

Sixty Plus at San Francisco State University

Highlights

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SIXTY PLUS

A Program for Lifelong Learning

May, 2016

MONDAY, MAY 9: SAN FRANCISCO CUISINE

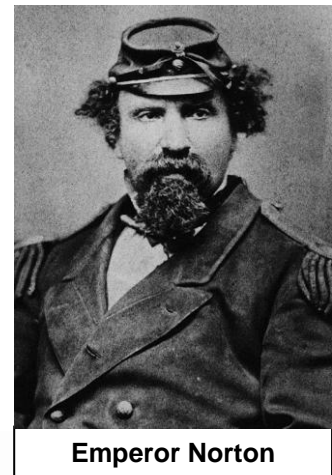
Joseph Amster, aka “Emperor Norton”

Although most people know Joseph Amster as Emperor Norton, he has another alter ego: Chef Joseph. As Chef Joseph, he leads San Francisco Food Safari tours in San Francisco’s Mission and North Beach Districts, offering his knowledge and insights as guests scout out the best of each neighborhood’s food scene.

Joseph began his culinary career as a short-order cook and worked at San Francisco’s legendary Salmagundi Restaurant as the soup cook, making 1,500 gallons of soup a day — from scratch. He had a catering company for a number of years, worked for assorted caterers, and has taught cooking classes. He was the food critic at the *Orange County and Long Beach Blade* and has written food articles for several publications. He is currently working on a collection of food origin stories which is scheduled for publication in early 2017.

For his talk to Sixty Plus, Chef Joseph will present, “Created in San Francisco: The Golden Gate City’s Gifts to Gastronomy.” Did you know that the Martini, the Crab Louie, Cioppino, the fortune cookie and many other dishes and libations were created in San Francisco?

Fair Warning: have lunch beforehand or bring snacks because you will be hungry afterward!



Emperor Norton

For information on his tours, you can visit his website at: www.sffoodsafari.com.

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 **Gloria Pizzinelli**. Sixty Plus members whose last names begin with the letters **Pol — Roo** are requested to bring treats. Please let Gloria 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 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.



Hospitality Committee

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.

May 9	Pol - Roo	June 13	Ros - Sey	July 11	Stew - Win
Spring Luncheon		June 27	Sha-Stev	July 25	Y - Ag

Phyllis Abad, Hospitality Chair, pabad@earthlink.net

President's Message – May, 2016

I am happy to announce, Bessie Hahn, has accepted the nomination for Vice President of the next semester of Sixty Plus. Additional nominations may be made by members prior to the June 13 Annual Meeting or from the floor during the Annual Meeting with the consent of each nominee. My sincere thanks to the 2016 - 2017 Nominating Committee: Gloria Goss, Jeanne Glennon, Helen Jarkovsky, Peggy Pol, and Richard Soward. Thank you for a job well done.

Please attend the June 13 Annual Meeting as we will be voting on our nominee, Bessie Hahn, to be our incoming Vice President.

Our Spring Luncheon is coming right around the corner, on May 23. Thank you, Peggy Pol, for your good work in organizing this festive event. It is always a pleasant time to share with our friends of Sixty Plus.

My term as your Sixty Plus President is nearing an end. I want to thank the elected officers, Committee Chairs, and friends who have gathered together to help me along my way. You are greatly appreciated. I have experienced the true meaning of being a worker among workers for which I am very grateful.

Please keep up-to-date by visiting our website: www.sixtyplussf.org.

Margo

Margo Moor, President, Sixty Plus at SF State University, 415-205-9350, mmoor@att.net



Membership

NEW MEMBERS, 2015 - 2016

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.

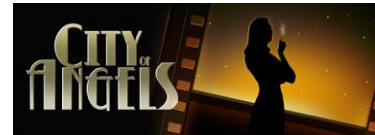
New member: Kendra Langer

Arts and Entertainment

Coming Attraction

San Francisco Playhouse presents the musical comedy, "City of Angels," and Sixty Plus is reserving group tickets. "City of Angels" is an homage to the film noir genre of motion pictures that rose to prominence in the 1940s.

Sunday, July 31, 2:00 p.m.; 450 Post St, San Francisco, CA 94102



\$52 – Orchestra; \$35 – Mezzanine; payment due by June 30

Elevator available

Nominating Committee

The Nominating Committee functions to nominate officers when positions need to be filled for the following terms. The Committee will announce the candidates at the May 9 meeting. Additional nominations can be added at our annual meeting, June 13, and the membership will vote on the candidates then. The new officers will be installed at the last meeting of the year, July 25.

As of now, the candidates are:

- | | |
|-----------------------------|---|
| President: Chris Malfatti | Recording Secretary pro-tem: Margaret Grant |
| Vice-president: Bessie Hahn | Co-corresponding Secretary: Joyce Cassells |
| Treasurer: Terry Kirchhoff | Co-corresponding Secretary: Barbara Graham |

Berkeley Art Museum, Pacific Film Archive Tour



Fran Malik, Phil and Carol Gravitt, Richard Lewis, Carol Savage, Erwin Kelly, Kendra Langer, and Jeanne Glennon were part of a group of 20 Sixty-Plus members and guests who toured the new Berkeley Art Museum and viewed a feature-length movie at the Pacific Film Archive on Saturday, April 2.

Opera at the Ballpark, Saturday, July 2, at 7:30 p.m.

Sixty Plus has acquired four passes for “Carmen,” this year’s free Opera at the Ballpark. Each pass covers four people, so each pass holder can bring three guests. To reserve one of these places, please call Sheila Birmingham, 415-564-4133.

Some details: Beginning at 6:00 p.m., registered fans may enter the park; so we should plan to gather outside beforehand and be ready to enter at 6:00.

No alcohol or unsealed containers (including water bottles) are permitted. All bags will be inspected upon entry into the ballpark.

Take MUNI “K” or “T” to 4th Street & King. For complete event details, please visit <http://sfopera.com/simulcast>.

Please note: This performance includes violence, nudity, and suggestive behavior. (*Is this a warning or an incentive? –ed*)

Oregon Shakespeare Festival, October 18 – 21, 2016

The Sixty Plus and OLLI trip to Ashland next October is currently sold out, but a wait list has been started because unpredictable events can change the best-laid plans.

To join the wait list or for a detailed itinerary and costs, call the Sixty Plus office at 415-412-4684.

Not-quite-gourmet Dining

Orexí

243 West Portal Ave

Tuesday, May 31, 5:30 p.m.

No, you don't get to toss your plate and shot glass into the fireplace and shout, "Opa!" when you're done. What you do get at this cozy, neighborhood taverna is tasty, well-prepared traditional Greek fare. Menu options include octopus salad, moussaka, rotisserie chicken, braised lamb shank, and grilled salmon or halibut. Regulars opine that the food here is as good as that at Kokkari, but at more approachable price points. No credit cards.

Muni Metro "M" to West Portal Avenue

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

OLLI at San Francisco State University

Join the OLLI community of learners!

Wednesday, May 4, 12:30 – 2:00 p.m., Brown Bag Lecture & Discussion "California End of Life Options," Downtown Campus, Westfield Center, Room 677

Tuesday, May 17, 1:00 p.m. – 3:00 p.m., Summer Preview event, Downtown Campus, Westfield Center, Room 617

The SUMMER SCHEDULE is posted and downloadable at our website!

Main Campus: Creative Arts Building Room 154
San Francisco State University
1600 Holloway Ave., SF, CA

Downtown Campus: 835 Market Street,
Sixth Floor
San Francisco, CA
94103

Phone: 415-817-4243

Email: olli@sfsu.edu



Join Us for Our Served Spring Luncheon

Monday, May 23rd, 2016, 12:00 noon to 3:00 p.m.
\$35.00 prepaid (guests welcome)
Seven Hills Conference Center, SFSU

Happy Hour — Sit-Down Lunch — Entertainment — Prizes



Menu
Chicken Soup

Choice of:

SUNDRIED TOMATO-CRUSTED CHICKEN BREAST
with glazed carrots and mashed potatoes

BLACKENED COD with SALSA VERDE
with glazed carrots and mashed potatoes

WILD MUSHROOM RAVIOLI with ALFREDO SAUCE
rolls, butter, wine, coffee, and tea

Dessert: Cheesecake

Shuttle bus from Lake Merced parking lot at 11:45 a.m.; return at 3:00 p.m.

Sign up at a meeting or send a check made out to Sixty Plus for \$35.00 per person, indicating choice of entrée and name(s) of guest(s).

Reservation and refund deadline: May 16th.

> Chicken _____ Name(s) _____
> Fish _____ Name(s) _____
> Ravioli _____ Name(s) _____

Give or send your check (made out to Sixty Plus) to:
Peggy Pol, 2479 42nd Avenue, San Francisco, CA 94116-2120

Cart shuttle service from bus or garage available upon reservation by calling (415) 338-2472.

CALENDAR OF COMING EVENTS

May 4	Wednesday	12:30 p.m.	OLLI Brown Bag Lecture & Discussion, Downtown Campus, Room 677
May 9	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
May 17	Tuesday	1:00 p.m.	OLLI Summer Preview event, Downtown Campus, Room 617
May 23	Monday	12:00 noon	Spring Luncheon, Seven Hills Conference Center, SFSU
May 31	Tuesday	5:30 p.m.	Not-quite-gourmet Dining: <i>Orexi</i> , 243 West Portal Avenue MUNI "M"
July 2	Saturday	5:30 p.m.	Opera at SF Ballpark MUNI "K" or "T" to 4 th Street & King
July 31	Sunday	2:00 p.m.	SF Playhouse, "City of Angels" 450 Post St, San Francisco, CA 94102
October 18 – 21		TBD	Oregon Shakespeare Festival, Ashland, Oregon

SIXTY PLUS 2015 — 2016

Officers

President	Margo Moor
Vice President	Christine Malfatti
Treasurer	Terry Kirchhoff
Recording Secretary	Margaret Grant - pro tem
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	Eileen Ward – pro tem
Publicity — Co-chair	Richard Lewis
Publicity — Co-chair	Christine Malfatti
Special Events	Peggy Pol
Sunshine	Karen Grech
Tour	Sheila Birmingham

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 June *Highlights* should be submitted by *May 16* to: Jeanne Glennon: jfglennon@comcast.net



Since 1975 – Our Fortieth Year!

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