

Sixty Plus at San Francisco State University

Highlights

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

SIXTY PLUS

A Program for Lifelong Learning

December, 2012

MONDAY, DECEMBER 10

Fred Inglis, Sports Reporter, KTVU-2 “Sports in the Bay Area and Beyond”

Fred Inglis has been a sports reporter/anchor/producer and editor with KTVU-2 since 1992. His awards include the RTNDA Award for best sports program/special in 2007 and a Telly Award in 2007, three Emmys, and many more honors that he says are stashed in a closet somewhere.

Fred is a Shelby, Michigan native who moved to California in 1977 – he did not know anyone in the Bay Area but fell in love with the weather and sports environment. In his younger days he worked as a bartender and stand-up comic and eventually bought a bar in Agua Caliente. After selling the bar, he attended SFSU for his MA. While there he created the first all-student-run, live TV broadcasts of football, basketball, and baseball games.



Fred says it’s “a great time to be a sports reporter in the Bay Area,” and he will share his thoughts on the ever-changing definition of “sports journalist” and why the NFL is King, and he will share his experiences about the 2010 and 2012 World Series.

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 **Margaret Flynn**. Sixty Plus members whose last names begin with the letters **Dr - Fr** are requested to bring refreshments for this meeting.

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. The return trip will be at 3:15 p.m. from in front of the Creative Arts Building on Holloway Avenue.

HOSPITALITY COMMITTEE 2012 - 2013 Hospitality Schedule 2012 – 2013

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.

Dec. 10	Dr – Fr	Jan. 14	Fu – Go	Feb. 11	Hap – Ho
		Jan 28	Gr – Han	Feb. 25	Hy – Ka

Margaret Grant: mjnggrant@sbcglobal.net

President's Message – December, 2012

I hope you all had a wonderful Thanksgiving. We have so very much to be thankful for here in beautiful Northern California. Friends from the Northeast and folks still living there have lived through a horrific experience. I was impressed by the “get on with it” attitude of people interviewed, but my heart went out to those who had literally lost everything and are living without electricity or other amenities, even if their homes survived. I am thankful for the millionth time that I live here in San Francisco.



It seems all too quiet on TV now that the election is over. I hope the legislatures in D.C. and Sacramento can put aside partisan differences and get on with the business of government and doing what is best for us ordinary folk.

The San Jose trip was a blast. Loved the Computer History Museum and could have spent the rest of the day there, reliving memories of programming in the early 70's - which seems very primitive in today's electronic world. The Winchester Mystery House is just weird and seems much lighter and brighter and less spooky now that they have put in more lights. Thank you to Joy and Jerry Pate, to Helen and Irv Jarkovsky, and to Sheila Birmingham for the hard work putting this great day together for us.

My wonderful trip to Cuba seems like a distant dream but the memories are good. It is always great to come home safe and sound to my little home.

Wishing all of you and yours a wonderful Holiday time however you choose to spend it!

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



Other Events

HAPPENINGS AROUND TOWN

By Bob Wrisley

Swedish Christmas Fair Saturday, Dec 1, 9:00 to 4:00 p.m. Sponsored by SWEA (Swedish Women) at St. Mary's Cathedral. Geary/Gough, Seniors \$2.00. Food and crafts. The St. Lucia Scandinavian children's procession will visit 4 times during the day.

Bazaar Bizarre Sat/Sun, Dec. 1/2 11:00 a.m. to 6:00 p.m. handmade arts and crafts at the Concourse, 8th St. at Brannan. Free admission. Over 200 designers. <http://www.bazaarbizarre.org/>

Sharon Art Studio Sunday, Dec. 2, 11:00 a.m. to 5:00 p.m. (handmade arts and crafts) located at the carousel/children's playground/lawn bowling area of Golden Gate Park. All gifts for sale made by students of Sharon Art Studio including ceramics and pottery.

Nutcracker Ballet Monday, Dec. 3, 2:00 p.m. (one day only). at Century 20 Theater, Daly City and Empire Theater, West Portal. www.fathomevents/nutcracker

KPFA Radio (94.1 FM) Crafts Fair Sat/Sun., Dec. 8/9, 10:00 a.m. to 6:00 p.m. at the Concourse, 8th St. Brannan, (wheelchair accessible) Seniors \$8.00. Over 200 exhibitors. Food Court open 12 to 4:00 p.m. <http://www.sfconcourse.com/>



SF Zoo Senior Stroll Thursday, Dec. 13, 9:00 (guided tour) a.m. Meet at main entrance.

Coffee and tea served. Members free, others \$5.00. <http://www.sfzoo.org/>

Silver Bells Arts and Crafts Faire Sunday, Dec. 15, 10:00 to 4:00 pm. St. Mary's Cathedral, Geary at Gough St. 83 vendors with handcrafted gifts. <http://www.kimochi.org/> (a senior program)

California Revels Sat/Sun, Dec. 8/9 and 15/16. Song, music, and dance from medieval times at the Scottish Rite Theater, at Lake Merritt, 1547 Lakeside Dr., Oakland 1:00 p.m. on. Stage-in-the-round style. Tickets from \$12.00 to \$32.00. Call 510-452-8800; <http://www.californiarevels.org/>

HEALTH LECTURES FOR SENIORS

Bone Health, Fracture Prevention, and Exercise for Older Adults

Nancy Abodeely, Physical Therapy

Thursday, December 20, 10:30 – 11:30

Kaiser Permanente French Campus

4141 Geary Boulevard First Floor

SF, CA 94118 415-833-3450



"BELL, BOOK AND CANDLE"

San Francisco Playhouse, Saturday, January 12, 3:00 p.m.

This romantic comedy from the 50's concerns what happens when you fall in love with a witch - will the good witch lose all of her magical powers forever? The San Francisco Playhouse has moved into a new home - the beautiful theater at 450 Post Street, the second floor of the Kensington Park Hotel, is the perfect place to begin its 10th season.

\$30 per ticket - payment is due to Sixty Plus by December 15. Please send your check made out to Sixty Plus along with a self-addressed, stamped envelope by December 15. This is a group price for 15 or more tickets.

ANYTHING GOES

Golden Gate Theater, Wednesday Matinee, January 30, 2013.

Final payment of \$50.00 is due by December 15. Please send your check made out to Sixty Plus along with a self-addressed, stamped envelope.



TOURS

No tours are planned for December. Be sure to check for word on our upcoming tours.

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



ARTS AND ENTERTAINMENT

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



NOT-QUITE-GOURMET-DINING

No luncheon is planned for December. Be sure to check for the announcement of our January luncheon get-together.

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



CALENDAR OF COMING EVENTS

Note different dates for meetings!

We have only one meeting in December — **Monday, December 10** at 1:00 p.m.
 The Board will meet on **Monday, December 10, at 10:30 a.m.** in the Rosa Parks Room.

December 10	Monday	10:30 a.m.	Executive Board & Committee Chairs, Rosa Parks Room D
		1:00 p.m.	General Program Meeting, Rosa Parks Room
December 14	Friday	12:00 noon	Holiday Luncheon, Seven Hills Conference Center, SFSU

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
Recording Secretary	Alice Keenan
Corresponding Secretary	Barbara Graham
Ex-Officio	Margaret Grant
Past President	Ray Sarakaitis

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 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

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Items for the **December *Highlights*** should be submitted by **November 12**

Send to: Jeanne Glennon: jfglennon@comcast.net

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