

Sixty Plus – OLLI at San Francisco State University

Highlights

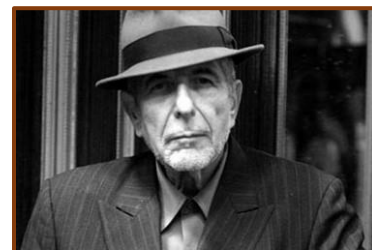
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SIXTY PLUS – OLLI A Program for Lifelong Learning March, 2019

Monday, March 11: "The Life of Leonard Cohen"

Richie Unterberger, Author and Musical Historian

Author and music historian Richie Unterberger presents an overview of the life of famed singer-songwriter Leonard Cohen. Starting his career as a novelist and poet, Leonard Cohen made an unexpected transition to rock music in the late 1960s, becoming one of the most distinctive and respected singer-songwriters of the next several decades. Richie discusses Cohen's lengthy career, also showing film clips of Cohen performing some of his most famous songs.



The meeting will be held in **The Rosa Parks Room, Cesar Chavez Student Center** at 1:00 p.m. Social time will follow. Sixty Plus members whose last names begin with the letters **Lav - Mali** are requested to bring treats. If you are not attending, make sure you contribute or arrange to have someone bring something for you.

Monday, March 25: "Opera for Laughs: Great Comic Moments"

Kip Cranna, San Francisco Opera Dramaturg

San Francisco Opera's Kip Cranna, now in his 40th year with the Company, shares video clips of some of his favorite amusing moments in opera to explore what makes comic opera truly funny. A radio comedian once quipped, "Opera is where a guy gets stabbed and instead of bleeding . . . he sings!" Kip explains the difference between spoken and sung comic action, and how the composer's role in using musical wit and stylistic cleverness plays such a vital part in giving comic opera its spark. We look at video examples spanning the history of opera from the early 1600s to the present day, with operas by composers such as Monteverdi, Mozart, Rossini, Verdi, Puccini and more.



The meeting will be held in **The Rosa Parks Room, Cesar Chavez Student Center** at 1:00 p.m. Social time will follow. Sixty Plus members whose last names begin with the letters **McC - Nel** are requested to bring treats. 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 each program is 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 leaves at 3:00 p.m. from in front of the Creative Arts Building on Holloway Avenue.

President's Message –April, 2018

It's President's Day Holiday as I write this. I have many memories of heading to the Sierras for long weekends. From year to year, the snow levels and stormy conditions varied. This year brought whiteout road conditions, closed roads and long travel times. It's been a long time since I have made the trek, but I remember family ski adventures and back country trips in the snowy mountains. Some years, we had to find our parked car along old Highway 40 and spend time digging it out of the snow. As I remember it, the kids did the digging and the folks supervised. I don't miss that part.

I do miss the quiet of the snowy forests and watching the gently falling snowflakes from the front room of the Heidleman Lodge, near Soda Springs. It's quite a contrast to the weather at the coast! But at least enjoying the snow is a choice in California. My cousins in Michigan don't have much choice. They go to Florida when it gets cold.



Sixty Plus is going strong at this writing. Over 50 members and guests attended our last meeting. Even though we weren't in our usual meeting place, everyone seemed to find us. Very few seats remained empty in the fifth floor Humanities meeting room. We had plenty of cookies and snacks, thanks to the efforts our Hospitality Chairperson, Ann McGuire. The theme was Valentine's Day and the decorations were appropriately red and white. We had our usual coffee and tea service even though we weren't in Rosa Parks meeting room. Thanks to Cafe 101 for making the extra effort to get it there.

I would like to let everybody know of a few changes in the renewal process that go along with changes being made in OLLI's fee structure. The Board will work on getting these changes implemented by the time we are ready to begin the membership renewal process. Stay tuned for further information.

Best wishes,

Chris Malfatti
President, Sixty Plus

Chris Malfatti, President, Sixty Plus – OLLI at SFSU: 415-585-4811; cmalfatti@sbcglobal.net



Membership

New Members, 2017 - 2018

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.

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

Linda Marchi

Mary Clare Bennett, Membership chair: marycbennett@gmail.com



Arts and Entertainment

SF Youth Orchestra

The San Francisco Symphony's Youth Orchestra concert is scheduled for Sunday, May 19, at 2:00 p.m. in Davies Symphony Hall, 201 Van Ness Avenue. Tickets are available from Erwin, at \$20 each. It's general seating, so get there closer to 1:30 for best seats.

"The Fantasticks"

The SF Conservatory of Music presents the wonderful, heartfelt and fun "Fantasticks" play on Friday, April 12, and Saturday, April 13. Performances are at Sol Joseph Recital Hall, 50 Oak Street, at 8:00 p.m. Admission is free but you must call the SF Conservatory of Music to make a reservation.

SF Ballet

Our wonderful ballet company is at mid-season in the Opera House, 301 Van Ness Avenue. The SF Ballet is one of the top companies in the world. The Ballet offers Saturday and Sunday matinees. Do try to catch at least one performance.

If you know of any events of interest to Sixty Plus-ers, let Erwin know and he will announce them at meetings and, with enough advance notice, he will get the information into this column.

Erwin Kelly, Arts & Entertainment Chair: 4006 – 18th Street, SF, CA 94114; 415-552-9435



Spring Session Two, 2019: Apr 2 - May 11(Some courses may vary.)

MONDAY

An Assortment of San Francisco Journeys (5 weeks, offsite), Monika Trobits, 10:00 a.m. – 12:30 p.m.

Writing From the Senses (skips 4/15) (5 weeks), Lynne Kaufman, 1:00 p.m. – 3:30 p.m.

TUESDAY

Republics, Their Rise and Fall From Ancient Rome to Modern America, Douglas Kenning, 10:00 a.m. – 12:00 p.m.

History of Medicine: Classical Antiquity and Early Middle Ages, Maureen O'Brien De Geller, 12:30 p.m. – 2:30 p.m.

Music and Politics: A Discordant and Harmonious History, John Prescott, 3:00 p.m. – 5:00 p.m.

WEDNESDAY

The Women of the French New Wave: Directors, Editors, Screenwriters, Actresses, Muses (5 weeks), Mary Scott, 10:00 a.m. – 12:30 p.m.

12:00 PM - 3PM – MEMBER INTEREST GROUPS, EVENTS, AND TEAMS

The Concerto in the 19th and Early 20th Centuries: The Genre Morphs, Alexandra Amati, 3:00 p.m. – 5:00 p.m.

THURSDAY

Flash Memoir, Diane Frank, 10:00 a.m. – 12:00 p.m.

Rivals and Conspirators: Great Renaissance Masters, Karen McSorley, 12:30 p.m. – 2:30 p.m.

Shakespeare on Film: The 20th Century, Nicholas Jones, 3:00 p.m. – 5:00 p.m.

FRIDAY

Biometric Methods of Forensic Identification, Mary Juno, 10:00 a.m. – 12:00 p.m.

Memory Boxes: Mixed Media Studio Art (5 weeks), Lola Fraknoi, 1:00 p.m. – 3:30 p.m.

Brown Bag Lecture: Wednesday, March 6, 2019

“The White Continent, Most Wondrous Place on Earth”

Join OLLI member Debra Varner on this journey to "The White Continent." She and her husband Michael fulfilled their dream of reaching all seven continents this past January by traveling south to Argentina and Antarctica. Enjoy a presentation of photos and her impressions of what she describes as "the most wondrous place on earth."

Not-quite-gourmet Dining....

A Mano

450 Hayes St., between Gough & Octavia Streets

Tuesday, March 26, 11:30 a.m.

The focus of this casual, minimalist spot in Hayes Valley is on fresh, hand-made pasta; but the appetizers and pizzas are no second-place slouches. For starters the perfectly executed cauliflower bagna cauda and the fontina arancini are perennial crowd pleasers, and the margherita hits all the right notes for a satisfying pizza fix. However, regulars flock to this place for its well-crafted, full-flavored, perfectly al dente pasta, opting for, among the many choices, the pesto capanelle with pine nuts, the tagliatelle with chanterelle mushrooms, and the bucatini all' amatriciana with pancetta. And all the other pasta dishes are equally good. Bring cash. No credit cards

Metro Muni to Van Ness Station or Muni lines 5, 47, 49

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

Education Committee

Shopping, Security and Password Management Computer Workshop with Dave Casuto Monday, March 11, 2:45 p.m. to 3:45 p.m. No Fee

This special workshop immediately follows the program in the Rosa Parks Room, with shuttle back to the Lake Merced parking lot at 4:00 p.m.

This workshop discusses computer safety, security, and overall good practices to ensure that you remain safe online and on your desktop and mobile devices. Among other topics, we cover on-line shopping, security practices, software recommendations, password management and more. Come with questions and real experiences to share with the class.



Dave Casuto has over 15 years of technology training and technical support experience. He holds a Master's Degree in Instructional Technology. The founder and director of Senior Surf Computer Education he teaches tech classes for UC Berkeley, Stanford, SFSU and other Bay Area institutions.

Register for this free workshop at the Sixty Plus office at 415-405-0489 or send an email to sixty@sfsu.edu. A minimum of 10 participants is necessary for this class. Please register no later than March 4th.

Tour of Mechanics' Institute and Lunch Wednesday, March 13, 11:45 a.m.

Please attend the Tour Committee's visit to one of the state's oldest cultural institutions, the Mechanics' Institute, 57 Post Street, SF. On Wednesday, March 13, participants meet at 11:45 a.m. on the third floor entrance to the Mechanics' Institute library. There we learn about the history of the library and its world-renowned chess club and we tour the landmark building. For lunch afterwards, we walk three blocks to Sam's Grill, 374 Bush Street.

Please contact Maryann Swazo at 415-566-7621 for a reservation or further information. For transportation, use any of the bus lines converging on Market Street and proceed to Third Street.

Oregon Shakespeare Festival – October 11 – 18

This trip to Ashland, Oregon, has become a very popular event. Our delightful hotel is within walking distance of the theater venues and the many shops and restaurants in this charming town. The visit is enhanced by the pre-performance seminars offered by Dr. Marc Ratner, an accomplished and entertaining Shakespearean and theater expert who has shared his expertise on our previous tours.

The trip is \$990 per person, double occupancy or \$1,290 single occupancy. A deposit of \$150 is due by June 1, with final payment due by August 1, 2019.

For further information call Eileen Ward at 415-405-0489 or email: sixty@sfsu.edu

Always Active Program

Always Active programs provide exercise, fall prevention classes, and health education to more than 900 older adults at 19 sites in San Francisco. Always Active offers personalized wellness plans designed to reduce and prevent the incidence of chronic diseases and to improve seniors' strength and balance. They are also a great opportunity to make new friends and learn skills that enhance the ability to lead healthy and active lives as we age.

In 2000, Dr. Anita Stewart of the University of California's Center for Healthy Aging developed a fitness program for older adults in San Francisco. The following year, the Department of Aging and Adult Services (DAAS), led by Executive Director Anne Hinton, funded 30th Street Senior Center to become the lead agency for Always Active. In 2007, San Francisco Senior Center, Inc. and the University of San Francisco brought the program to other sites, and DAAS funded a citywide expansion, in partnership with the University of San Francisco and Dr. Christian Thompson in USF's Department of Kinesiology.

Learn more and find a location near you at <http://alwaysactive.org> or call 415-550-2265

Calendar of Coming Events

March 6	Wednesday	1:00 p.m.	Brown Bag Lecture: “The White Continent, Most Wondrous Place on Earth,” SF State Downtown Campus, 835 Market St.
March 11	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs, Rosa Parks Room D General Program Meeting, Rosa Parks Room Cesar Chavez Student Center, SFSU
March 11	Monday	2:45 p.m.	(After Program Meeting) Computer workshop with Dave Casuto
March 13	Wednesday	11:45 a.m.	Tour of Mechanics’ Institute, Lunch at Sam’s Grill 57 Post Street, SF, CA
March 25	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, Rosa Parks Room Cesar Chavez Student Center, SFSU
March 26	Tuesday	11:30 a.m.	Not-quite-gourmet: A Mano 450 Hayes St. Between Gough and Octavia
April 12	Friday	8:00 p.m.	“The Fantastics,” SF Conservatory of Music
April 13	Saturday	8:00 p.m.	50 Oak St., SF, CA
May 19	Sunday	2:00 p.m.	Youth Orchestra, Davies Symphony Hall 301 Van Ness Ave.
Oct. 16 – 20	Tuesday	TBA	Oregon Shakespeare Festival

SIXTY PLUS 2017 – 2018

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Sixty Plus Highlights

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sixty plus

Since 1975

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