

Sixty Plus at San Francisco State University

Highlights

■ News ■ Programs ■ Classes ■ The Arts ■ Tours ■ Community

SIXTY PLUS

A Program for Lifelong Learning

June, 2015

MONDAY, JUNE 8, 2015 – SONYA JASON AND DREW ZINGG

Saxophonist Sonya Jason was born in Nebraska and went on to graduate *summa cum laude* from acclaimed Berklee College of Music in Boston. Winner of ASCAP's Popular Music Award in Composition, she has released three CDs as solo artist and more than three dozen additional recordings. Sonya has led her own bands in thousands of live performances. Playing for the King of Thailand was just one of more than sixty music festival appearances. Sonya says, "Music is my gift, the craft that I have honed all my life. It is my contribution to the world."



Guitarist Drew Zingg earned a BA in Art History from Vassar College before making San Francisco his home. He has toured with David Sanborn, Marcus Miller, Shawn Colvin, Rickie Lee Jones, and Gladys Knight. Drew's work with Michael McDonald was featured in the film, "Leaving Las Vegas." He was lead guitarist and musical director of Steely Dan for their reunion tour from 1993 to-1995. Drew has also done extensive work on Broadway, as lead guitarist in Jersey Boys, Spamalot, Hairspray, and Mamma Mia! (based on the music of Abba). For the past several years, Drew has been touring with Boz Scaggs. Guitar Magazine listed him as one the twelve "best guitarists you've never heard of."



The meeting will be held in Knuth Hall in the Creative Arts Building at 1:00 p.m. Social time will follow. The hospitality for this meeting will be provided by **Ray Sarakaitis**. Sixty Plus members whose last names begin with the letters **Ros - Sei** are requested to bring treats. Please let Ray know if you are not attending. Make sure you contribute or arrange to have someone bring something for you.

MONDAY, JUNE 22, 2015 – GRANT STREET FOLLIES

In 2003, four former professional Chinatown nightclub dancers of the '50s and '60s decided to dance once again for exercise and improved health. In doing so, the dancers rediscovered the joy of dance while reconnecting with their roots. This senior group now has fourteen members, ranging in age from 62 to 80, who donate their time and talents to performing throughout the Bay Area. Outside of the Bay Area, the group has performed in Hawaii, Hong Kong, Vancouver, Washington, D.C., Seattle, Los Angeles and even in Las Vegas.

The meeting will be held in Knuth Hall in the Creative Arts Building at 1:00 p.m. Social time will follow. The hospitality for this meeting will be provided by **Kay Stewart**. Sixty Plus members whose last names begin with the letters **Sej - Sy** are requested to bring treats. Please let Kay know if you are not attending. Make sure you contribute or arrange to have someone bring something for you.

Shuttle Bus Times: Pick-up time for the meeting will be at 12:15 p.m. at the Lake Merced parking lot at the foot of Sunset Blvd. A second bus will be available if necessary. **Note new time! The return trip leaves at 3:00 p.m.** from in front of the Creative Arts Building on Holloway Avenue.



Hospitality Committee

Members are asked to provide refreshments such as cookies, fruit, or other finger food for general membership meetings according to alphabetical order. 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.

June 8	Ros - Sei	July 13	T - Wei
June 22	Sey - Sy		

Phyllis Abad, pabad@earthlink.net

President's Message – June, 2015

I am happy to report our Board Officers are in place for our 2015-2016 year. Their names are listed in the last page of the *Highlights*.

The Sixty Plus Annual General Meeting will be held before the program on Monday, June 8, at 1:00 p.m. The purpose of the meeting is to inform the membership about the status of Sixty Plus. Each Committee Chair will give a brief summary as to how the committee is doing followed by any information on upcoming events. Terry Kirchoff, our treasurer, will give a financial report. This meeting's value is in informing the membership about the committees in hopes that you are encouraged to volunteer for a place on the particular committee or even a Committee Chair position.



I want to thank the Sixty Plus Officers and Committee Chairs for their service, effort, and enthusiasm in making our Sixty Plus organization what it is today. Not only is it an organization for lifelong learning but a healthy environment in which to make lasting friendships.

By the time you receive this message, we will have had our Spring Luncheon. I am looking forward to this festive event. I am sending a big thank you to Peggy Pol, our Special Events Chair, and to all who helped her.

I have a concern about the Program Committee Chair position and the committee. We need volunteers to step up to this service. Alice Keenan, the Program Committee Chair, is stepping down as of the end of July. Again, if we do not have programs, we do not have a viable organization. Programs are crucial to continuing operation. We need a Program Chair and volunteers to be on this committee. It is fun and a great way to give back to Sixty Plus. Sixty Plus needs you. Please become a member of this committee, so vital for the success and life of Sixty Plus.

I want to thank all of you for your continued support and encouragement in my role as President of Sixty Plus. The rewards I have received have been greater than my service. I am deeply humbled and grateful.

I look forward to seeing you at the next Program Meeting on June 8.

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

NEW MEMBERS, JUNE, 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.



Theresa Bell

Monica McGuire

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

Note: To get in touch with new members, call the office for contact information.

Not-quite-gourmet Dining

BDK Restaurant & Bar
501 Geary St. (at Taylor St.)
Tuesday, June 30, 5 p.m.

This modern, casual makeover of the former Grand Café knocks it out of the park with its upscale comfort food. Main courses range from potato and cheese pierogies, pan-seared scallops, and pot roast to smoked, salt-rubbed strip steak. But delicious apps like deviled eggs, seared foie gras, braised lamb poutine and Dungeness crab beignets can be combined to make for an interesting and tasty meal. No credit cards.

Muni Lines Nos. 38 and 38R; MUNI to Market and Taylor; BART to Powell Street

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

Education Committee

Healthy Older Adults Needed for Two Research Studies

We are conducting a research study investigating gait, balance, and hearing. If you are a physically healthy adult in your 70s you may be eligible to participate in this study. The study takes place at SF State University and should last about 1.5 hours (not more than about 2 hours). You will receive \$30 for your participation. If you are interested in learning more about the study, please contact Professor Kate Hamel at hamelk@sfsu.edu or at [415-338-2186](tel:415-338-2186).

We are also conducting an online research study investigating how adults of various ages think about time. If you are 60 years of age or older you are eligible to participate in this study. This online study can be completed anywhere convenient to you and typically takes about 45 to 60 minutes to complete. You will receive a \$10 electronic gift card to Amazon.com for your participation. If you are interested in this study, please email Professor Sarah Barber at barber@sfsu.edu to receive a link to the online study.

By Erwin Kelly

It's that time of year when cultural groups seek out new subscribers. It is very important that you sign up for one or more of these groups to ensure yourself a richer life. I have learned from experience that if you don't sign up for a series you're not likely to attend its programs.

New This Year – Group Symphony Savers

For the first time in many years new sign-ups for the great bargain of the SF Symphony Senior Series will be handled as single groups. What this program offers:

- Six (or 12) Thursday or Sunday matinee concerts
- One (or two) assigned-seat Sunday afternoon chamber music concerts
- One (or two) general admission tickets to the incredible SF Youth Orchestra

We do not yet know the exact details of the 2015 program, but last years' prices were:

- Eight concerts: Second Tier, \$150; orchestra or First Tier, \$300
- Twelve concerts: Second Tier, \$300; orchestra or First Tier, \$600

Theater Season Tickets

With so many theater groups of merit in the Bay Area, I will just list a few. Individuals may question me about any of these or any other groups.

- Major companies: American Conservatory Theater (ACT), Berkeley Repertory, Magic Theater, SF Playhouse, Marin Theater, Theater Works
- Some of my favorites among a host of little theaters: Aurora, Lorraine Hansbury, Shotgun Players, The Marsh, New Conservatory Theater, 42nd Street Moon and many more
- And the two "biggies" bring in road shows: SHN Orpheum and Golden Gate and Shorestein Curran

To explore the worlds of art and entertainment I need committee members. Work will be distributed, so no one is burdened. We will have a maximum of two meetings a year. To find out more, join me at the second June meeting. If you can't attend the meeting, call me at 415-552-9435. I promise an entertaining experience.

**"MATILDA"
Orpheum Theatre**

Winner of numerous awards and performing to sold-out audiences in New York and London, "Matilda" is a stage musical based on the beloved children's novel by Roald Dahl. The musical's narrative centers on Matilda, a precocious five-year-old girl who loves reading, overcomes obstacles, and helps her teacher to reclaim her life.



Wednesday, August 12, 2015; 2:00 p.m. Matinee
Tickets: \$75 — Orchestra; \$65 — Mezzanine
Final payment is due by July 20 — please send check to Sixty Plus office along with a SASE. *Note:* no elevator

Special Events

By Peggy Pol

Sixty Plus held its Spring Luncheon at the Seven Hills Conference Center on Monday, May 18. I hope everyone had the same good time as the people who sat at my table had.

We had fun, good food, great servers, and wonderful violin music from Hungarian violinist Tibor Horvath. I thank everyone who came and especially Margaret Grant who is always ready to help and Chris for her nice name tags. I also thank the board people for bringing the presents for the prizes we gave out.

Peggy Pol mrpol@sbcglobal.net



Peggy Pol (left) and Margaret Grant host the luncheon and raffle



President Margo Moor relaxes after great food and great music



Communications Committee

The Communications Committee, with superb help from the Publicity Committee, offers a new publication. A one-page flyer is available to download, print, and pin up wherever you think appropriate.

So visit our website: www.sixtyplussf.org (note the double “s” in the address.)

- Click on Communications
- Click on the underlined [flyer](#)
- Print out as many copies as you wish. (If you want just the one-sided flyer, direct your printer to do just page 1. Page 2 takes a lot of ink which is wasted if you’re not doing two-sided printing.)

Post the flyers on bulletin boards, leave them in places of high traffic – be creative in ways to publicize our organization.

Communications Committee [Jeanne Glennon jfglennon@comcast.net](mailto:jfglennon@comcast.net)

[Joyce Cassells joyce991@sbcglobal.net](mailto:joyce991@sbcglobal.net)

Publicity Committee

[Chris Malfatti cmalfatti@sbcglobal.net](mailto:cmalfatti@sbcglobal.net)

[Richard Lewis rdlewis47@earthlink.net](mailto:rdlewis47@earthlink.net)



Tour Committee

BOUDIN BAKERY TOUR/MUSEE MECANIQUE (OLD-FASHIONED ARCADE)

Wed., June 10, 2015; 10:45 a.m.; \$5.00 for the tour

Come enjoy a day of fun down at the Pier:

- First a tour of Boudin Bakery at Pier 39
- Then lunch on our own at the Boudin Cafe
- Then a walk up to Pier 45 — a short walk to go back in time — to the Penny Arcade, to have some fun. Some of the games are still a penny; most are 25 to 50 cents. Bring your coins or the Arcade will gladly make change for you.

Pier 39: Beach Street at Embarcadero, San Francisco, CA 94133, (415) 705-5500

Follow Van Ness Avenue north to Bay Street; stay on Bay Street to Embarcadero; Pier 39 is on the right side of the street. To the Pier 39 garage: After passing North Point St., move into the left lane; turn left onto Beach St. The entrance to the garage is immediately to the right.

MUNI access: F-Line street car down Market Street; 8R, 8BR, 39, or 47 bus lines

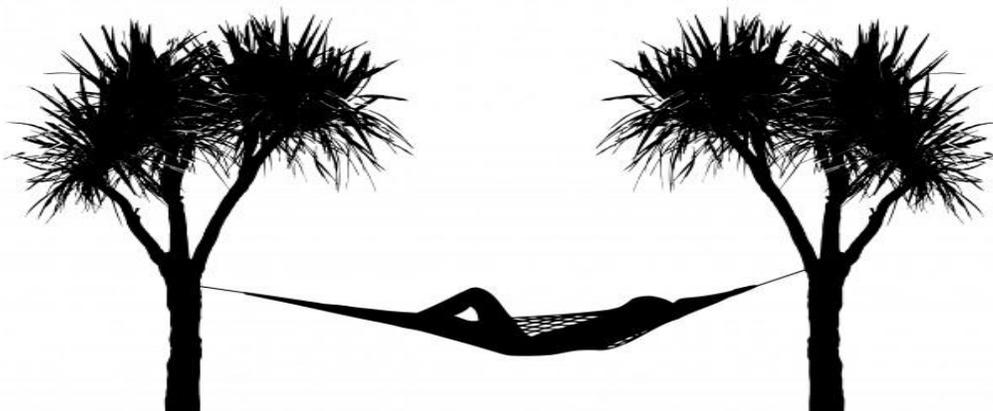
Kathy Fitzpatrick, ktfitzpa@gmail.com

UPCOMING TOUR: PASO ROBLES AND SAN SIMEON

Overnight trip to Hearst Castle

Tues., Sept. 15 and Wed., Sept. 16, 2015

This overnight trip includes motor coach transportation, one-night stay at the Cavalier Hotel in San Simeon, visit to Paso Robles, Hearst Castle Tour, and dinner in Cambria. Cost is approximately \$325 per person/double occupancy. For a detailed itinerary and payment information, call or email the Sixty Plus office at 415-412-4684 or sixty@sfsu.edu.



Summer begins now!

CALENDAR OF COMING EVENTS

June 5	Tuesday	5 p.m.	Not-quite-gourmet Dining: BDK Restaurant 501 Geary Street at Taylor Street
June 8	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs, Rosa Parks Room D General Program Meeting, Knuth Hall Creative Arts Building, SFSU
June 10	Wednesday	10:45 a.m.	Boudin Bakery tour and Musee Mecanique Pier 39, Beach Street at Embarcadero, SF, CA 94133
June 22	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, Knuth Hall Creative Arts Building, SFSU
Aug. 12	Wednesday	2:00 p.m.	“Matilda,” Orpheum Theater 1192 Market Street, San Francisco, CA 94102
Sept. 15 – 16	Tues – Wed	TBD	Overnight Tour to Paso Robles and San Simeon

Membership Renewal:
Renewal forms included with the June newsletter are due by *August 1*.

SIXTY PLUS 2014 — 2015

Officers

President	Margo Moor
Vice President	Christine Malfatti
Treasurer	Terry Kirchhoff
Recording Secretary	Ray Sarakaitis
Co-corresponding Secretary	Barbara Graham
Co-corresponding Secretary	Joyce Cassells
Past President	Shelagh Ross

Committee Chairs

Arts & Entertainment	Erwin Kelly
Communications	Jeanne Glennon
Education — Co-chair	Richard Chackerian
Education — Co-chair	Richard Soward
Hospitality	Phyllis Abad
Mailing	John Johns
Membership	Christine Malfatti
Programs	Alice Keenan
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, Kathy Fitzpatrick, Erwin Kelly, Cecilia Lim,
Margo Moor, Peggy Pol, Eileen Ward

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

Items for the **July Highlights** should be submitted by **June 15** to: Jeanne Glennon: jfglennon@comcast.net



sixty plus

Since 1975

SIXTY-PLUS at SAN FRANCISCO STATE UNIVERSITY

Gerontology/Sixty Plus – HSS-242

1600 Holloway Avenue

San Francisco, CA 94132

Web: www.sixtyplussf.org