



san rafael
COMMUNITY SERVICES

San Rafael Goldenaires

NEWSETTE

Live life locally

AUGUST 2018

VOLUME L

Phone: (415) 485-3348

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<https://www.livelifelocally.org/goldenaires-newsette/>

TICKETS ON SALE NOW!

**THE GOLDENAIRES INVITE YOU
TO THEIR 5th SUMMER SPLASH**

FRIDAY, AUGUST 10TH

\$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. 8th**

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

Thank you!

TICKETS ON SALE NOW! IT'S A GREAT DAY & GREAT FUN!

**GOLDENAIRES ANNUAL PICNIC
SEPTEMBER 7th (FRI) - \$18**

**(Bocce, Games & Prizes,
Lunch & BINGO)**

San Rafael Community Center

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



**GUESTS ARE WELCOME TO ATTEND FOR ONLY AN
ADDITIONAL \$5.00**

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

CANCELLATION DEADLINE: Sept. 4th (Tues)

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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

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



"Dignity does not consist in possessing honors, but in deserving them,"
 by unknown

ILL MEMBERS:

Gina Ranney fell and has a broken toe, Jackie Brand hit her head, Gloria Ilgan was in the hospital for her heart, now recuperating at home. Linda Jernigan suffered a fall while walking outside. We wish you all a speedy recovery.

DEPARTED MEMBERS:

Althea Markavage will be missed by her husband Paul, Roberta Goodman's friend Phillis Pansegrau will miss her, Bob Rogers brother-in-law will always be remembered with love, Gina Ranney grieves the loss of her brother. 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

SEPT. 3rd (MON)

LABOR DAY

SEPT. 7th (FRI) PICNIC



BOOKS – BOOKS – BOOKS – BOOKS

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

"PRESIDENT'S CORNER"

Dear Goldenaires:

Summer seems to be upon us and already the fourth of July and the Marin County Fair has been done and gone, which always marks the slide into fall for me! So fast! I can't keep up! We have to get ready for the "LUAU" and "SUMMER SPLASH", then our fun "PICNIC" in September (which I hope you'll all will join us for a little bocce, games, prizes and food! Nothing strenuous, I promise! I've always loved the games and learning how to play bocce, meeting members I haven't met before and enjoying a warm autumn day! If you've never been, give it a try!

The "Lion Dancers" at our Chinese Lunch were fabulous and enjoyed by about 80 members and guests, along with delicious food catered by YET WAH RESTAURANT! Such a nice and talented group, offering to take pictures afterward with everyone!



I hope we can get them back! I met some nice guests who said they had a wonderful time along with many of our members. (I hope they'll become members). I must thank all who helped make this such a successful event! It takes everyone coming together to make all these trips and luncheons and events happen and I can't thank them enough: Sherilyn Chew for arranging the lion dancers, Jackie Dema & her kitchen crew, Joanne Perrone & her decorating crew, Effie Lee for selling raffle tickets, Darrell Raggio for tending the bar and thanks to Chris Master the head custodian for setting up & breaking down!

ROSIE THE RIVETER trip is on the 27th of July and don't forget to dance your heart away on the 29th, "SUNDAY DANCE" – Jackie Dema is working



away at making it a fun event and it's doing really well! Tell everyone to come & dance! Also, Monday Night Bingo on August 13th-can't beat dinner and bingo! WIN! WIN!

I hope we continue to see more members joining us

at our luncheons! They are such a terrific reason to come, enjoy some great food and entertainment & make new friends! If you're new and don't know anyone, just ask to join me at my table when you sign-up! I'd love to meet you and introduce you to some others! You're more than welcome! Looking forward to great turnouts for the LUAU & PICNIC!

It seems to take me longer to get ready to go out these days, but it's all worthwhile when I get to the Center and see everyone else there to greet, to chat with, or meet! It perks me up to see all the smiles! I know it takes effort and energy to get out so I hope our events can make it fun and worth coming out for! If it brightens your day, then it brightens mine!

Effie's Cooking Class is August 21st. Always fun & tasty, with friendly "foodies" sharing conversations, recipes or whatever else strikes their fancy over food...SO GOOD!

Craft Fair sign-ups start July 16th for members & July 18th for the public. Do you or anyone you know would like to have a booth or share a booth for their art or craft, please come and sign-up! We're doing the fair on Saturday this year with SANTA to make it family friendly & easier for people to attend! Hopefully, it will be more festive & fun, so start letting everyone know!

Remember that the Goldenaires are now accepting credit cards-minimum charge of \$30.

We were sad to say goodbye to MARY RYAN who worked at the front desk at the Community Center. Mary had been with the City for 12 years & will now be working for Amy's Kitchen Company in Petaluma. We wish her well & we have appreciated all her help to the seniors!



Lastly, if you have a gift certificate from the Goldenaires, please be sure to use it by the end of November, so we can close out the books. Thank you in advance!

Well, till next time, stay cool and enjoy the summer/autumn days! Very Best Wishes to You!

CHRIS CHEW

WELCOME

- CAROLINE IRESON**
- BETTINA ROGERS**
- PATRICIA JOHNSON**
- IRENE & LARRY BARNETT**
- JACK & NORMA NIXON**
- NORMAN WOLFF**
- VICTORIA JOW**
- DIANE CONWAY**

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

JULY 25TH 11:45AM
AUGUST 22ND 11:45AM

Executive Board minutes & treasurer's report & open time for new business. Good Earth Natural Foods lunches served on Wednesdays at 11-11:30 AM. If interested, please call (415) 457-4630, the Thursday prior for a reservation. ***"The lunch program is made possible through funds from the Federal Older Americans 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. Let's have a big turnout & then stay & play... BINGO ...begins promptly - 12:00Noon.

SIGNUP NOW-DO NOT DELAY!!

**APPLE HILL HIGH HILL RANCH-
OCT. 4th (THURS) - \$78**



ITINERARY: We will depart the San Rafael Community Center at 8:00AM and the Park & Ride at Smith Ranch Road at 8:30AM. Then it's off to one of our favorite places to

visit - APPLE HILL at HIGH HILL RANCH in Placerville. We will arrive at 10:30am and have time to stretch your legs and look around before we start our "loop tour" at 11:00AM - we will visit Larsen's & Boa Vista Farms (farms subject to change). If you've never been to Apple Hill, this is a trip you must attend. High Hill Ranch is located in the Sierras with breathtaking views, fishing pond, crafts, great food and beautiful apple orchards! After our tour, we will have a delicious luncheon (1:00PM) - barbecued chicken, macaroni salad, a roll and homemade apple pie with ice cream. After lunch, you will have a chance to do last minute shopping at High Hill Ranch for crafts & goodies & homemade pies & cider. We will depart at approx. 3:30PM and arrive back in San Rafael at approx. 5:30/6PM. On the way home, you will be treated to an apple fritter and juice. **NO PARKING IN SAFEWAY/CENTER LOTS.** Driver's gratuity included. Marin Charter & Tours **CANCELLATION DATE...Sept. 24th (MON)**

**SIGNUP NOW-DO NOT DELAY!!
HORNBLOWER CRUISE-FLEET
WEEK IN S.F. - OCT. 6th (SAT) - \$142**

ITINERARY: Depart from the Park & Ride at Smith Ranch Road at 11:30AM and the San Rafael Community Center at 12:00 Noon & head to Pier 3 in San Francisco. We will board the SAN FRANCISCO BELLE YACHT at 1:30PM for a spectacular lunch and show. IT'S FLEET WEEK and the "BLUE ANGELS" have returned to S.F. & will be flying right over the Bay for your viewing pleasure plus all of the fabulous boats and yachts that will be out on the Bay. DO not miss this opportunity to watch the Blue Angels as they prepare their expert maneuvers. Champagne brunch (wide variety of delicious entrees, salads & desserts to choose from) will be served upon our arrival (Live entertainment & No-Host cocktails available on the cruise) and at approx. 3:00PM, the Blue Angels will begin their show. What a place to be - right on the Bay to see this unbelievable extravaganza! The Belle was built in 1994 in Louisiana. She served as a floating casino on the St. Charles River in Missouri. You will be cruising from 2:30PM till 4:30PM and arrive back in San Rafael at approx. 5:30/6:00PM. GREAT WAY TO SPEND A SATURDAY AFTERNOON AS SAN FRANCISCO IS ALWAYS FABULOUS THIS TIME OF YEAR! SPACE FOR 48 PASSENGERS! No parking in Center/Safeway lots. (Driver's gratuity incl.). **CANCELLATION DATE.... Sept. 4th (TUES)**



SIGNUP NOW-DO NOT DELAY!!

**"MISS SAIGON"
at ORPHEUM
THEATRE -
OCT. 27TH (SAT)**



\$150 ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 12:00Noon & from the San Rafael Community Center at 12:30PM. We will head to S.F. to the ORPHEUM Theatre to see MISS SAIGON - **2:00PM PERFORMANCE**. 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. 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...Aug. 16TH. FINAL DATE TO PURCHASE TICKETS...SEPT. 13TH, 2018 36 TIX**

SIGNUP NOW-DO NOT DELAY!!

**A DAY OF WINE
& HORSES -
OCT. 31ST (WED)
- \$110**



ITINERARY: We will depart Park & Ride at Smith Ranch Road at 8:00AM & from the San Rafael Community Center at 8:30AM. Your day will begin (10:30AM) with a tour and tasting at Miramonte Estate Winery, nestled in the Valley. This family owned "boutique vineyard" has grown into a flourishing operation that sell its label throughout the world. After your hosted lunch, climb aboard their "Hayride" style tractor, to tour the vineyard. We will then board the motorcoach (1:00PM) and head over to Lodi, for a tour of the Sargent Equestrian Center. The owner will bring out the different breeds of horses that they have on the ranch and talk about them. You will also have time to walk the property and view their beautiful barn along with the horses in the stalls. We will depart for home at 2:30PM & should arrive back in San Rafael at approx. 4:45/5:00PM. **NO PARKING IN SAFEWAY/CENTER LOTS.** Driver's grat. incl. **RESTROOMS ARE LIMITED AT THE EQUESTARIAN CENTER, SO PLEASE USE RESTROOM AT WINERY & BUS BEFORE DEPARTING FOR HOME.**

CANCELLATION DATESEPT. 27TH (THUR)



SIGNUP NOW-DO NOT DELAY!!

"A BRONX TALE" at GOLDEN

GATE
THEATRE –
DEC. 16TH



(SUN) - \$150 ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 12:00Noon & from the San Rafael Community Center at 12:30PM. We will head to S.F. to the GOLDEN GATE Theatre to see A BRONX TALE – 2:00PM PERFORMANCE. 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! Should arrive back in San Rafael at approx. 5:30PM. Driver’s gratuity incl. NO PARKING IN CENTER OR SAFEWAY LOTS. Orchestra Section – ONLY 30 seats! **CANCELLATION DATE...Aug. 23RD . FINAL DATE TO PURCHASE TICKETS...NOV. 15TH, 2018**

SIGNUP NOW-DO NOT DELAY!!

BEACH BLANKET BABYLON

"HOLIDAY" SHOW

NOV. 18th (Sun) \$95
(Bus & show)- 56 Tickets!



ITINERARY: We will depart from the Park & Ride on Smith Ranch Road at 12:00Noon and from the San Rafael Community Center at 12:30PM. We will head over to San Francisco to the Club Fugazzi Theatre to see this wonderful show BEACH BLANKET BABYLON "XMAS" for 2:00PM performance. (44 SEATS ARE IN THE RESERVED SECTION CENTER BALCONY & 12 SEATS IN FRONT CABARET OPEN SEATING FOR DISABLED). This is a show that is always full of excitement and great entertainers. If you haven’t seen it, it is a MUST that you attend. If you have already seen it, the show is always changing and adding new characters and the XMAS production is great! Welcome the season with special performances packed with hilarious spoofs of pop culture & political characters. The annual tradition also features a chorus line of tap-dancing Christmas trees, special parodies of traditional Christmas carols, and the legendary gigantic Yuletide Hat. Non-alcoholic beverages & snacks for sale. The show is approximately 1 and 1/2 hrs. We should arrive back in San Rafael at approx. 4:30/5PM . GREAT WAY TO SPEND A SUNDAY. NO PARKING IN CENTER/SAFEWAY LOTS. Driver’s Grat. Includ. **CANCELLATION/RESERVATION DATE.....Sept. 21st (FRI)**

SIGNUP NOW-DO NOT DELAY!!

"COME FROM AWAY" at GOLDEN GATE THEATRE –
JAN. 27TH (SUN) -



\$160 ITINERARY: We will depart the Park & Ride at Smith Ranch Road at 12:00Noon & from the San Rafael Community Center at 12:30PM. We will head to S.F. to the GOLDEN GATE Theatre to see COME FROM AWAY – 2:00PM PERFORMANCE. 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 tight, 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. Should arrive back in San Rafael at approx. 5:30PM. **Driver’s gratuity incl.** NO PARKING IN CENTER OR SAFEWAY LOTS. Orchestra Section – ONLY 30 seats! **CANCELLATION DATE...Sept. 13th . FINAL DATE TO PURCHASE TICKETS...DEC. 13th , 2018**

SEATS STILL AVAILABLE!!

ROOFTOP GARDENS/WALKING TOUR IN SF-SEPT. 11th

(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. 27th**

SEATS STILL AVAILABLE!!

SANTA CRUZ FOLLIES & LUNCH –

Sept. 13th (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. 24th (FRI) ONLY 40 tickets

NEED MORE SIGN-UPS!!

RAILTOWN – SEPT. 16TH (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 15th (possible seats available after this date)

NEED MORE SIGN-UPS!!

ROSIE THE RIVETER WWII HOME FRONT- JULY 27th (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 16th**

LAST CHANCE TO SIGN-UP!!!

SUNDAY IN THE PARK WITH GEORGE & LUNCH – AUG. 25TH (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.
CANCELLATION DATE.....July 24th, 2018

SEATS STILL AVAILABLE!

"PHANTOM OF THE OPERA" at ORPHEUM



THEATRE – SEPT. 19TH (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 8th

SEATS STILL AVAILABLE!

"ON YOUR FEET" at GOLDEN GATE THEATRE – SEPT. 23RD (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 14TH

WAITING LIST! "WAITRESS" at GOLDEN GATE THEATRE – OCT. 17TH (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. NO PARKING IN CENTER OR SAFEWAY LOTS. Orchestra Section
CANCELLATION...Sept. 4th

A NEW CLASS STARTING FOR: A MATTER OF BALANCE

THURSDAYS

AUG. 23RD-OCT. 11TH

10-12Noon \$20

8 WEEKS - only 15 students

FEW SPOTS AVAILABLE - 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 and life changes to promote safety. Contact Goldenaires at 415-485-3348 to register.

Broadway Productions

Season 2018-2019

Put name on interest list!

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!"

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.

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!

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.

WE WILL NOT BE GETTING TICKETS TO DEAR EVAN HANSEN-not enough interest!

**BINGO DAYS WEDNESDAYS**

JULY 11th, 18th & 25th

AUGUST 1st

,8th,22nd & 29th

(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 (including pull tab game). 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!!

BIRTHDAYS APPLY TO ALL PLAYERS!!

Birthdays are recognized at our regular Wednesday Bingo games for a free birthday dauber. **MUST SHOW DRIVER'S LICENSE or ID to verify birthday month.**

*** **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.

“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

JULY 29TH
SEPTEMBER 30TH
2:00 pm – 5:00 pm



AUGUST 26TH
OCTOBER 28TH
(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

SEPT. 18TH & 20TH (TUES & THURS) 1:00-5:00PM

***NOV. 19TH (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

IT'S COOKING TIME AGAIN!!!!

COOKING WITH EFFIE

AUGUST 21st - 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-9th 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 10:30 AM to 2:30PM. 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 10:15 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.-1st 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 3rd Thursday of each month! To make an appointment call (1-800-434-022



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!



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 6-11, 2019

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.

**13 Days visiting Munich, Prague, Budapest, Vienna, Salzburg and Oberammergau.



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

Mariachi Nueva Generación



Thursday -September 20th, 2018

2:00pm – 3:30pm

San Rafael Community Center-618 B Street, San Rafael

*San Rafael Goldenaires, Whistlestop Marin County Health & Human Services,
Division of Social Services, Aging & Adult Services invite you to enjoy
an afternoon of Mariachi music. Please join us for live music, friendship & refreshments!
All are welcome! Please bring family members and friends!*

Refreshments: 2:00 - 2:30pm

Musical Show: 2:30 - 3:30pm

Cost: \$10 per person in advance, \$12 at the door

Open to the public – (Children 12 yrs. & under NO CHARGE)

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

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 not less than four work days in advance of the event.

CALIFORNIA COASTAL CRUISE FOR THE GOLDENAIRES !!

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

ROUNTRIP SAN FRANCISCO – 8 DAYS/7 NIGHTS

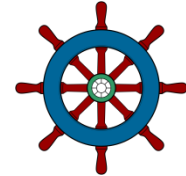
CRUISE ON THE GRAND PRINCESS

\$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 Princess Ships are Bermudan



MEMORY SCREENINGS

Are you concerned? Take Action!

Thursday, JULY 19th 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



Alaska Voyage of the Glaciers
 May – September 2019
 7-day between Vancouver, B.C. and Anchorage (Whittier)

Balcony fares from*	Mini-Suite fares from*	Beverage Package VALUE
\$1,749	\$2,049	\$483 FREE

Royal Princess 5/10/19
 *Taxes, Fees & Port Expenses of up to \$192 are additional.

Alaska Cruisetour HA4
 May – September 2019
 11-night Vancouver, B.C. to Fairbanks

Balcony fares from*	Mini-Suite fares from*	Beverage Package VALUE
\$2,599	\$2,899	\$483 FREE

Cruise of HA4 Royal Princess 5/10/19
 *Taxes, Fees & Port Expenses of up to \$255 are additional.

Caribbean
 May 2019 – April 2020
 7-day roundtrip Ft. Lauderdale

Balcony fares from*	Mini-Suite fares from*	Beverage Package VALUE
\$1,399	\$1,699	\$483 FREE

Caribbean Princess 5/18/19
 *Taxes, Fees & Port Expenses of up to \$140 are additional.

Queensland
 September 2019 – April 2020
 10-day roundtrip Sydney

Balcony fares from*	Mini-Suite fares from*	Beverage Package VALUE
\$1,799	\$2,199	\$690 FREE

Ruby Princess 10/23/19
 *Taxes, Fees & Port Expenses of up to \$140 are additional.

British Isles
 April – November 2019
 12-day roundtrip London (Southampton)

Balcony fares from*	Mini-Suite fares from*	Beverage Package VALUE
\$3,449	\$4,099	\$828 FREE

Crown Princess 7/24/19
 *Taxes, Fees & Port Expenses of up to \$195 are additional.

Scandinavia & Russia
 April – August 2019
 11-day roundtrip from Copenhagen

Balcony fares from*	Mini-Suite fares from*	Beverage Package VALUE
\$3,249	\$3,899	\$759 FREE

Saga Princess 6/12/19
 *Taxes, Fees & Port Expenses of up to \$180 are additional.

Available through:
Barbara Nelson, Barbara's Travel/San-Marin Travel
 CALL: 707-538-3836 OR 866-462-7887
 barbarastravel@earthlink.net



†Free Premier Beverage Package applies to guests booked in a balcony stateroom or above. It is valid only for guests 1 & 2 per stateroom who are 21 years or older, and is not applicable during the land portion of cruisetours. The Premier Beverage Package price is \$59.99 per guest, per day plus 15% service charge (totaling \$69.99 per day). A daily limit on alcoholic beverages will apply. Guests 1 & 2 who are under 21 will receive the Unlimited Soda & More Package. The package may be used on a single voyage only, is not redeemable for cash at any point during the cruise and expires at the end of that voyage. Premier Beverage Package terms differ on all vessels departing from and returning to Australia and New Zealand. Visit princess.com for full terms, inclusions and restrictions. Fares apply to minimum lead-in categories on a space-available basis at time of booking. Fares for other categories may vary. Fares are per guest, non-air, cruise- or cruisetour-only, based on double occupancy and apply to the first two guests in a stateroom. These fares do not apply to singles or third/fourth-berth guests. This offer has limited space regardless of cabin availability and may not be combinable with any other public, group or past guest offers, including air discounts and onboard credits. Offer is not transferable. Offer is available to residents of the 50 United States, Canada, Puerto Rico, Mexico, Bermuda and the District of Columbia who are 21 years of age or older and receive this offer. Fares quoted in U.S. dollars. Refer to princess.com/sale for full terms, conditions and definitions that apply to all bookings. Deposit of 10% of cruise fare per guest for bookings made under sip + sail is refundable. Note: For assistance reserving a wheelchair-accessible stateroom, please call 1-800-774-6231.

Reference promotion code: 16 - Offer expires: 9/5/19

©2018, Princess Cruise Lines, Ltd. Ships of Bermudan and British registry.



**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.

Ships are Bermudan Registry

CST 1003321-10



IPHONE (SMART) CLASS – TUESDAY, JULY 31ST

10:00am to 12Noon NO CHARGE

San Rafael Community Center – LOUNGE

Few seats available – Class size 12 students



ANDRIOD PHONE CLASS – THURSDAY, SEPT. 27th

10:00am to 12Noon NO CHARGE

San Rafael Community Center - LOUNGE

Few seats available – Class size 6 students

MONDAY NIGHT BINGO AUGUST 13TH, 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 10th, 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 – TRANSPORTATION 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 licensed vehicles within Marin. \$14 subsidy toward rides (\$18 if low income). 8 one-way rides a month. For more information call 446-0902. **3) MARIN ACCESS PARATRANSIT:** Marin residents whom are unable to ride public transit due to a disability. Door to Door Service. Ride Share Program. For more information call 454-0902.

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

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

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

AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL PROGRAMS & CLASSES TAKE PLACE AT THE SAN RAFAEL COMMUNITY CENTER (UNLESS OTHERWISE NOTED)!			1 Good Earth Lunch 11am BINGO 12 Noon Bocce League	2 Bocce League	3 Wood 9-12pm Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 Crafts 12:00-3pm	4
5 <u>ABBA CONCERT</u>	6 Bocce League Painting 10- 3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:30-2:30pm Chair Aerob. 12:35-1:25 Age Song 2:15-3:45PM BD MTG 9:30AM	7 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play)10-3 <u>GIANTS GAME</u> <u>NEWSETTE</u>	8 Good Earth Lunch 11am BINGO 12 Noon Bocce League	9 Bocce League	10 Wood 9-10:30AM Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 <u>SUMMER SPLASH</u>	11
12	13 Bocce League Painting 10- 3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:30-2:30pm Chair Aerob. 12:35-1:25 Age Song 2:15-3:45PM <u>MON NIGHT BINGO</u>	14 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce open play)10-3	15 Bocce League EXERCISE 9:30-11am MAT 11:15-12:15	16 Bocce League HICAP 1-4pm	17 Wood 9-12pm Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 Crafts 12:00-3pm	18
19	20 Bocce League Painting 10- 3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:30-2:30pm Chair Aerob. 12:35-1:25 Age Song 2:15-3:45PM	21 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3 <u>COOKING WITH EFFIE</u>	22 Bocce League Good Earth Lunch 11am GEN MTG 11:45AM BINGO 12 Noon	23 Bocce League Matter of Balance 10-12	24 Wood 9-12pm Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 Crafts 12:00-3pm LEGAL AID WKSHP 1:00-3:00PM	25 <u>SUNDAY IN THE PARK</u>
26 **SUNDAY** DANCE 2:00-5:00pm	27 Bocce League Painting 10- 3:30pm Exercise 9:30-11 Mat 11:15-12:15 Bridge 10:30-2:30pm Chair Aerob. 12:35-1:25	28 Painting 10-3pm Mahjong 9:30-12pm Poker 12:15-3:30pm Bocce (open play) 9-3	29 Bocce League Good Earth Lunch 11am BINGO 12 Noon	30 Bocce League Matter of Balance 10-12	31 Wood 9-12pm Exercise 9:30-11 Mat 11:15-12:15 Bocce(open play) 10-3 Crafts 12:00-3pm	

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

GOODBYE TO SUMMER -
August 10th

MON NIGHT BINGO - Aug. 13th

PICNIC - September 7th

HALLOWEEN LUNCH - Oct. 19th

SENIOR INFO FAIR - Oct. 24th-



Held at Civic Center-Exhibit Hall

CRAFT FAIR - SAT - Nov. 3rd

HOLIDAY GALA - December 7th

OFFICE CLOSED/NO CLASSES-
Dec. 17th-Jan. 1st, 2019

OFFICE REOPENS-Jan. 2nd & BINGO

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