

# Sixty Plus – OLLI at San Francisco State University

## *Highlights*

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SIXTY PLUS – OLLI A Program for Lifelong Learning May, 2018

### Monday, May 14: "The Current Political Picture"

**Dr. Gerard Heather – Professor Emeritus, Political Science, SF State University**

Dr. Gerard Heather, with an expertise in the American presidency, brings an interesting and possibly provocative program to our meeting. In addition to discussing the current presidency, he discusses the mid-term elections and the issues facing the Republican party as the candidates campaign. He also shares his thoughts on the prospects for a major Democratic victory. As always, he leaves time for questions and answers and commentary.



Dr. Heather is Professor Emeritus of Political Science at SFSU and former chairman of the department. He is an expert on ethics and religion in U.S. politics. He received his Ph.D. from Syracuse University. In addition to teaching at SFSU, Dr. Heather has taught abroad, at universities in the U.K. and Amsterdam. Recently Dr. Heather has been teaching for OLLI both at SF State and at Santa Clara University.

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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 **Nau - Pad** are requested to bring treats. If you are not attending, make sure you contribute or arrange to have someone bring something for you.

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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.

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**Monday, May 28: No Meeting**



## 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.

The assignments have been changed to better reflect the numbers of contributors according to the current membership. *Please note the following dates for the remainder of our year.*

<b>May 14: Nau – Pad</b>	<b>July 9: Sav – Swi</b>
<b>May 28: NO MEETING</b>	<b>July 23: Tev – Zin</b>
<b>June 11: Pal – Pru</b>	
<b>June 25: Rin – Sar</b>	

Ann McGuire, Hospitality Committee: [anniem681@icloud.com](mailto:anniem681@icloud.com)

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## President's Message – May, 2018

Spring is flying by for me. I got my taxes done only two weeks ago, but safely on time. For some reason I was heavily procrastinating, and once I finally pulled everything together, it was a snap. Of course I had a little help from my tax preparer! For the first time in several years, I overpaid my taxes and will get a refund. Thanks, Uncle Sam!

I had a second meeting with the Design Department student this week. Seira brought her second model of her gardening “helper” to my house to see how her changes worked in a real garden. I was so impressed with her work. Her basic premise was to design a small cart that would enable elders to continue gardening as they aged. She incorporated many of my suggestions after bringing her first design to my garden. It was amazing to see how her design evolved with the input from me and other “future users.” Unfortunately, I did not get a photo of the cart, but I am hoping Seira will come to a Sixty Plus meeting to demonstrate her winning design. She still has a way to go, but she has a great product, and I hope she does well in the competition with other students. It was a real pleasure to participate in her work.



The Sixty Plus Board continues to discuss the future of our group as it relates to our merger with OLLI. As of this writing, no other members have expressed interest in becoming board members. Our Secretary and Treasurer are willing to stay in these positions, at least for the coming membership year. The President position has a term of two years as stated in our constitution; however, we have not updated our Constitution since our merger with OLLI. I am willing to continue as president if that is approved by the group. Our MOU with the University and the Liberal Creative Arts Department has one more year before it expires, so we all have much to think about in the coming months.

Best wishes,

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

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## 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.

Mary Clare Bennett, Membership chair: [marycbennett@gmail.com](mailto:marycbennett@gmail.com)



## Arts and Entertainment

### SFJAZZ

You still have time to join us on Sunday, May 13, at 2:00 p.m. at the JAZZ Center to hear the marvelous voice of Liz Smith. She has had a long career – starting as a big band singer and increasing her songbook to include blues, gospel, jazz, rock and roll, rhythm and blues, and other genres that drew her macroscopic interest.

Watch this space! In June I'll provide you with a useful list of summer events. Right now you might want to get online for (or, if you're a luddite like me, telephone) the San Francisco Ethnic Dance Festival. It is the only one of its kind in the world. Prices are low – venue and works are extravagant. It all takes place for two weeks in June: Friday, Saturday, and Sunday at the Opera House. And – due to your special requests – they do have 2:00 p.m. performances. Tickets go on sale April 24. See you there.

Friday, July 6, 12:00 p.m.: Festival Opening Event at San Francisco City Hall: **FREE**

Saturday, July 14, 8:00 pm / Sunday, July 15, 2:00 p.m., Weekend One, Opera House

Saturday, July 21, 8:00 p.m. / Sunday, July 22, 2:00 p.m. Weekend Two, Opera House

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

### Theater Alert!

#### “Sunday in the Park with George”

Award-winning musical at San Francisco Playhouse, Wednesday, July 25, 2:00 p.m.

Tickets: \$52 — premium orchestra; \$40 — mezzanine (Elevator available.)

With music and lyrics by Stephen Sondheim, this delightful musical was inspired by the French artist Georges Seurat's painting, “A Sunday Afternoon on the Island of La Grande Jatte.” It has won numerous awards and has enjoyed several major revivals.

Please make your check payable to University Corp. SFSU/OLLI and mail to the Sixty Plus office or bring to an upcoming meeting. Payment is due by July 1<sup>st</sup>. A minimum of 10 tickets is needed for this special group pricing.

## Not-quite-gourmet Dining....

**Betty Lou's Seafood & Grill**  
**318 Columbus Ave. @ Grant Ave**  
**Tuesday, May 29, 5:30 p.m.**

Located in the heart of North Beach, this casual, no-frills establishment serves up the kind of old-school seafood for which this city is known. The star attraction here is the cioppino, a rich, hearty stew brimming with crab, scallops, shrimp, clams, and mussels in a well-seasoned red sauce. Close runners up are the rich and creamy clam chowder and the fried calamari. Other popular offerings that get a thumbs-up are the crab cakes, shrimp or crab Louis, sand dabs, and seafood linguine, which is laden with squid, bay shrimp, scallops, clams, and mussels. For landlubbers, offerings include chicken parmesan or piccata and a stellar bone-in ribeye steak.

No credit cards

MUNI: Lines 30, 41, 45

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

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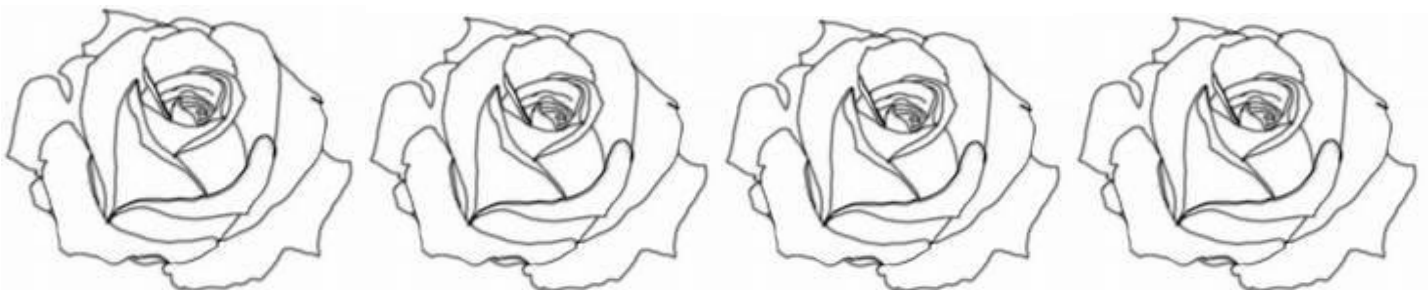
## Tours

### Upcoming tours

*For a complete itinerary and pricing on any tour, contact Sixty Plus at 415-405-0489*

### **Oregon Shakespeare Festival – October 16 – 20, 2018**

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.



**Brown Bag Lecture: Emotional Intelligence**  
**Marina Bystritsky, SF Anxiety Treatment Center**  
**Wednesday, May 2, 1:00 p.m. to 2:30 p.m.**

Emotional Intelligence is the ability to monitor and discriminate one's own and other people's feelings and emotions and use this information to guide one's thinking and action. Dr. Marina Bystritsky will talk about why this is so important, how we can use this capacity to improve our lives, and how this ability can be cultivated through an approach that integrates Western psychology and Eastern philosophy and practices.

A licensed psychologist on staff at SF and Palo Alto Anxiety Treatment Centers, Dr. Bystritsky was born in St. Petersburg and moved to New York in her teens. She has a B.A. from NYU, a doctorate from UCLA, and additional training in anxiety disorders.

*Free. Bring your own lunch. RSVP suggested. We invite members of the public to join us and check out our program.*

**Location:** SF State's Downtown Campus, 835 Market St., Room 677

**Morrison Series: The New Millennium Ensemble**  
**Friday, May 4, 2018 - 8:00 p.m.**

Winner of the 1995 Walter W. Naumburg Chamber Music Award, the New Millennium Ensemble went on to establish itself as one of New York's finest young ensembles. Appearing in concert series throughout the United States, the group has premiered more than 50 new works and earned praise for its brilliant performances and wide-ranging repertoire. The American Record Guide wrote of its debut CD on the CRI label, "The New Millennium Ensemble, who play with confidence, precision and verve, are well-nigh perfect."

*Free Admission. Tickets available beginning April 13, 2018*

**Location:** McKenna Theater in Creative Arts, San Francisco State University, 1600 Holloway Avenue

**Don't miss this! Special Brown Bag!**

**The Brain with Josh Kornbluth,  
UCSF Center for Aging and Memory  
Wednesday, June 6, 1:00 p.m. to 2:30 p.m.**

**Location:** Downtown Campus 835 Market St., Room 677

**Summer Session 2018**  
**Coming (before you know it!)**  
**June 25 – August 3 (Make-up week August 6 – 10)**

### *An occasional column on new tech resources of interest to seniors*

#### **Armchair Travel with Google Arts & Culture**

**By: Anne Drazen**

Interested in learning more about art and culture around the world without having to pack a suitcase? Want to visit the Taj Mahal or Machu Picchu? How about a tour of our own national parks or perhaps some castles in the Loire? Fashion history going back 3,000 years? Architecture? Monet in Paris? The Louvre? The history of the presidency .... or of first ladies? You get the idea.

Google Arts & Culture (available on PCs, Macs, smart phones, and tablets/iPads) features a wide range of information from over 1,200 international museums, galleries and other institutions in over 70 countries. Materials include videos, text, photos, and maps, highlighting artwork, artists and art movements; historical events, sites, and figures; places and museums you've always wanted to visit; and many etceteras.

Ready to explore? You need a Google account to log in. If you do not have a Google account, go to <https://accounts.google.com/SignUp?hl=en> to create one. For security purposes, I recommend that you *not* use your real birthday. Once you have a Google account, go to <https://artsandculture.google.com/> on your home computer *or* download the Google Arts & Culture app for your smartphone or tablet/iPad. The HOME and EXPLORE pages (top right on computer, bottom of screen on app) get you started, and the three horizontal lines on the top left also highlight features of the extensive collection. If you know what you want to find, select the search tool on the top right and type in a specific topic.

Have fun and, if you get a chance to use Google Arts & Culture, let me know what you think. My email is [seniordiscovery@gmail.com](mailto:seniordiscovery@gmail.com).

**Anne Drazen has a BS in mathematics from Syracuse University and an MS in computer science from Ohio State. She has worked for over 35 years in a number of IT positions in both industry and higher education. She currently offers courses on technology for seniors at OLLI.**



## Calendar of Coming Events

May 2	Wednesday	1:00 p.m.	Brown Bag Lecture: Emotional Intelligence SF State Downtown Campus, 835 Market St., Room 677
May 4	Friday	8:00 p.m.	Morrison Series: New Millennium Ensemble McKenna Theater, SFSU
May 14	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 28	Monday		<i>No Meeting</i>
	Tuesday	11:30 a.m.	<b>Not-quite-gourmet:</b> Betty Lou’s Seafood and Grill 318 Columbus Avenue at Grant Avenue
May 13	Sunday	2:00 p.m.	Liz Wright at SFJAZZ Center, 201 Franklin at Fell, SF, CA
June 6	Wednesday	1:00 p.m.	Brown Bag lecture: Josh Kornbluth, The Brain SF State Downtown Campus, 835 Market St., Room 677
July 6	Friday	12:00 p.m.	SF Dance Festival Opening Event, San Francisco City Hall
June 25	Monday		OLLI Summer Session begins
July 14	Saturday	8:00 p.m.	SF Dance Festival, Weekend One, SF Opera House
July 15	Sunday	2pm;	SF Dance Festival, Weekend One, Opera House
July 21	Saturday	8:00 p.m.	SF Dance Festival, Weekend Two, Opera House
July 22	Sunday	2:00 p.m.	SF Dance Festival, Weekend Two, Opera House
July 25	Wednesday	2:00 p.m.	“Sunday in the Park with George” San Francisco Playhouse, 450 Post St., SF, CA
Oct. 16 – 20	Tuesday	TBA	Oregon Shakespeare Festival

## SIXTY PLUS 2017 – 2018

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Items for the May *Highlights* should be submitted by **April 26** to: Jeanne Glennon: [jfglennon@comcast.net](mailto:jfglennon@comcast.net)



sixty plus

Since 1975

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