

Membership Committee

NEW MEMBERS, 2015

A warm welcome to all of our new members from all of us continuing members! Please feel free to approach any of us at any meeting, and we'll be delighted to make your acquaintance. We hope your membership is productive of new friendships, fun, and adventures.



We'll be looking out for you and hope to welcome you personally.

Carole Winston

Helen D'Alessandro

Sharon Crocker

Trish Adams

President's Message – September, 2015

Welcome to the 2015 - 2016 academic year of Sixty Plus at San Francisco State University – our fortieth year. I am looking forward to working with all of you during my second term as President of Sixty Plus. There were a few bumps in my first year, but all were smoothed by your generous suggestions and help.

Our first meeting will be on Monday, September 14, 2015, in the Rosa Parks room from 1:00 p.m. to 3:00 p.m. Please bring a favorite desert, snack, or finger food to share with your friends. I am looking forward to seeing all of you.

I would like to introduce the Board Officers:

Margo Moor, President

Chris Malfatti, Vice President

Terry Kirchhoff, Treasurer

Ray Sarakaitis, Recording Secretary

Barbara Graham and Joyce Cassells, Recording Secretaries

Shelagh Ross, Past President



Thank you to the Board Members who are indispensable to the smooth running of Sixty Plus and have so greatly helped me in my first year as President. Thank you for your generous support.

Here's to a great second year serving as President of Sixty Plus at San Francisco State University. Please feel free to contact me with any questions. I also welcome any comments or suggestions as to my performance in the new year. It is a huge learning experience for me for which I am very grateful. Welcome back – and welcome to our new members, too!

Best regards,
Margo

Margo Moor, President, Sixty Plus at San Francisco State University, 415-205-9350, mmoor@att.net

Hospitality Committee

The first meeting in September is a general potluck; the Board will provide hospitality for the second meeting. Hopefully, we will have our new membership list by the end of September and then will be able to divide up the alphabet for meetings October through July.

When the lists start appearing, please make a note of your turn and bring refreshments on your assigned day. In case you cannot attend your assigned meeting, please exchange with someone in another alphabetical group.

Sincerest thanks to all who helped with this activity during our 2014-2015 year.

Phyllis Abad, pabad@earthlink.net

Not-quite-gourmet Dining

Capo's

641 Vallejo St. (between Stockton St. & Columbus Ave.)

Tuesday, September 29, 5:30 p.m.

Owner pizzaiolo Tony Gemignani breaks out of his pie-centric mold to bring to the table American-Italian classics at this Prohibition-era-speakeasy-style eatery. Highlights are rich and flavor-popping mostaccioli baked in meat sauce, conchigli baked with Dungeness crab (or shrimp) in arrabiata-style spicy tomato cream sauce, chicken marsala, Italian beef sandwich and, of course, Tony's famous pizza. No credit cards.

Muni lines: 10, 30, 41, 45

RSVP: Cecilia Lim, cec639sf@att.net or call 415-957-1602



Special Events

By Peggy Pol

Welcome back to Sixty Plus after, I hope, a great summer! We will have our fortieth anniversary luncheon on December 11, a Friday. Details will follow next time.

Peggy Pol

Peggy Pol: mrpol@sbcglobal.net

OLLI AT SAN FRANCISCO STATE UNIVERSITY

OLLI, the Osher Lifelong Learning Institute, offers six-week classes, interest groups, and events. Stimulating and provocative courses, taught by current and retired SF State professors and other experts, provide personal and social enrichment without homework or grades - and no more than 45 students to a class. The courses are member-driven and member-selected. This is a community of lifelong learners.

Course highlights for the fall, starting the week of September 8th, include:

- Signs of Aliens: Religion, Law, Psychology and Alien Abduction Narratives
- Introduction to the Films of Great Britain
- Introduction to the San Francisco Opera's 2015 – 2016 Season
- Coming in from the Cold: U.S. – Cuban Relations in the 21st Century

Annual basic membership at \$25 includes monthly brown bag lectures, multiple monthly interest groups, and special events. One 12-hour class per year at \$95 includes the basic membership.

For more information call: 415-817-4243 or e-mail olli@sfsu.edu. Or check the website: olli.sfsu.edu.

Join our community of learners!



Aging with Awareness, Grace, and Responsibility

By Joyce Cassells

This is a brief resource article on aging with awareness, grace, and responsibility. The Conscious Aging Alliance - www.consciousagingalliance.org - based in California, sends a newsletter. Through this newsletter, I have identified twelve organizations, listed below, which offer programs for seniors who want to remain connected to their own issues of growth and to the current demands of maintaining a healthy humanity living on a healthy planet.

The website provides a summary of each organization, its books and workshops and other resources, a short description of the work of each, and a website link to find contact information. Many workshops offered are within driving distance. Some books recommended are offered through www.amazon.com.

Conscious Aging Alliance Members

- Center for Conscious Eldering
Fierce With Age
Gray Is Green
Institute of Noetic Sciences
Legacy of Wisdom
Life Planning Network
Memorial Brainworks
National Center for Creative Aging
Recognition Rites for a New Vision of Aging
Sage-ing International
Second Journey
Spirituality & Practice

One or more of these organizations surely addresses an interest you have in the way you live the remainder of your life. For example, The Institute of Noetic Sciences, located in Petaluma, gives workshops on conscious aging. The Life Planning Network sponsors a book on coping after age fifty, with estate planning help.

Aging is a time of opening to new opportunities and growth, for which we may not have had time earlier in our lives. Explore each organization to see what it may contribute to the way you want to live your life.

More detail on the Alliance members is available on the Sixty Plus website: www.sixtyplussf.org. All members are encouraged to contribute articles of interest to member of Sixty Plus. They will appear as space permits. Ed.



Classic Car Museum, San Francisco

Tuesday, September 8

Join us for a docent tour of a classic car museum, featuring much of the collection of vintage automobiles of the Twenties, Thirties, and Forties owned by the Academy of Art University of San Francisco. It is located at 1849 Washington Street (on the southwest corner of Van Ness). The tour begins at 11:00 a.m. The admission charge, \$10 per person (donated to local charities), will be collected just before the tour begins. To get there, take any bus northbound up Van Ness to Washington Street. Please call Doug at 415 681 8845 and leave a message so I can then include you on the roster.

Ruth Bancroft Garden, Lindsay Wildlife Center, Walnut Creek

Friday, October 16

Come over to the East Bay with us for a day of nature and natural beauty. First, we will tour the Ruth Bancroft Garden in Walnut Creek. It features acres of the most extensive collection of water-conserving and drought-tolerant plants in the Bay Area. Learn tips about dealing with the problems in our gardens and on our properties associated with the current lack of rain. We will have lunch at a local restaurant and then arrive at the Lindsay Wildlife Center, also in Walnut Creek. The center specializes in caring for wildlife injured through natural disasters, such as brush fires, or accidents involving human interaction, such as birds damaged by wind turbines. The center returns wild animals to their natural state, whenever possible.

The cost for the day is \$40. This includes round-trip bus transportation with admission to both facilities. In addition, we have a docent-led tour of the garden, and an encounter with some of the wildlife at the center in order to learn about their circumstances. We pay for lunch separately, and individually, at a local restaurant.

Our scheduled docent tour of the garden is at 10 a.m. Since we must deal with Friday traffic across the Bay Bridge, we leave from the Lake Merced parking lot at 8:00 a.m., and then pick up passengers at 19th and Holloway at 8:15 a.m. Please call Doug Roberts at 415 681 8845 to have your name listed on the roster for the trip. Then mail a check for \$40 made out to Sixty-Plus, and send it to me at 2670 19th Avenue, San Francisco 94116.

Eugene O'Neill's Tao House, Danville

Friday, November 6

Space is limited to take the morning tour of Tao House in Danville, the home of playwright Eugene O'Neill after he won the Nobel Prize for Literature. Now a national monument, it was here that he wrote his most personal plays, among them *Long Day's Journey Into Night*. A twelve-passenger *National Park Service* van is the only means to enter the property. Jeanne Glennon and I are looking for one other member with a car to drive with us on a carpool-basis, four tour members per car. This means we have space for another 9 members to join us for the 10:00 a.m. tour, in addition to that member-driver. Please call Doug at 415 681 8845 and leave a message if you can be our third driver. I expect the three passengers per car to contribute toward the cost of fuel.



CALENDAR OF COMING EVENTS

- | | | | |
|--------------|-----------|---------------------------------------|--|
| September 8 | Tuesday | 11:00 a.m. | Classic Car Museum, Academy of Art University
1849 Washington Street at Van Ness |
| September 14 | Monday | 10:30 a.m.
1:00 p.m. | Executive Board & Committee Chairs, Rosa Parks Room D
General Program Meeting, Rosa Parks Room
Cesar Chavez Student Center, SFSU |
| September 23 | Wednesday | | “Phantom of the Opera”
Orpheum Theater, 1192 Market Street at Hyde Street |
| September 28 | Monday | 11:00 a.m.
11:00 a.m.
1:00 p.m. | Tour Committee meeting, Rosa Parks Room D
Program Committee meeting, Rosa Parks Room D
General Program Meeting, Rosa Parks Room
Cesar Chavez Student Center, SFSU |
| October 16 | Friday | | Ruth Bancroft Garden, Lindsay Wildlife Center
Walnut Creek

8:00 a.m. Pick-up at Sunset Boulevard
8:15 a.m. Pick-up at 19 th Avenue and Holloway |
| November 6 | Friday | 10:00 a.m. | Eugene O’Neill’s Tao House, Danville
Arrange transportation with Doug Roberts |

Membership Renewal:

If you have not renewed your membership, this is your last newsletter. If you need a membership form, please contact the office at 415-412-4684.

SIXTY PLUS 2014 — 2015

Officers

Committee Chairs

- | | | | |
|----------------------------|--------------------|----------------------|--------------------|
| President | Margo Moor | Arts & Entertainment | Erwin Kelly |
| Vice President | Christine Malfatti | Communications | Jeanne Glennon |
| Treasurer | Terry Kirchhoff | Education — Co-chair | Richard Chackerian |
| Recording Secretary | Ray Sarakaitis | Education — Co-chair | Richard Soward |
| Co-corresponding Secretary | Barbara Graham | Hospitality | Phyllis Abad |
| Co-corresponding Secretary | Joyce Cassells | Mailing | John Johns |
| Past President | Shelagh Ross | Membership | Christine Malfatti |
| | | Programs | |
| | | Publicity — Co-chair | Richard Lewis |
| | | Publicity — Co-chair | Christine Malfatti |
| | | Special Events | Peggy Pol |
| | | Sunshine | Karen Grech |
| | | Tour | Sheila Birmingham |

Sixty Plus at San Francisco State University

Gerontology/Sixty Plus – HSS-242, 1600 Holloway Avenue, San Francisco, CA 94132

Website: www.sixtyplussf.org * Telephone: 415-412-4684 * email: sixty@sfsu.edu

Sixty Plus Highlights

Editor: Jeanne Glennon; * **Assistant Editor:** Joyce Cassells *

Contributors: Phyllis Abad, Sheila Birmingham, Joyce Cassels, Cecilia Lim
Margo Moor, Peggy Pol, Doug Roberts, Eileen Ward

Distribution Manager: John Johns * **Managing Editor:** Eileen Ward

Items for the October *Highlights* should be submitted by **September 21** to: Jeanne Glennon: jfglennon@comcast.net



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