19<sup>th</sup>
- SENIOR INFO FAIR - Oct. 24<sup>th</sup> -  
Held at Civic Center-Exhibit Hall
- CRAFT FAIR - SAT - Nov. 3<sup>rd</sup>
- HOLIDAY GALA - December 7<sup>th</sup>

*OFFICE CLOSED/NO CLASSES -  
Dec. 17<sup>th</sup> - Jan. 1<sup>st</sup>, 2019  
OFFICE REOPENS - Jan. 2<sup>nd</sup> & BINGO*

**INDEPENDENT & ASSISTED LIVING**  
Call (888) 537-4443 today to experience  
Drake Terrace for yourself!  
Drake Terrace  
A KISCO SENIOR LIVING COMMUNITY  
275 Los Ranchitos Rd., San Rafael, CA 94903  
LifeatDrakeTerrace.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**