

Sixty Plus at San Francisco State University

Highlights

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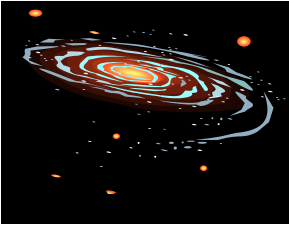
SIXTY PLUS

A Program for Lifelong Learning

October, 2012

MEETING – MONDAY, OCTOBER 8

Chris McCarthy, SFSU, “Modern Times, Modern Space”



The first half of the twentieth century saw revolutionary changes in our understanding of the most fundamental properties of the known universe. New understanding of relativity theory, quantum physics and the expanding universe displaced notions that had endured for centuries, creating the field we now call Modern Physics. Those who lived through the second half of the twentieth century witnessed humanity's attempt to come to grips with these discoveries. Although we are now well into the twenty-first century, many of these now well-established concepts still amaze today's people, who have yet to

incorporate them into our notion of common sense. Dr. McCarthy will discuss three counter-intuitive but observationally confirmed concepts of modern physics and astronomy — concepts that those of us living today are privileged to be able to ponder.

Chris McCarthy is an Adjunct Professor of Physics and Astronomy at SFSU. He teaches modern physics to pre-med students and introductory astronomy for non-majors. His research expertise is in extra-solar planets. He has co-discovered over 30 planets outside of our solar system.

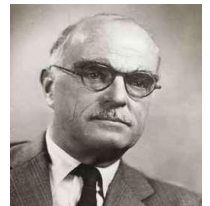
The meeting will be held in the Rosa Parks Room of the SFSU Student Center at 1:00 p.m. Social time will follow.

The hospitality hostess for this meeting is **Barbara Bielan**. Sixty Plus members whose last names begin with the letters **Ba – Br** are requested to bring refreshments for this meeting.

MEETING – MONDAY, OCTOBER 22

Michael Mansfield, “Aurora Theater and Wilder Times”

Michael Mansfield will tell us a brief history of the Aurora Theater, which will lead into learning about another famous Berkeley theater name, Thornton Wilder. Wilder graduated from Berkeley High School and went on to create an amazing legacy of plays and novels. This year The Aurora Theater Company, marking its twenty-first birthday, will produce four of his one-act plays called, “Wilder Times,” in November and December.



Thornton Wilder

Michael Mansfield, Education Manager and House Manager for the Aurora Theater Company, is a faculty lecturer and academic advisor at the Department of Theater, Dance and Performance Studies at UC Berkeley as well as a freelance dance, acting, and ritual teacher throughout the Bay Area.

The meeting will be held in the Rosa Parks Room of the SFSU Student Center at 1:00 p.m. Social time will follow.

The hospitality host for this meeting is **Bill Corrigan**. Sixty Plus members whose last names begin with the letters **Bu – Cy** are requested to bring refreshments for this meeting.

Shuttle Bus Times: Pick-up time for both meetings 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. The return trip will be at 3:15 p.m. from in front of the Creative Arts Building on Holloway Avenue.

President’s Message – October, 2012

I am writing this before the start of the academic year, so I can only guess that we all had a good time at our reunion meeting in September – we usually do!

I will be in Cuba in October so I will miss at least one meeting, but I wanted to say, “Welcome back,” once again. Along with many other organizations we have lost membership and that's not good. If you have any friends or neighbors who might enjoy one of our fantastic program lectures, do invite them as your guest and introduce them to your fellow Sixty Plus members.

I urge anyone who wants to make new friends and feel a part of things to attend a meeting of one of the committees that appeals to you. That's how I made a lot of new friends and I know it will do the same for you. Also, if you have been wanting to join a walking group, bridge group, book club, movie/theater/symphony group and we don't have one, please feel free to put out a sign-up sheet, get some like-minded people involved, and just start! Our wonderful coordinator, Eileen, has volunteered to help any group by taking phone calls from interested parties. So do consider getting something going. Sixty Plus is a unique blend of fun social activities plus interesting programs and I know we all want to keep it going. We rely on volunteers, so please volunteer!



See you next month.

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

HOSPITALITY COMMITTEE 2012 – 2013
Hospitality Schedule 2011 – 2012

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 when it is 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.

Oct. 8	BA – Br	Nov. 26	Da – Do	Jan. 14	Fu –	Go
Oct. 22	Bu – Cy	Dec. 10	Dr – Fr	Jan 28	Gr –	Han

Margaret Grant: mjngant@sbcglobal.net

Tours

ANCHOR BREWING COMPANY

Free Tour — October 11, Thursday, at 10:00 a.m.

Join us for an interesting tour of the Anchor Brewing Co. — beer tastings to follow the tour. The brewery is located at 1705 Mariposa Street at 16th Street, San Francisco. Muni bus #19 goes right by it. Busses #22 and #10 go nearby. (Call Muni info at 415-673-6864.) Street parking is very limited. Sign up at one of the following meetings: September 10 or 24 or October 8.

Irv and Helen Jarkovsky: hjmoviefan@gmail.com.

COMPUTER HISTORY MUSEUM, MOUNTAIN VIEW

& WINCHESTER MYSTERY HOUSE—SAN JOSE

Friday, November 9, 2012

An exciting trip is planned to the Computer History Museum and the Winchester Mystery House. Lunch will be at Chili's restaurant on Santana Row. The price: \$65.00 — includes two docent-led tours, lunch at Chili's, bus fare, and tips.

Leave: 9:00 a.m. from Lake Merced parking lot or 9:15 a.m. from 19th & Holloway. Return approx. 4 p.m.

Sign up at October meetings and send checks to the Pates or the Jarkovskys.

Helen & Irv Jarkovsky: hjmoviefan@gmail.com.; Joy and Jerry Pate: jerjoypate@att.net

HAPPENINGS AROUND TOWN

By Bob Wrisley

SF Fleet Week, October 3 - 8

- Blue Angels: Thur/Fri Oct 4/5, 1:30 a.m. to 4 p.m. Sat/Sun Oct 6/7 12:30 to 4 p.m.
- Parade of ships: Sat Oct 6, 11:00 a.m.
- Free tours of ships: Sun/Mon Oct 7/8 open to the public at piers 30-32.

Tours not for non-ambulatory persons. Ships depart Tues Oct 9.

Tickets for seats on the Marina Green from \$15.00/\$40.00 to \$195.00.

Vegetarian Festival: Healthy food demos. Live entertainment; County Fair Building, 9th/Lincoln, \$10.00 (seniors free) Sat/Sun Oct 6/7, 10:00 a.m. to 6:30 p.m. Call Dixie Mahy: 415-273-5481

Italian Heritage Columbus Day Parade: from Fisherman's Wharf, Jefferson St., down Columbus to Washington Square; band concert; Sunday Oct 7 from 12:30 p.m. to 3 p.m.

Fall Festival: Live music and entertainment; pancake breakfast. Doelger Senior Center. Sun, Oct 7, from 8:30 a.m. to 1:00 p.m.

High School Band Challenge: Golden Gate Park Band Shell. Each band has 15 minutes to play their choice of music. Mon, Oct 8 10:00 a.m. to 4:00 p.m.

Discovery Day: SF State University, Romberg Center, Tiburon. Go behind the scenes of bay research. 3150 Paradise Dr., Tiburon. (free) Sun Oct 21, from 11 a.m. to 4 p.m.

Other Events

Shop-a-Round Van

A new program operated by San Francisco Paratransit offers transportation to anyone age 65 and older for grocery shopping. There is a short registration form for application to the program. Vans operate on specific days of the week to go to designated grocery stores. For more details and information on how to register call 415-351-7094.

Health Lectures for Seniors

For your Eyes Only

Jeff Azus, OD, Optometry
October 9, 11:00 – 12:00 a.m.
Calvary Presbyterian Church Senior Center
2515 Fillmore St., SF, CA; 415-346-3832

Managing Blood Pressure and Heart Disease (Spanish)

Manuel Abullarde, RN, Medicine
October 24, 11:00 a.m. – 12:00 p.m.
Mission Neighborhood Center
326 Capp St., SF, CA; 415-861-8758

Managing Diabetes

Kathy Jarvis, RN, Medicine
October 17, 11:00 a.m. – 12:00 p.m.
St. Francis Senior Center
152 Church St., SF, CA, 415-621-2635

Senior Safe Home

Robin Myers, Care for Seniors
October 31, 11:45 a.m. – 12:45 p.m.
Telegraph Hill Neighborhood Center
660 Lombard St., SF, CA; 415-421-6443

Happy, Healthy Heart

James Letchworth, RN, MULTIFIT Coordinator
October 18, 10:30 – 11:30 a.m.
4141 Geary Blvd., First Floor, SF, CA; 415-833-3450

NOT-QUITE-GOURMET DINING

Le Zinc French Bistro
4063 24th Street (near Castro Street)

Tuesday, October 23rd, 11:30 a.m.

Le Zinc is a little piece of Paris in Noe Valley — the chef-owners once owned a wine bar in the City of Lights. The bistro fare hits the mark with crepes, quiche, salades composes, French onion soup, fresh local oysters, French cheeses and charcuterie. How can you resist? It's our first lunch of the fall season until daylight savings time brings us into spring dinners again.

RSVP: Marian Anderson: marianra@comcast.net

ARTS AND ENTERTAINMENT

For up-to-date information on local cultural events, see our website at sixtyplussf.org. You can also contact Eileen at the Sixty Plus office, 415-412-4684 or Erwin Kelly at 552-9435.

CALENDAR OF COMING EVENTS

Note different dates for next Board meetings: The Board will meet on **Monday, October 22, at 10:30 a.m.** in the Rosa Parks Room. The general meeting will start on that date at 1:00 p.m.

October 8	Monday	10:30 a.m.	Tour Committee meeting
		11:00 a.m.	Program Committee meeting
		1:00 p.m.	Program Meeting, Rosa Parks Room, SFSU
October 11	Thursday	10:00 a.m.	Anchor Brewing tour
October 22	Monday	10:30 a.m.	Executive Board & Committee Chairs, Rosa Parks Room D
		1:00 p.m.	Program Meeting, Rosa Parks Room, SFSU
October 23	Tuesday	11:30 a.m.	Not-Quite-Gourmet Dining, Le Zinc, 24 th Street

SIXTY PLUS 2012 - 2013

Officers

President	Shelagh Ross
1 st Vice President	Margo Moor
2 nd Vice President	Karen Gretch
Co-Treasurer	Paul Rosenberg
Co-Treasurer	Terry Kirchoff
Co-Recording Secretary	Alice Keenan
Co-Recording Secretary	Beverly Flaherty
Corresponding Secretary	Barbara Graham
Ex-Officio	Margaret Grant
Past President	Ray Sarakaidis

Committee Chairs

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



Holiday Buffet Luncheon

Friday, December 14th, 2012
Noon to 3:00 P.M.
\$32.00 prepaid (guests welcome)
Seven Hills Conference Center, SFSU

Happy Hour Lunch Entertainment Prizes

Menu

Spinach salad with candied walnuts and cranberries.

Choice of:

Grilled chicken breast topped with warm smoked bacon,
caramelized onions, and melted Gouda.

or

Grilled skirt steak with braised onions and wild mushrooms.

or

Vegetarian dish upon request.

Vegetables, starch, rolls, butter, wine, and coffee.

Seasonal fruit crisp with strawberry puree.

Shuttle bus from lake Merced parking lot at 11:45 A.M.; return at 3:15 P.M.

Sign up at a meeting or send a check made out (for \$32.00 per person) to: Sixty Plus,
indicating choice of entrée and name(s) of guests.
Reservation and refund deadline: December 7th.

Grilled Chicken _____ Name(s) _____
Grilled Skirt Steak _____ Name(s) _____
Vegetarian _____ Name(s) _____

Give or send your check to: Peggy Pol, 2479 42nd Avenue, San Francisco, CA 94116
Questions: Call Peggy at 415-566-8492

Sixty Plus Highlights * Sixty Plus at San Francisco State University

Editor: Jeanne Glennon; * **Assistant Editor:** Maleta Boatman; * **Contributors:** Barbara Anderson, Marian Anderson, Maleta Boatman, Margaret Grant, Irv & Helen Jarkovsky, Christine Malfatti, Joy & Jerry Pate, Peggy Pol, Shelagh Ross, Ray Sarakaitis, Eileen Ward; Bob Wrisley

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

Items for the **October *Highlights*** should be submitted by **September 10**

Send to: Jeanne Glennon: jfglennon@comcast.net

SIXTY PLUS at SAN FRANCISCO STATE UNIVERSITY
Gerontology/Sixty Plus – HSS-242
1600 Holloway Avenue
San Francisco, CA 94132
Web: www.sixtyplussf.org