

# Sixty Plus at San Francisco State University

## Highlights

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

SIXTY PLUS

A Program for Lifelong Learning

July, 2015

### MONDAY, JULY 13 - KEYBOARD, GUITAR

David Sturdevant and Dallis Craft, Musicians

From Swinging Jazz favorites to a seasoned blend of Rock, R&B, Country and Pop, Dallis and David have performed for enthusiastic audiences throughout the Bay Area. With the talented and versatile keyboard rhythms and vocal charms of Dallis Craft in rich harmony with the fine guitar, chromatic harmonica and vocals of David Sturdevant, this duo is well-praised for their energetic harmonies and lively repertoire.



Singer/songwriter Dallis Craft has performed and toured with a number of bands and recorded with many well-known artists. David Sturdevant is the leader and founder of the highly acclaimed San Francisco Medicine Ball Band, featuring a rotating cast of the fine musicians for more than 40 years.

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 **Ann McGuire**. Sixty Plus members whose last names begin with the letters **T - Wei** are requested to bring treats. Please let Ann know if you are not attending. Make sure you contribute or arrange to have someone bring something for you.

### MONDAY, JULY 27 - "HOME FRONT SAN FRANCISCO DURING WORLD WAR II"

John Freeman, Historian

Numerous documentaries and hundreds of books have been written about many aspects of World War II, but very little has been shared about what it was like for civilians here in San Francisco during those tumultuous years. When Pearl Harbor was attacked, military intelligence feared the Japanese military would bring the war to the mainland by attacking the West Coast next. San Francisco Bay was a major strategic asset protected with artillery and air squadrons but surrounded by hundreds of thousands of civilians.



John Freeman, a native San Franciscan, is a retired teacher and an historian. Since retiring in 2001, John has passionately pursued his first love – the history of San Francisco.

The meeting will be held in **The Rosa Parks Room, Cesar Chavez Student Center** at 1:00 p.m. Social time will follow. The hospitality for this meeting will be provided by **Loretta Yukov**. Sixty Plus members whose last names begin with the letters **Wel - Ag** are requested to bring treats. Please let Loretta 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.

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## Hospitality Committee

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

July 13	T - Wei
July 27	Wel - Ag

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](mailto:pabad@earthlink.net)

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## President's Message – July, 2015

The month of July marks our last month of Sixty Plus and my last President's Message for the semester. I want to take this opportunity to thank our officers for their service to Sixty Plus. I also want to thank our committee chairs and all the members for their work in keeping Sixty Plus running smoothly.

Thank you for your continued support in my role as President of Sixty Plus. I have learned a lot, made new friends, enjoyed the tours and luncheons, and enjoyed working with you to make Sixty Plus the thriving organization for both continued learning and great social opportunity that it is. I am looking forward to my second term as President. It is an honor to be in this position.



Please remember that our membership renewal for 2015-2016 is due by August 1, 2015.

I look forward to seeing you at the next Program Meeting on July 13.

Best regards,

Margo Moor, President, Sixty Plus at San Francisco State University, 415-205-9350, [m Moor@att.net](mailto:m Moor@att.net)

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## Not-quite-gourmet Dining

Rusty's Southern  
750 Ellis St. (between Polk & Larkin Sts.)  
Tuesday, July 28, 5 p.m.

Restaurants offering top-notch Southern fare have been cropping up around the city and among the A-listers in Rusty's, turning out down-home Southern goodness like smoky, spicy, and tender Carolina-style pork, light and crispy fried chicken, and moist and tender catfish. Sides include collard greens, hush puppies, cheese grits, and mac and cheese. To kick-start your meal, complimentary boiled peanuts. No credit cards.

Muni lines: 19, 31, 47, and 49

**RSVP: Cecilia Lim, [cec639sf@att.net](mailto:cec639sf@att.net) or call 415-957-1602**

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## 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 two 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](mailto:hamelk@sfsu.edu) or at 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](mailto:barber@sfsu.edu) to receive a link to the online study.

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## Special Events

**By Peggy Pol**

I wish you all a wonderful summer and hope to see you in September!

**Peggy Pol: [mrpol@sbcglobal.net](mailto:mrpol@sbcglobal.net)**

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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

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, 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.



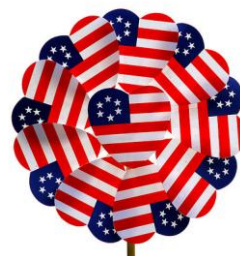
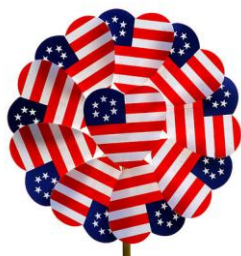
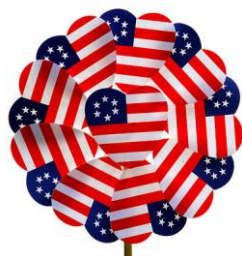
Wednesday, August 12, 2015; 2:00 p.m. Matinee

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

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**SONOMA COUNTY OUTING**

**By Sheila Birmingham**

On May 20, 2015, twenty of the Sixty Plus members (including some guests) went on a docent tour of Mission San Francisco Solano. The Mission was built in 1824. It became the last link in a chain of 21 Spanish missions build by Franciscan padres.

We then had lunch and free time in the plaza. The square has many wonderful restaurants. We had many choices. A group of us had lunch in the garden at the Girl and the Fig. Great food on a beautiful day.

After lunch, we had a docent tour of the Buena Vista winery. It is the oldest commercial winery in California. It was founded in 1857 and is located on the original grounds. Within the last few years, they have done a multi-million-dollar renovation. We had nice tastings and saw the beautiful surroundings.

Overall, it was a great day. Beautiful weather, great food and a little history of the Sonoma area.



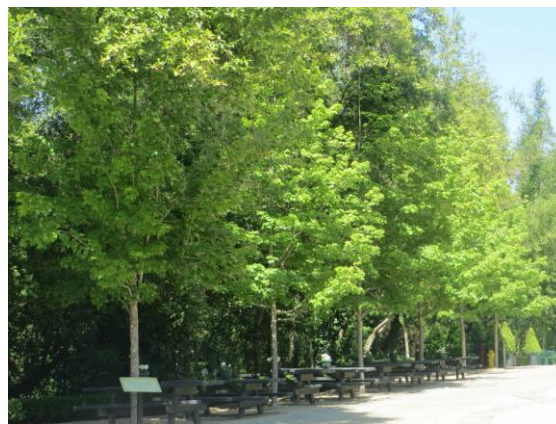
**Interior of chapel, Mission San Juan Solano, Sonoma**



**Heading toward original, restored building of Buena Vista Winery**



**Joy and Jerry Pate in the Art Deco "Bubble Lounge"**



**Lovely picnic grounds, perfect for sipping champagne**

*For more pictures of this tour, visit our website, [www.sixtyplussf.org](http://www.sixtyplussf.org) – ed.*

**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.

Deadline: July 1; final payment due: July 15

For a detailed itinerary and payment information, call or email the Sixty Plus office at 415-412-4684 or [sixty@sfsu.edu](mailto:sixty@sfsu.edu).

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**Sunshine Committee**

We have sent the following cards on behalf of Sixty Plus:

January

Get well:

- Anita Hom
- Kay Stewart
- Norma Karpenko

Sympathy:

- Gus Kronert

March

Get well:

- Marian Anderson

April

Get well:

- Mary Dunn
- Kitty Brody
- Merle Norman

Sympathy:

- Juanita Cunningham

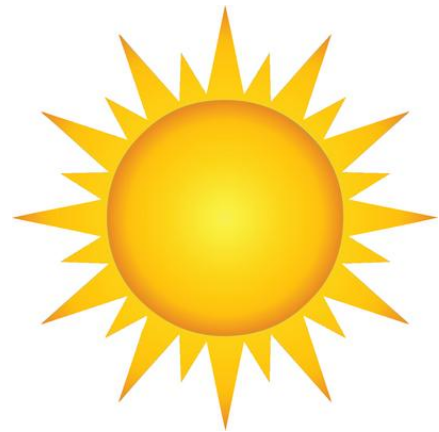
May

Get well:

- Margo Moor

Sympathy:

- Janet MacCormack



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## CALENDAR OF COMING EVENTS

July 1	Wednesday		Last date to sign up for San Simeon trip Call office for information
July 13	Monday	10:30 a.m.	Executive Board & Committee Chairs: Room 154, Creative Arts Building
		1:00 p.m.	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
July 27	Monday	11:00 a.m.	Tour Committee meeting, Rosa Parks Room D
		11:00 a.m.	Program Committee meeting, Rosa Parks Room D
		1:00 p.m.	General Program Meeting, Rosa Parks Room Cesar Chavez Student Center, 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

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**Membership Renewal:**

Renewal forms were included with the June newsletter. They are due by *August 1*. If you need a form, contact the office at 415-412-4684.

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### 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

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## **Sixty Plus at San Francisco State University**

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

**Website: [www.sixtyplussf.org](http://www.sixtyplussf.org) \* Telephone: 415-412-4684 \* email: [sixty@sfsu.edu](mailto:sixty@sfsu.edu)**

### ***Sixty Plus Highlights***

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Items for the **September Highlights** should be submitted by **August 17** to: Jeanne Glennon: [jfglennon@comcast.net](mailto:jfglennon@comcast.net)



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