

Sixty Plus at San Francisco State University

Highlights

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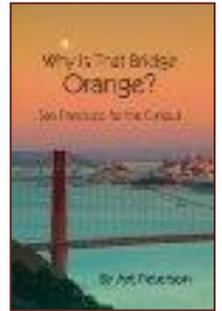
SIXTY PLUS

A Program for Lifelong Learning

July, 2014

MONDAY, JULY 14: ART PETERSON AUTHOR OF "WHY IS THAT BRIDGE ORANGE?"

Why Is That Bridge Orange? San Francisco for the Curious is an unusual guide book provides well-researched answers to everyday questions about San Francisco. What is Coit Tower used for? Why is Lombard Street so crooked? How did Telegraph Hill get its name? Questions like these from passing tourists are what inspired Art to write this book. He blends a sense of humor with the lore and history of San Francisco to help tourists and natives alike gain a deeper understanding and appreciation of the City by the Bay. His love for the City is shown culminating in this fifth book.



Art Peterson is a lifelong resident of the Bay Area who taught English at Lowell High School for many years. After retirement he went to work as the Senior Editor at the Writing Project at UC Berkeley. Art is also the author of a best-selling humor book, *Teachers: A Survival Guide for Grownups in the Classroom* and the teaching classic, *The Writer's Workout Book: 113 Stretches Toward Better Prose*.

The meeting will be held in the **Events Room, #121, first floor, SFSU Library** at 1:00 p.m. Social time will follow.

The hospitality hosts for this meeting are **Linda and William Tom**. Sixty Plus members whose last names begin with the letters **Ti - We** are requested to bring refreshments for this meeting.

Hospitality Committee

The following is the hospitality schedule for the last month of our academic year:

July 14 Ti – We

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

We will have a designated host from each alphabetical group for each meeting. The host is to bring the tablecloth, some paper plates for contributions, napkins and any decorations desired; help with set-up and clean-up; thank members who bring the treats; socialize; and be sure that all leftovers are removed.

Heartfelt thanks to all hosts and contributors.

Phyllis Abad, pabad@earthlink.net

President's Message – June, 2014

Greeting to all!

This is a hard letter to write – my last one as president of Sixty Plus — and there is too much to say for this space. Congratulations to Margo Moor and Chris Malfatti, president-elect and vice president-elect respectively, and many thanks to them for accepting the posts after the election at our last meeting. Grateful thanks, also, to those who agreed to continue their official duties and the new members who will be co-officers. The names of elected officers are listed elsewhere in entirety. Most of the Committee Chairs have agreed to remain in place and so our hospitality, membership, tours, programs, communications, and all the things that make this such a fun organization will continue without interruption. I would encourage new members to contact a committee or two and see what you can do to get involved; most can always use the help and new members bring new ideas and direction.



This year has been a mite fraught because of the problems in the Science Building that caused a domino effect throughout the campus and bounced us from our usual meeting rooms. In the end, though, Eileen did a spectacular job in finding suitable rooms, and all of you were very patient in finding your way to the new venues. Next year things should be back to normal and we believe we will be back in the Student Union building.

I was very touched to hear such nice comments from many people at the end of the last meeting. I want you all to know I appreciate your support and encouragement and it has been a blast! I am looking forward to just showing up, having a cup of tea and socializing with my friends, but in many ways I know I shall miss being in the thick of things. I wish you all the very best of everything and continued success for our Sixty Plus organization.

Support your new officers!

Thanks for everything.

Shelagh N. Ross, President: shelaghx@yahoo.com

p.s. Don't forget to check our website: sixtyplussf.org

Special Events

From Peggy Pol, chair of Special Events and hostess of our Spring Luncheon:

I want to thank all the people who came and made the luncheon so wonderful. We all had a great time — the food was good and the music excellent. And a very special thanks to Margaret Grant and Carol Laker for helping me so much.

Peggy Pol: mrpol@sbcglobal.net

Healthy Parks, Healthy People

Show up at 10:00 a.m. at any of the following locations for a great health and wellness activity:

- Stow Lake: (First Saturday of the month) at the Boathouse in Golden Gate Park
- Lake Merced (Second Saturday of the month) at the Boathouse at 1 Harding Road
- McLaren Park (Third Saturday of the month) at University and Mansell
- Heron Head (Fourth Saturday of the month) at Jennings off Cargo Way

Our walks are free for all and require no pre-registration. Our professional RPD Guides provide a short interpretive program designed specifically for each location. The staff, all certified in CPR, will have first aid equipment. Please remember to bring your water and sunscreen. Check local weather forecasts – trail walks will be canceled due to unsafe conditions and/or rain. Contact: lisa.mchenry@sfgov.org

Sixty Plus member Joyce Cassells is attending all four walking tours this month and using them for enjoyment, learning more details of San Francisco history, and building stamina. Francis, one of the tour guides is going to teach Joyce to use walking poles that Joyce purchased several years ago but has been too embarrassed to be seen using in public. You'll be glad to know that the tour guides are friendly and charming, and they slow down for seniors. Please join us.

HAPPENINGS AROUND TOWN

By Bob Wrisley

Doelger Senior Center, Independence Day Celebration, 101 Lake Merced Blvd, Daly City, CA 94015. Thursday, July 3, from 11:00 a.m. to 1:30 p.m. Music, dancing, crafts. Lunch 11:30 to 1:00 pm. www.doelgercenter.com

Golden Gate Park Band, Golden Gate Park Music Concourse. Concerts Sundays, July and August, 1:00 p.m.: Fri July 4: Band Music; Sun, July 6: Band Music; Sun, July 13: Saint-Saens; Sun, July 20: Band Music; Sun July 27: Disney. www.goldengateparkband.org

Marin County Fair, Marin County Civic Center Building, San Rafael, CA. July 2 to 6, 11:00 a.m. to 11:00 p.m. Seniors \$15.00. Parking \$7.00. See rabbits, pigs, and goats. www.marinfair.org

Corte Madera Parade, Corte Madera Town Park. Friday, July 4th at 10:30 am. Also, arts and crafts, 9:00 a.m. to 5:00 p.m. www.cortemadera.org

Redwood City Parade, Loops around downtown Redwood City. Friday, July 4th, 10:00 am. Largest Fourth of July parade in northern California. www.parade.org

San Mateo County History Museum, 2200 Broadway, Redwood City. Tues through Sun, 10:00 a.m. to 4:00 p.m. Seniors \$3.00 www.historysmc.org

Education Committee

At our Spring Luncheon on May 19, the Education Committee presented two scholarships, one to Mary Ann Lagazon, and one to Matthew Rodgers. Matthew was able to provide a copy of his acceptance speech, and we are pleased to reprint it here.

I am honored on behalf of the Gerontology Department here at San Francisco State to accept this award from the Sixty Plus organization whose history, generosity, and community support continue to flow from an honorable and distinguished organization that I feel proud and privileged to be associated with. I feel graced to live in such a beautiful city with such a beautiful college whose mission has impacted my life so profoundly for the good.

This award will enable me to pursue my education and grant me the know-how to better serve the senior community and in consequence the larger society. As the son of a single mother who struggled supporting me by working long hours with often menial wages at places like Robinson's May and JC Penny's, I never thought as a child I would ever have the opportunity to go to college — let alone be able to attend a Master's program.

I am so happy and grateful that I have found such a wonderful niche and purpose in life: serving the senior community that I care about so dearly and that also dearly needs trained, compassionate professionals to provide care.

My personal background is within the arts. Professionally, I do want to be a senior care provider but my passion will always be writing and the performing arts.

When I first started to work with seniors I immediately saw that seniors, now on average retiring in their mid-60s and not passing away until their mid-80s (sometimes more, sometimes less), have an amazing capacity for artistic appreciation and creation.

My goal is to create institutions to encourage and foster the arts in senior communities as much as possible. Currently, despite some of the best intentions and sometimes due to abhorrent neglect, many senior facilities primarily focus upon the body and the purely medical approach to senior care-giving while wholly ignoring the spirit that is such an integral aspect to existence.

I hope that in my career I am able to foster new passions and abilities in seniors well into their aging process. My dream is of an 80-year-old publishing her first book of poems or a 70-year-old performing her first Shakespearean play. I want the experience of old age to be fruitful, because I think that presently it is an underutilized span of life.

Currently I have had a lot of success at the senior center where I work (the Castro Senior Center). I teach creative writing classes as well as technology and a seasonal theater class. I have people writing their first poems at 89 and learning how to Skype and Facebook at 83. My classes have become so popular that we have actually had to limit the number of people because of capacity concerns. I hope that these classes are just the mainspring to bigger and better things that impact more and more seniors to live happier and more fulfilled lives.

And I am eternally grateful to the Sixty Plus organization for this support. I will use it to capitalize on my dream to create artistically satisfying lives for as many seniors as I can.

Getting to Know You

Our intrepid reporter is traveling in jolly ol' England for the next few months.

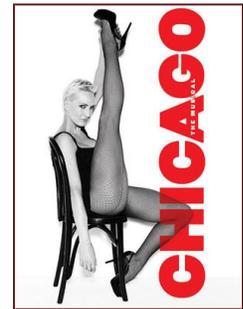
Richard Lewis will return.

Arts and Entertainment

Stay tuned for exciting opportunities in our next academic year, 2014 – 2015. The Arts and Entertainment committee will keep you apprised of outstanding upcoming events.

BEST OF BROADWAY: “Chicago” **Orpheum Theatre, Wednesday, November 12 – 2:00 p.m.**

Currently on a national tour, the revival of the Broadway mega-hit *Chicago* comes to San Francisco this fall. With original songs that have become Broadway standards in their own right, such as “All That Jazz,” Bob Fosse’s energetic cabaret-style musical has seduced audiences worldwide since 1975. Told through song and dance, *Chicago* is a true pleasure – a smash that keeps audiences coming back again – and again.



Tickets: \$55 – Orchestra or Mezzanine; Deposit of \$25 was due by Monday, June 9; remaining \$30 due by October 1.

Nominating Committee

The following candidates were elected unanimously by voice vote at the June 9th meeting. They will serve for the 2014 - 2015 term. They will be installed at the July 14 meeting.

Slate of Officers:

- President – Margo Moor
- Vice President – Christine Malfatti
- Co-Treasurer -- Terry Kirchhoff
- Co-Treasurer -- pending
- Co-Recording Secretary -- Alice Keenan
- Co-Recording Secretary – Fen Fen Chen
- Co-Corresponding Secretary - Barbara Graham
- Co-Corresponding Secretary- Joyce Cassells

From Richard Soward: I want to thank the members of the Nomination Committee -- Phyllis Abad, Sheila Birmingham, Richard Chackerian, Jeanne Glennon, and our consultant Ray Sarakaitis -- for their time, dedication and hard work to select the 2014-15 members of the Sixty Plus Board.

Richard Soward, Nomination Committee Chair: richarddsoward@yahoo.com

Tours

GOLD COUNTRY TOUR, JUNE 7 – 8, 2014

A group of 23 Sixty Plus members enjoyed an excellent weekend in California's gold country.

The two-day/one-night trip visited historic Sutter Creek, and nearby Kennedy gold mine, followed by an excellent group dinner at the Sutter Creek Inn. On Sunday a tour of Avio winery was followed by a beautiful picnic on the winery grounds. Participants returned hot and tired but entirely pleased by this tour.



Historic Sutter Creek



Avio Winery

NOT — QUITE — GOURMET DINING Capannina

1809 Union Street (between Octavia & Laguna)

Tuesday, July 29th, 5:30 p.m.

On a quieter section of Union Street, this neighborhood jewel offers a fantastic array of Italian delectables from antipasti to desserts, including insalatas, oysters, calamari, and bruschetta — followed by a wide array of pasta choices — seafood, poultry, meat in abundance — winding up with cheese other selections of desserts. Also available is one of the best values around these days: a 3-course prix fixe for \$25.

Important Note: Hard experience has taught us that restaurant personnel cannot deal with both cash and credit card payments of meal checks at the same table. Please plan to pay with cash!

RSVP: Marian Anderson (415) 282-8334 or marianra@comcast.net

CALENDAR OF COMING EVENTS

July 9	Wednesday	2:00 p.m.	“Once – the Musical” Curran Theatre, 445 Geary St., SF, CA
July 14	Monday	10:30 a.m.	Executive Board & Committee Chairs: Room #154, Creative Arts Building
		1:00 p.m.	General Program meeting: Events Room, #121, first floor, SFSU Library

SIXTY PLUS 2013 – 2014

Officers

President	Shelagh Ross
1 st Vice President	Margo Moor
2 nd Vice President	Karen Gretch
Co-Treasurer	Paul Rosenberg
Co-Treasurer	Terry Kirchhoff
Recording Secretary	Alice Keenan
Corresponding Secretary	Barbara Graham
Past President	Ray Sarakaitis
Ex officio	Margaret Grant

Committee Chairs

Arts & Entertainment	Erwin Kelly
Education — Co-chair	Richard Chackerian
Education — Co-chair	Richard Soward
Hospitality — Co-chair	Phyllis Abad
Hospitality — Co-chair	Margaret Grant
Mailing	John Johns
Membership	Christine Malfatti
Communications	Jeanne Glennon
Newsletter — Asst. Editor	Maleta Boatman
Programs	Alice Keenan
Publicity — Co-chair	Richard Lewis
Publicity — Co-chair	Christine Malfatti
Special Events	Peggy Pol
Sunshine	Karen Gretch
Tours	Sheila Birmingham

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Sixty Plus Highlights

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Items for the **July Highlights** should be submitted by **June 16** to: Jeanne Glennon: jfglennon@comcast.net

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