

SAN RAFAEL GOLDENAIRES NEWSLETTE



APRIL

2024

TABLE OF CONTENTS

Calendar, April.....	21
C. Center Programs.....	19
Day Trips.....	11-14
Extended Trip.....	15
Ongoing Events.....	8, 18
Organization Information.....	2
Policies & Procedures.....	16
President's Corner.....	3
Special Events.....	6, 20
Sunshine Report.....	4

CONTACT US

www.srgoldenaires.org
(415) 485-3348

Email:
srgoldenaires@gmail.com

OFFICE HOURS

Mon, Tues, Wed, Fri
10:00am - 2:00pm
(CLOSED THURSDAYS)
CLOSED April 1 - Cesar Chavez



APRIL IS NATIONAL VOLUNTEER MONTH AND THE GOLDENAIRES NEED YOUR HELP



The San Rafael Goldenaires is a nonprofit club and, along with the wonderful services and activities, comes the responsibility of participating to keep the club afloat. Members, can you pitch in and volunteer?

Almost everyone running it is a volunteer: the Board of Directors, the daily office help who answer your calls and sign you up for activities, the monthly lunch servers, raffle prize procurers & ticket sales, lunch greeters & decorators, the Bingo organizers, the watercolor, bridge & wood working class leaders, the arts & crafts creators, the B Street Ballroom setup and check in desk, the Congregate meal servers, the annual Craft Fair planning team which is a 8 month endeavor and all the cleanup crews. We love and appreciate these volunteers who selflessly come in each week to do these tasks and more.

The Goldenaires has, for so many years and still is now, been able to provide membership at a low fee and to offer wonderful events, lunches and trips at a great price. But the truth is, the cost of everything is going up and our active volunteer members are dwindling. Right now, too few people are doing too much and it is difficult to sustain.

So, how can you help? See pg. 5



ORGANIZATION INFORMATION

ABOUT US

Mission Statement

The purpose of the San Rafael Goldenaires is to offer opportunities for senior citizens (persons 62 years of age or older) to participate in recreational, cultural, educational, community service and social welfare activities.

San Rafael Goldenaires Senior Citizens Organization, Inc. and the Library & Recreation Department / San Rafael Community Center

Location

618 B Street | San Rafael, CA 94901

Next to Safeway, off 2nd Street

Phone: (415) 485 - 3348

Non-Profit 501(C)(3) #59-3837185

All Goldenaires activities take place at the ADA accessible San Rafael Community Center.

Annual Membership

Have a friend who would like to join the Goldenaires? Annual membership fee is \$40/ year through December 31, 2024. A name badge is optional - \$13 fee. Members must be 62 years of age and may reside anywhere, not just Marin County!

Board meeting minutes are available in the office.

Office Hours

Mon, Tues, Wed, Fri

10:00am - 2:00pm

CLOSED THURSDAYS

Office will be closed:

Thursdays

April 1 - Cesar Chavez Day

2024 BOARD OF DIRECTORS

Co-Presidents

Carol Cox &
Donna Robertson

Vice President

Vacant

Recording Secretary

Dorothy Rogers

Treasurer

Effie Lee

Past President

Chris Chew

Board Members

Lynne Goodfellow

Bob Rogers

Marilyn Ryan

Bill Raudio

Gilda Selchau

Program Director:

Laurie Vermont

Newsette Editor:

Patty McCulley

COMMITTEE CHAIRPERSONS

Bingo: Lynne Goodfellow

Crafts: Carol Cox, Mary Ellen Chronister

Dances: Jim Boswell

Decorations: Sherilyn Chew

Events Coordinator:

Chris Chew

Raffles: Donna Robertson

Kitchen A:

Rosemary Antonucci

Kitchen B: Effie Lee

Newsette: Bill Raudio

Sunshine Report:

Lorraine Raggio

Greeter: Cindyly Janisen

Office Volunteers: Karen Falk, Dorothy Rogers, Joyce Martin, Terri Costella

Thank You!

THANK YOU TO ALL THE VOLUNTEERS WHO GAVE THEIR TIME & MORE IN FEBRUARY!

Valentine Lunch: Gil & Judy Iwanaga, Karen Falk, Dorothy Rogers, Cindyly Janisen, Donna Robertson, Chris Chew, Sherilyn Chew, Peti Arunamata **Office:** Gilda Selchau, Marcia Higgins, Karen Falk, Dorothy Rogers, Joyce Martin & Terri Costella **Crafts:** Carol Cox, Marge Cummings, Rae Ann Marler, Mary Ellen Chronister, Cindyly Janisen, Diane Owens, Carolyn Schwab. **Wednesday Bingo:** Lynne Goodfellow, Sara Semorile, Cindyly Janisen, Carlene Marra, Lisa Rodriguez, Pat Fedorchak, Dorothy & Bob Rogers, Bonnie Lo wrance **Raffles:** Donna Robertson, Chris Chew, Gilda Selchau **Newsette:** Gilda Selchau, Bill Raudio, Chris Chew, Donna Robertson, Carol Cox & Sherilyn Chew **Congregate Meal:** Rosemary Antonucci, Pat Fedorchak, Kalpana Mehta, Dorothy Rogers, Carol Cox, Joan Corey **St. Ballroom:** Rae Ann Marler, Karen Falk, Gwen Long, Bette Bohman, Anita Micheli, Carol Cox & Donna Robertson **Class Instructors:** Ann Carroll, Yvonne Brown, Axel Meyer, Bill Nicholson & Mary Schmidt, Diane Owens & Teresa Del Giorno.

PRESIDENTS' CORNER

Hello Goldenaires -

The Executive Board would like to wish everyone a HAPPY SPRING! The past few months of rain have been beneficial for us, but it sure will be wonderful to see rainbows, sunshine, and blooming flowers again. And hopefully the Leprechauns will be kind and not pull any shenanigans!

We had a nice turnout for our Sweetheart Valentine's Luncheon. Everyone enjoyed being entertained by Joann Saltzgaber and Tom Finch while dining on a delicious catered meal from Debbie Ghiringhelli. Be sure to sign up early for our luncheons so you won't miss out on all the fun. Remember going forward, the cut off dates will stand firm.

We did some research, and we now have more information regarding The Congregate Lunch Program. When you call to Register, you must leave a message with your name and phone number. Your message should also include that you "want to register for the Goldenaires Congregate Lunch". It may take 3 or 4 business days for the County to return your call, but they will. Please be patient as this number is being used for many other County Services. 415-473-4636.

We want to thank both the Watercolor group and the Mahjong group for changing their hours to accommodate making the Goldenaires Office a more workable space for conducting business. Your cooperation is greatly appreciated by all.

In this Newsette you will see a list of some of the activities we need volunteers to fill. Please look over the list and let us know what you would like to volunteer for and what dates and times you would be available. Please call the Office at

(415)485-3348, leave your name, telephone number, what you are interested in volunteering to do, and we will have the contact person for that activity contact you. We really need your help and appreciate any time you can donate to help make our Club blossom!



The Summer Raffle will be coming up soon. If you received some gift certificates over the holidays and you know you will never use them, please consider donating them. We will gladly accept any unused gift certificates you would care to donate which in turn will make our Summer Raffle prizes even better.

Enjoy the sunshine and happiness of Spring!

Sincerely,

Carol Cox
Donna Robertson

Carol Cox &
Donna Robertson
Co-Presidents



LAST CHANCE TO RENEW YOUR MEMBERSHIP

Please note: We will be updating our database. If you have not yet paid your 2024 dues, please do so by April 10 or you will no longer be able to enjoy your member benefits and discounts.

SUNSHINE REPORT

"The best way to get the last word is to apologize."

by Unknown

Departed Members:

Melinda Weston, daughter of Elaine Weston, is truly saddened by the loss of her mother.,

We remember with sadness and sorrow all our members, friends and relatives who have left us.

Do you know of a fellow member that could use a bit of cheer? Please let us know. Call 415-485-3348 or e-mail srgoldenaires@gmail.com. We are looking for more "sunshine" to report about. If you know of a member who is celebrating a special anniversary, a birthday over 90, a birth of a new grand/great grand child...Please let the office know and we will pass along the news to Sunshine chairperson, Lorraine Raggio.

Memorial Donations

Thank you Bill Raudio for the donations in memory of friends Dave Hinman and Darrell Raggio.

Thank you Chris and Sherilyn Chew for the donation in memory of Darrell Raggio.

Congratulations to our

January & February Raffle Winners

January's Volunteer Lunch - Bill Nicholson

February's Volunteer Lunch - Karen Falk

Valentines Lunch

Spa Basket, Rae Ann Marler & Aqua Hotel, Nancy Merritt

Welcome
THANK YOU FOR JOINING US

Welcome New Members!

Here's a warm welcome to our newest members and an invitation to participate in the many fine activities that we have to offer. You'll meet many of our members and make new friends. We look forward to seeing you and we welcome suggestions for new and exciting adventures or workshops.

Jan Weeks

James Martin

Charles & Beverly Diamond

Hans Bromaeus

Sharon Clark

Inge Ruhmke

Claudia Maiero

Theodore & Patricia Pullen

Ron & Maureen Moresco

Chris Cruitt

Vivian Sachs

Kay Karchevski

Helga Carlton

Memorial Fund

San Rafael Goldenaires Organization appreciates all bequests, whether large or small. All gifts either in memory of a loved one, a friend or in your estate helps with the continued programs and success of this organization. For many of our deceased members, their families have listed the Goldenaires as a recipient to send donations. We deeply appreciate your support as these monies allow us to offer programs and services at either a reduced cost or no cost to the members. Donations are 100% tax deductible. Thank you!

WHAT'S HAPPENING



So, how can you help?

Below are a few of the most urgent needs. Please call or email the office to talk about how you would like to help. sgoldenaires@gmail.com or 415-485-3348.

Most urgent volunteer needs

Office help – Tuesday and Friday from 10am – 2pm (also can fill in when needed on other days) Must be computer literate to use easy data entry system, sell arts and crafts, answer phones and greet members.

Event set up, clean up, check people in for:

Monday Night Bingo – Check in and clean up (Next Monday Night Bingo events, May 13 and August 12)

Monthly lunches – Set tables and decorations, help prep kitchen and serve food, clean up (Next lunch is April 19, usually the 3rd Friday of the month)

Congregate meal – prepare kitchen, serve and clean up (3 Wednesdays a month)

Ongoing-Solicit raffle prizes, donations, event sponsorships or find appropriate grants we might qualify for.

Computer help to keep our website current (monitor website and let us know what needs to be updated on a timely basis), advertise events on social media & make signs when needed

This is your club and we hope to get more participation from our members so we can continue to be the warm and vibrant organization we all love. Our amazing volunteers take on so much responsibility but they cannot do this alone.

LET'S GROW YOUR BUSINESS
 Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com
 (800) 477-4574 x6407

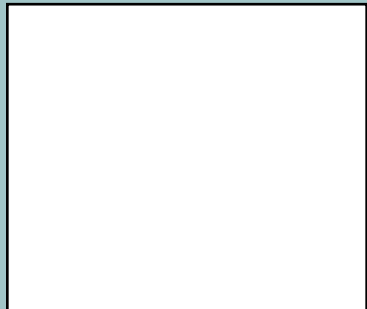
Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO




lpicommunities.com/adcreator



SUPPORT OUR ADVERTISERS!



SENIOR SETTLERS®
 Skilled downsizing and relocation for Bay Area seniors
 (415) 755-3340
www.Senior-Settlers.com




UPCOMING EVENTS

“Garden Party” Spring Luncheon Friday, April 19th

Garden Party Luncheon

Doors Open: 12/12:15pm

Lunch Served: 12:30pm

\$25 per member
\$30 non-member

People who are mobility challenged will be allowed to enter the auditorium first. Seating is first come, first served, but no need to get your flowers in a bunch as all seats have a garden view. Tables for seating of 4 can be reserved.

Spring is in full bloom for our “Garden Party” Lunch

Bring your fancy hat or your wheelbarrow and get ready to Dig In to a Bounteous Feast Produced by Debbie Ghiringhelli Catering (Menu still germinating). Please remember to bring your own “flower pot” to Plant YOUR unfinished leftovers. If you want to Spring for a Special Sip for your Tulips, soda pop and iced tea will be available for \$2.00 each.

Put the Petal to the metal and **SIGN UP, NOW!**
RESERVATION/CANCELLATION by Friday, April 12th .



“Fiesta De Colores” Mexican Luncheon Friday, May 17th



Hola, Amigos! Let’s Fiesta together on **Friday, May 17, 2024 at our “Fiesta de Colores” Mexican Lunch** - which will be filled with Diversión (Fun), Sabor (Flavor) and Colores (Colors)! A Banquete Excelente will again be provided by Blueberry Hill Catering (MENU SUBJECT TO CHANGE): Gourmet Chicken Enchiladas, Spanish Rice, Refried Beans, Organic Green Salad, and Homemade Fresh Guacamole, with dessert, and hot coffee and tea. Qué Sabroso! (How Tasty!)

Fiesta Mexican Luncheon

Doors Open: 12/12:15pm

Lunch Served: 12:30pm

\$30 per member
\$35 non-member

People who are mobility challenged will be allowed to enter the auditorium first. Seating is first come, first served, but no need to rush in, as all seats will be buenos! Tables for seating of 4 can be reserved.

Please remember to bring your own Contenedor (food container) for your Restos de Comida (YOUR unfinished food). Bring your Pesos for some Bebidas Refrescantes (Refreshing Drinks), Soda pop and iced tea, which will be available for \$2.00 each.

The Felices Fiestas (Happy Celebrations) will end at around 2pm. Don’t wait until Mañana (Tomorrow) - Get your tickets AHORA (NOW), before they are No Más (No More)!

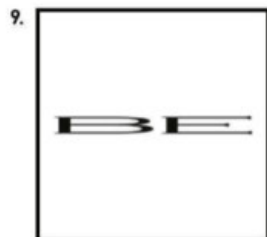
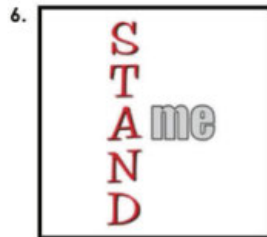
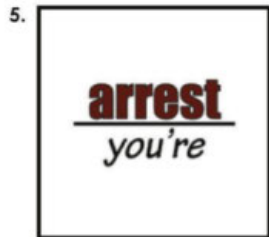
Come in a Colorful outfit, and join us in this Fiesta celebrating Mexican culture!

RESERVATION/CANCELLATION by Fri. May 10th.



WHAT'S HAPPENING

BRAIN TEASERS - What is the word or phrase in each box?



Answers on page 14

Healthy Steps Movement Program

**Mondays, 12:00-1:00pm
March 25-May 6 (No class 5/1)**

Facilitated by Teresa Del Giorno, PTA, CMA, CLM

Healthy-Steps: The Ledbed Method is a therapeutic exercise and movement program to help regain range of motion, strength, endurance and balance. It's a structured system of movement to the backdrop of music. No experience is required, it's non-aerobic and offers a sitting version.

Recommended for seniors, cancer survivors and those battling chronic health conditions. Facilitator Teresa Del Giorno has been leading dance, movement and therapeutic exercise classes since 1994 and is a certified Healthy Steps instructor, a physical therapy aide and a CMA. A physician's medical release is required. Registration and medical release forms are available in the Goldenaires office. Open to Goldenaires members only.

SAN RAFAEL AGE FRIENDLY - CELEBRATING 90+ RESIDENTS

Residents of San Rafael who were 90 and better were celebrated on Sunday, March 10th at the San Rafael Community Center.

The party was put on by the City of San Rafael and Age-Friendly San Rafael with the help of the San Rafael Goldenaires. Over 75 guests were welcomed by Mayor Kate Colin and a good time was had by everyone.



“B” Street Ballroom

SUNDAYS

March 24, April 28, 2024

Dancing 2-5pm

(doors open at 1:30pm)

LIVE BAND! EVERYONE WELCOME!



Dance or just come listen to your favorite standards, swing and Latin numbers performed by one of the Bay Area's best known combos, "Swing Set" or "Vintage Jukebox".

Singles and couples
of all ages are welcome.

Enjoy the 4,000 sq. ft. beautiful,
cherry wooden flooring, air-
conditioning, snacks and more.

Dressy casual attire suggested, but
coat and tie NOT required.

San Rafael Community Center, 618 B Street
Information: 415-485-3348
srgoldenaires.org

TICKETS
AT THE DOOR \$20

WHAT'S HAPPENING

Thank you for joining us at the Valentine's Luncheon



VALLEY MEMORIAL PARK CEMETERY & FUNERAL HOME



We use Recycled Water.

Now open as a Funeral Home! All of your needs at one location

- On-Site Crematory
- Natural Green Burial & Traditional
- Crypts & Niches
- Chapel & Reception Center
- Pre-Planning Available
- A Member of the Community Since 1960

Payment Plans Available — Pre-Arrangement
Planning for Future Funeral Expenses and
Cemetery Property



In Marin County



415.897.9609 | www.valleymemorialpark.com
650 Bugeia Lane, Novato, CA 94945
info@valleymemorialpark.com

[/valleymemorialpark](https://www.facebook.com/valleymemorialpark) [@valleymemorialpark](https://www.instagram.com/valleymemorialpark)

FD#2295



BRAIN EXERCISE

Think Spring

H C S F L O W E R S S E H S O L A G
 S B S P R I N G T I M E K I T E S H
 I A C R O C U S B L O S S O M S A L
 R S U M B R E L L A D U B T L T A K
 I K R E A R I T C L O V E R C W S S
 E E O A B E Y B G G R P T H E R S P
 N T B K I L Z U N N F L I N E A S I
 I B I C R H E T I I I N E W T L N L
 H A N O D C E T M M G R O L R L U U
 S L S R S R R E R O O H E D G I A T
 N L E M A A B R A O S M A N B P H G
 U N E A A M T F W L N F I U N R C N
 S I O H R E G L I B F T N N E E E I
 E A M S U R I Y I O U N S N E T R P
 E R H Q A R N I D O I S E I R A P R
 E S U S T R L I R E I T N N G C E I
 E O S N E W L P S O O T T H A W L H
 B C H I C K S P U D D L E S C H S C

Word List:

ARIES
 BLOSSOM
 BUNNIES
 CHIRPING
 FLOWERS
 HATCHING
 MARCH
 RAIN
 SHOWERS
 THAW

BASKETBALL
 BOUQUET
 BUTTERFLY
 CLOVER
 GALOSHES
 IRISH
 MELT
 RENEWAL
 SPRINGTIME
 TULIPS

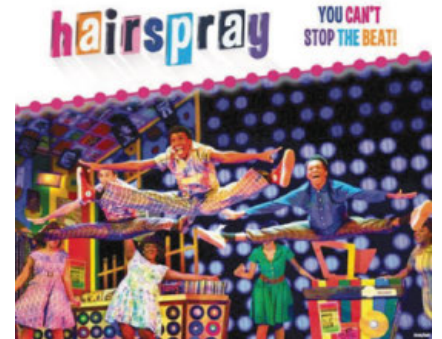
BIRDS
 BREEZY
 CATERPILLAR
 CROCUS
 GRASS
 KITES
 NEW
 ROBINS
 SPROUTING
 UMBRELLA

BLOOMING
 BUD
 CHICKS
 DAFFODIL
 GREEN
 LEPRECHAUNS
 PUDDLES
 SHAMROCK
 SUNSHINE
 WARMING

HAIRSPRAY *WAITLIST!*

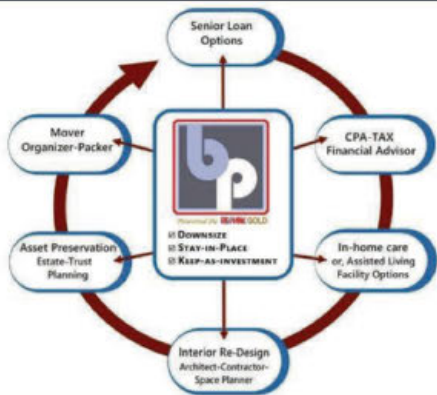
Wednesday, April 17, 2024 - \$92.00

You Can't Stop the Beat! *HAIRSPRAY*, Broadway's Tony Award-winning musical comedy phenomenon is back! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? You don't want to miss *HAIRSPRAY*, featuring the beloved score of hit songs including "Welcome to the '60s," "Good Morning Baltimore" and "You Can't Stop the Beat". 1:00pm performance at the Orpheum Theater, 2 hrs. 35 min. including intermission.



Departure #1	Smith Ranch Road Park & Ride	11:00AM
Departure #2	San Rafael Community Center	11:30AM
Return	Approximately 4:30PM	
Price	Members \$92 Non-Members \$102	
Reservation/Cancellation Date	March 6, 2024	

BRANNAN PALMER GROUP
REAL ESTATE & PROPERTY MANAGEMENT SERVICES



SHOULD WE DOWNSIZE, STAY IN-PLACE OR KEEP AS INVESTMENT?

JOHN BRANNAN

LIC #00855398
 415.505.0634
 jb@bpmoves.com

KRISTEN PALMER

LIC #01400854
 415.254.2515
 kp@bpmoves.com

SRES YOUR SENIOR REAL ESTATE ADVOCATES
 Providing Solutions & Peace of Mind

Service that 'MOVES' you.

WWW.BRANNANPALMER.COM

Since 1983



DAY TRIPS

HIGH HAND NURSERY *HURRY! DEADLINE APRIL 10, 2024*

Tuesday, May 14, 2024 - \$76.00

Discover the beautiful High Hand Nursery, a historical location in Loomis, established in 1901. Each shed onsite features an immersive experience and locally sourced goods to browse. Enjoy a taste of the olive oils and balsamic vinegars at the High-Hand Olive Oil Company. Take time to enjoy the High-Hand Flower Market, with unique houseplants and outdoor pottery. The fruit shed is also home to handcrafted jewelry, local artists, and premier garden redwood products. High Hand even has their own brewery! Once you have worked up your appetite exploring the stunning nursery, you can visit the High Hand Café for a delicious lunch on your own. Their gourmet lunches feature wraps, salads and pizzas, with locally sourced ingredients. Trip includes: luxury motorcoach transportation w/ restroom on board, taxes & fees, gratuity & entrance to High Hand Nursery.

Departure #1	Smith Ranch Road Park & Ride	8:30AM
Departure #2	San Rafael Community Center	9:00AM
Return	Approximately 5:00PM	
Price	Members \$76 Non-Members \$86	
Reservation/Cancellation Date	April 10, 2024	



FUNNY GIRL *WAITLIST!*

Wednesday, May 22, 2024 - \$75.00

Departure #1	Smith Ranch Road Park & Ride	11:00AM
Departure #2	San Rafael Community Center	11:30AM
Return	Approximately 4:30PM	
Price	Members \$75 Non-Members \$85	
Reservation/Cancellation Date	April 10, 2024	



GUIDED WALKING TOUR OF DOWNTOWN SAN RAFAEL *NEW!*

Tuesday, June 4, 2024 - \$15.00

Join Historian, Marcie Miller, for a one-hour stroll through downtown San Rafael. In the 1880's, B Street was the "Main Drag". We will visit several points of historic interest along the way from the Recreation Center to a lunch destination on 4th Street. The B Street train station was the access point of San Rafael development. The hotels, saloons and train workers boarding houses were all located here and many still stand. We will hear and share stories of those times up to the Prohibition Era. Locate the window where "Bathtub Gin" was made and sold. Finish the walk with a no-host lunch and good company at a restaurant (to be decided). Please indicate when making your reservation if you are interested in joining the group for lunch.

Departure #1	San Rafael Community Center	10:30AM
Return	Approximately 12:30PM if you have lunch	
Price	Members \$15 Non-Members \$20	
Reservation/Cancellation Date	May 23, 2024	



DAY TRIPS

COMPANY **HURRY! ONLY 10 TICKETS LEFT**

Wednesday, June 19, 2024 - \$76.00

We'll drink to that! COMPANY is Stephen Sondheim and George Furth's musical comedy about the search for love (and cocktails) in the Big Apple. It's Bobbie's 35th birthday party, and all her friends are wondering why she isn't married. COMPANY won the Tony Award for Best Revival of a Musical at the 75th Tony Awards. Songs such as 'Ladies Who Lunch', 'Getting Married Today' and 'Company' showcase Sondheim at his most sublime. 1:00pm performance at the Orpheum Theater, 2 hrs. 25 min. including intermission.

Departure #1	Smith Ranch Road Park & Ride	11:00AM
Departure #2	San Rafael Community Center	11:30AM
Return	Approximately 4:30PM	
Price	Members \$76 Non-Members \$86	
Reservation/Cancellation Date	May 8, 2024	



S.F. GIANTS VS. TORONTO BLUE JAYS **ONLY 5 SEATS LEFT!**

Thursday, July 11, 2024 \$115.00

SIGNUP NOW! First-come-first seated!! Once you pay, you are committed in going and there is no refund. 12:45PM game against the TORONTO BLUE JAYS! Great seats - located in lower box reserve- section 105 (shaded area). CALL or RUN down to the Goldenaires and reserve your seat. **DO NOT DELAY!** Head out to the ballpark and cheer for our San Francisco Giants as they try to beat the BLUE JAYS. 12:45PM game time. Please bring your own water bottle. Driver's gratuity included. No parking in Safeway lot. **NO REFUNDS, ONCE YOU PAY, YOU ARE COMMITTED UNLESS WE HAVE A WAIT LIST.** (then you would receive 90% back if we can sell seat).



Departure #1	Smith Ranch Road Park & Ride	9:45AM
Departure #2	San Rafael Community Center	10:15 AM
Return	Approximately 6:30PM	
Price	Members \$115 Non-Members \$125	
Reservation/ Cancellation Date	NO REFUNDS, ONCE YOU PAY, YOU ARE COMMITTED UNLESS WE HAVE A WAIT LIST	

Memorial Fund

San Rafael Goldenaires Organization appreciates all bequests, whether large or small. All gifts either in memory of a loved one, a friend or in your estate helps with the continued programs and success of this organization. For many of our deceased members, their families have listed the Goldenaires as a recipient to send donations. We deeply appreciate your support as these monies allow us to offer programs and services at either a reduced cost or no cost to the members. Donations are 100% tax deductible. Thank you!

Thank You!



FREE LENDING LIBRARY

Paperback books are always welcome for our own free Goldenaires lending library. Bring them to the office and we will add them to our shelves. **Take a few home to read while you are there! We have puzzles too!**

Thank You. 

Volunteers we love you!

DAY TRIPS

MRS. DOUBTFIRE **ONLY 10 SEATS LEFT!**

Wednesday, July 17, 2024 - \$75.00

A new musical comedy about the things we do to stay together. Based on the beloved film and directed by four-time Tony Award® winner Jerry Zaks, *MRS. DOUBTFIRE* tells the hysterical and heartfelt story of an out-of-work actor who will do anything for his kids. It's "the lovable, big-hearted musical comedy we need right now." 1:00pm performance at the Orpheum Theater, 2 hrs. 35 min. including intermission.

Departure #1	Smith Ranch Road Park & Ride	11:00AM
Departure #2	San Rafael Community Center	11:30AM
Return	Approximately 4:30PM	
Price	Members \$75 Non-Members \$85	
Reservation/Cancellation Date	June 5, 2024	



GIRL FROM THE NORTH COUNTRY **WAITLIST ONLY!**

Wednesday, August 14, 2024 - \$75.00

GIRL FROM THE NORTH COUNTRY is the Tony Award-winning new musical written and directed by celebrated playwright Conor McPherson and featuring Tony Award winning orchestrations by Simon Hale. GIRL FROM THE NORTH COUNTRY reimagines 20 legendary songs of Bob Dylan as they've never been heard before, including "Forever Young," "All Along The Watchtower," "Hurricane," "Slow Train Coming," and "Like A Rolling Stone." 1:00pm performance at the Golden Gate Theater, 2 hrs. 30 min. including intermission.

Departure #1	Smith Ranch Road Park & Ride	11:00AM
Departure #2	San Rafael Community Center	11:30AM
Return	Approximately 4:30PM	
Price	Members \$75 Non-Members \$85	
Reservation/Cancellation Date	July 1, 2024	



TRIP SUGGESTIONS

If you know of an upcoming event, production or attraction, please contact the office! Our trip committee is always in need of new ideas or places to go. Our group is getting more comfortable in getting out and exploring new adventures!



Answers to puzzles on page 7. 1) misunderstood 2) walk in the park 3) one in a million 4) looking back 5) you're under arrest 6) stand by me 7) walking on thin ice 8) I see you understand 9) belong

EXTENDED BUS TRIP

QUEEN MARY & CATALINA ISLAND



August 19 - 22, 2024
4 Days / 3 Nights

\$1,199.00 dbl. occ./\$1,499 sgl. occ.

Tour includes:

- Professional Tour Director
- Deluxe Motorcoach
- 1 Night Corque Hotel, Solvang, CA & Hosted Dinner
- 2 nights on board the Queen Mary Hotel
- Docent tour of the Queen Mary including behind the scenes areas
- Guided Walking Tour along Catalina Beachfront
- Sail to Catalina Island aboard the Catalina Express Ferry
- 2 Breakfasts, 1 Dinner



For full itinerary visit, call or email the office for flyer.

Call (415)485-3348. Email: srgoldenaires@gmail.com

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicommunities.com/adcreator

GUIDING YOU HOME SINCE 1906

Michael Jackson
Broker – Coldwell Banker Novato
(415) 483-6009

COLDWELL BANKER

SRES, PROBATE AND TRUST CERTIFIED, CNE, CDPE, NOVATO CHAMBER BOARD MEMBER

www.michaeljackson.cbintouch.com

CAL BRE License # 01513285

Action Jackson Helping Homeowners Build Wealth in Real Estate!

Protect Your Medicare

Follow these Tips to prevent Medicare ID fraud:

- >> Keep your Medicare and Social Security cards secure.
- >> Don't share your numbers with anyone but your health care team.
- >> If someone calls and asks for your Medicare information, hang up. Medicare will only call you if you've called and left a message or a representative said that someone will call you back.
- >> Check your statements carefully and log into **Medicare.gov** to spot any possible fraud or billing mistakes.
- >> Report suspicious activities by calling **Senior Medicare Patrol:**

1-855-613-7080

California **SMP** Senior Medicare Patrol Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part, by grant 90MPPG019-04-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



POLICIES & PROCEDURES | OTHER PROGRAMS

Trips

Bus Information: When riding on our chartered buses, you are not allowed to walk around while the bus is in motion. Please remember that water may not be available on the bus, so bring a bottle of water if you require some while on a trip. Please, no talking to the bus driver while he/she is driving, as it is unsafe. No drinking of alcohol or smoking allowed on the bus. Bus restrooms are for emergencies only! Driver and escort are not trained to assist passengers with special needs. Please travel with a companion if you need assistance.

Payments & Refunds: Cash, checks and credit cards (minimum purchase \$25) are gladly accepted. Unless otherwise noted, receive a 100% refund if you cancel before the deadline date; NO REFUND if you cancel after the deadline. If we can fill your space after the deadline, you will receive a 90% refund, unless there are additional charges from the tour company OR if you cancel the day of the tour. Checks returned to our office will be charged a \$10 fee in addition to your bank's fee. Refund checks will take two weeks to process.

Trip Reservations: Reservations can be made by phone with a credit card, in person at the office or mailed in. **Reserve Early!**

Perfume, Aftershave and Cologne Are Not Allowed on Trips! We appreciate your cooperation and consideration of others.

Be On Time: When the trip escorts tell you

the time to re-board the bus, i.e. Reno/Tahoe/day trip, please be on time – don't make passengers wait. **Escorts have been instructed to leave passengers -- therefore late passengers will have to pay for their transportation home!**

Be Courteous to Members: Please limit use of cell phones while on bus trips. Calling for your ride home is acceptable, but not a lengthy conversation while riding on the bus. In addition, please cover your mouth when coughing – germs spread like wildfire when on a bus/plane.

Parking Reminder! While on bus trips, please **park in back or side of Community Center, not handicap spots.** If you are being picked up after a trip, please have your driver pick you up at the Center and NOT Park and Ride. Do not park in the Safeway lot.

Guests Are Welcome to Join Trips, Dinners & Luncheons: We welcome guests that are over the age of 21 to join trips and dinners. For Bingo, guests must be least 18 years old and for luncheons, guests must be 13 years and older. Non-members must pay an additional \$10 for trips and sign a release form. For dinners and luncheons, there is an extra \$5 fee for non-members.

Luncheons

Payments: Payment is due at the time of registration.

Meal orders will not be accepted after the posted cut-off date.

to ride public transit due to a disability and provides door to door service.

Vivalon Carepool

Free Ride: Get a FREE RIDE to medical appointments and to the grocery store. If you are 65 years or older or a person with disabilities, a Marin resident and able to travel in a passenger vehicle-requesting a ride is a phone call away! Call 415-454-1098 or email info@vivalonrides.org to sign up for CarePool.

Volunteer: Make a difference in your community by volunteering to Drive Marin County neighbors-in-need to medical appointments and to the grocery store. Sign-up and accept rides through email. (415) 456-9062, ext. 117 or Email: info@vivalon.org .

GIVING

Gift Certificates

The Goldenaires Organization provides gift certificates for any dollar amount that can be applied to any activity, class, trip or event that we offer. In addition, we also issue certificates for BINGO! So, looking for a gift for a fellow Goldenaire? Look no further!

Purchase certificates in the Goldenaires office.

Memorial Fund

San Rafael Goldenaires Organization appreciates all bequests, whether large or small. All gifts either in memory of a loved one, a friend or in your estate helps with the continued programs and success of this organization. For many of our deceased members, their families have listed the Goldenaires as a recipient to send donations. We deeply appreciate your support as these monies allow us to offer programs and services at either a reduced cost or no cost to the members. Donations are 100% tax deductible. Thank you!

Other

Marin Medical Equipment Recyclers

This is a locally run volunteer non-profit based in San Rafael. They accept donations of clean and usable medical equipment and supplies and give them to individuals in our community who need them. To donate items: Wednesdays ONLY- 11:00-2:00pm 3100 Kerner Blvd., San Rafael. Contact for more information (415) 388-8198.

Transportation Options

Marin Access

Volunteer Program: (415) 454-0902 Provides transportation support for seniors and ADA eligible riders in Eastern Marin. Provides mileage reimbursement to the driver- \$0.60 per mile at 100 miles/mo or 400 miles/mo in West Marin.

Catch-A-Ride: (415) 446-0902 Allows Marin residents who are age 80 and older as well as residents 60 and older who no longer drive to receive a subsidy to use taxis and other licensed vehicles within Marin. Receive a \$14 subsidy toward rides, \$18 if low income. Receive eight one-way rides a month.

Marin Access Paratransit: (415) 454-0902 This is for Marin residents who are unable

ONGOING CLASSES & PROGRAMS

Contract Bridge**Mondays | 10:30am-3:00pm**

If you have played bridge previously and have a "passing knowledge" of the game, join us. No reservations needed, but you MUST arrive no later than 10:15am and bring your own lunch.

Chairperson: Bill Nicholson

Mahjong**Tuesdays | 1:30-3:30pm**

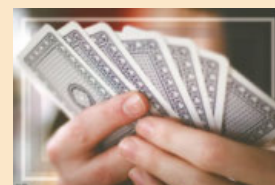
Do you want exciting company and to mildly juggle your brain? Come learn with us and join the laughter! FREE

Chinese Mahjong lesson! This is an ongoing program, call or drop by. Instructors will assist in helping members learn the game.

**Duplicate Bridge (non-sanctioned)****Wednesdays | 10:30am-3:00pm**

You must already know how to play; this is not a teaching class. If you would like to join the game, please call the office and we will put you in touch with the group leader.

Bring your own lunch. Community Center.

**Dominoes****Tuesdays | 10:00am-12:00pm**

Enjoy a morning of dominoes. If you can share your domino set with a table of 4, please bring.

Wood Carving**Fridays | 9:00am-12:00pm**

A great, inexpensive, fun class that promotes a truly rewarding hobby. Beginners welcome! NO FEE. Students help out by teaching each other techniques and showing you how much fun wood carving can be!

Coloring Group**Fridays | 10:30am-12:00pm**

Coloring has long been considered a therapeutic activity suitable for all ages. It evokes feelings of peace, enjoyment and satisfaction. Come join us for the fun and conversation. Facilitator: Diane Owens

Crafts Boutique**Fridays | 1:00pm-3:00pm**

Enjoy the fun of learning new crafts while making new friends. We design some items and hand-make all our crafts – ideas here are always welcome. Our items are always on sale for a reasonable price, so come down and look at the display in the trophy case and in the Goldenaires office. Better yet, if you have a talent you would like to share with the craft group, come on down and join us.

Acrylic Painting**Mondays | 11:30am-3:30pm**

Practice your painting skills and create new things in a fun-loving, encouraging environment. Bring your own supplies. Ongoing. New persons may join at any time. Yvonne Brown, artist, is willing to guide/suggest painting techniques. Watercolor Painting

**Tuesdays | 10:30am-2:00pm**

Beginner and experienced students are welcome to join this friendly group for a day of painting. Bring your own supplies and instructor Ann Carroll will provide a still life display for you to paint or you may work on your own subject matter. Students work at their own pace. Instruction is given if desired. A small fee for the instructor's mileage is requested. Instructor: Ann Carroll.

View displays of paintings in the lobby & hallway - Beautiful works from beginner to advanced artists are for sale! Greeting cards created by these talented artists are available in the office – only \$4 each!

Learn to Play Bridge**Tuesdays | 1:00-3:00pm**

Learn how to play bridge from long-time bridge player and Goldenaires member, Bill Nicholson. Players must have some familiarity with card games and we need at least three players present in order to have a game. Bridge increases mental acuity, boosts immunity and provides meaningful social interaction.

WEDNESDAY AFTERNOON BINGO



Games begin at 12:00PM
Doors open at 10:30AM
Congregate meal served at 11:00AM

Anyone over the Age of 18 is welcome!

April 3, 10, 24 & May 1, 8, 22, 29
at the San Rafael Community Center
618 B Street, San Rafael

CASH PRIZES \$40-\$100*

15 Games of Bingo Played

Regular Game Packs \$5 - \$10 - \$15

10 Regular Games - \$40 prizes

Special Games - \$2 per sheet / \$5 for 3

4 Specials - \$70 prizes

1 Special 4-5-6 - \$100 prize

***If attendance is below 30 players, prize payouts will be reduced.**

Congregate Meal Program

Served on Bingo Wednesdays 11-11:30am
Reservation Required

Persons eligible: 60 years and older; spouse of a person over the age of 60; person with a disability under the age of 60 who resides at home with and accompanies an older individual participating in the program. All food must be consumed at the meal-site, no take outs.

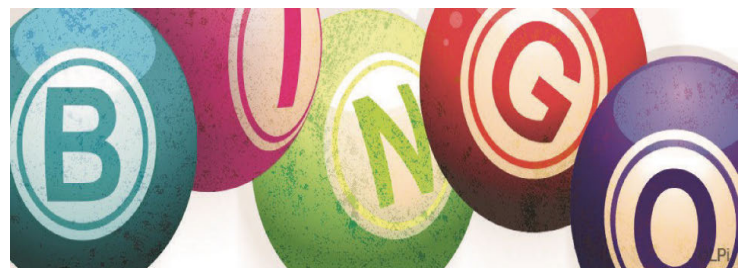
For reservations, please call 415-473-4636 one week before lunch date.

Contribution: \$3.00/person

Funding for this program, at least in part, is made available by the Marin Department of Health & Human Services, Division of Social Services, Aging & Adult Services.

Bingo does not take place on the 3rd Wednesday of the month.

For more information or questions
call 415-485-3348



Masks suggested but not required.

COMMUNITY CENTER PROGRAMS

San Rafael Community Center Classes

Tone Up & Get Fit

Tues:days, 8:45 - 9:30am
Thurs:days, 8:45 - 9:30am

A ZOOM class designed to promote full body movement to get you toned and moving! We will isolate and strengthen certain areas of the body as well as promote joint mobility and flexibility. Guaranteed to make you feel good in your body and enjoy more range of motion in your life! We have a nice group, come join us!

\$90 San Rafael residents/\$99 Non-res.
Tues. April 2-May 7: Crse # 7002
Thurs. April 5-May 10: Crse # 7003

Balance, Stretch & Strength

Tuesdays, 3pm-4:15am

The goals of this class are to increase flexibility and range of motion, improve your balance, and make you stronger, all while having fun! We will spend an hour both standing, as well as seated on chairs, no floor work. We will be working on specific stretches for joints and muscle groups where we experience stiffness and tightness. Exercises to improve balance will also be included. At the end of each class, you will feel stronger, more flexible, as well as energized.

\$96 San Rafael residents/\$105 Non-res.
April 16-May 21: Course # 7296

Watercolor with Jason

Fridays, 10am-12pm

Beginning March 22nd!

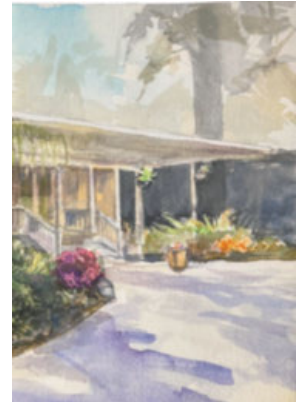


Drop-In watercolor studio with Jason!

Join Jason Foote and fellow artists for watercolor painting in a fun, supportive environment. All levels are welcome!

Painting is even better together.

\$20 drop-in fee




FREE
AD DESIGN
with purchase
of this space
CALL 800-950-9952

WE'RE HIRING!
AD SALES EXECUTIVES



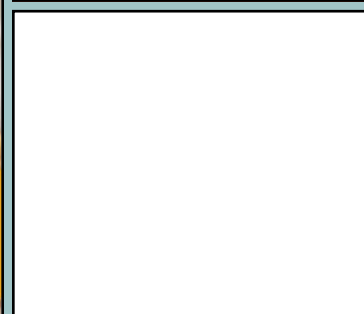
BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers

THRIVE
LOCALLY



The Bluffs
at Hamilton Hill
ASSISTED LIVING AND
MEMORY CARE






Stop by or call to schedule your tour today!
415-889-8026 www.mblkeniorliving.com

Monday Night Bingo

- FUNDRAISER - BINGO - DINNER - FUN! -

Monday, May 13th

at the **San Rafael Community Center**
618 B Street, San Rafael



Doors Open 5:30pm

Dinner Served 6:00-6:45

BINGO GAMES BEGIN PROMPTLY AT 7:00PM

CASH PRIZES \$60-\$150
16 Games of Bingo Played

ADVANCE RESERVATION:
\$30 per person - Reservation Required

Adv. Reservation Deadline: Wednesday, May 8th
Includes: Ravioli by Debbie Ghiringhelli Catering, bread, salad, & dessert. One (1) 6-on game pack & one (1) FREE bingo dauber

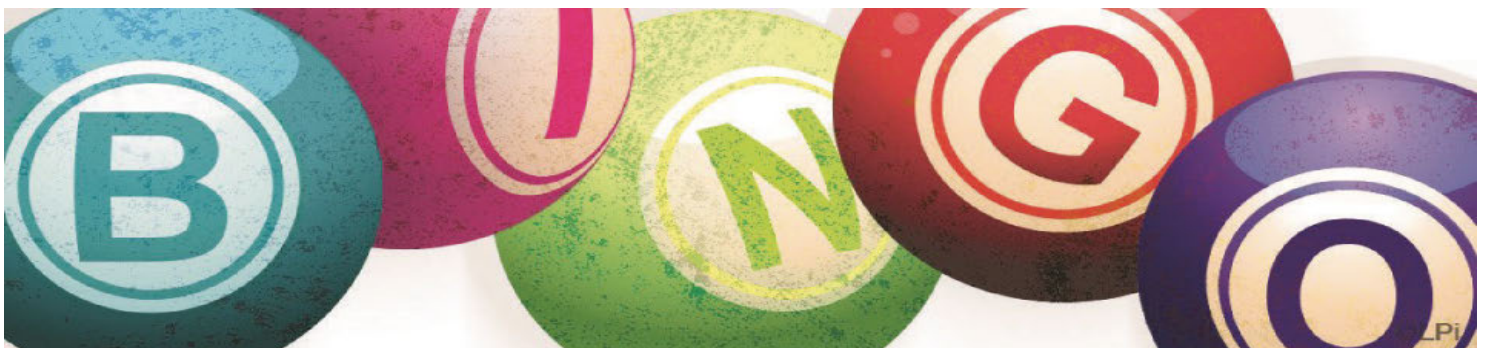
Dinner Only: \$20 - Reservation required.
Play Bingo Only: \$10 One (1) 6-on game pack & one (1) FREE bingo dauber

Additional Games available:
Packs of 10 sheets—3 squares per sheet-\$5/pack
6 squares per sheet—\$10/pack
SPECIAL GAMES SOLD SEPERATELY:
1 sheet for \$2/3 sheets for \$5
4 special games pay out \$100 each
4-5-6 Game Prize pay out \$150

Anyone over the age of 18 is welcome!
SIGN UP NOW!

Mail in your reservation with payment or come to the
San Rafael Community Center /SR Goldenaires' office
Phone: 415.485.3348 Mon, Tues, Wed, Fri 10am-2pm
NO REFUNDS

For more information or questions
call 415-485-3348



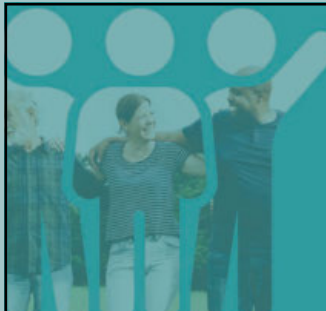


SUPPORT THE ADVERTISERS that Support our Community!

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com
(800) 477-4574 x6407



ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?

To advertise here
visit lpicommunities.com/adcreator

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com


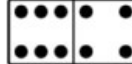







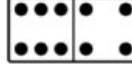







SUPPORT OUR
ADVERTISERS!



CALENDAR OF EVENTS

APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLOSED 	2 Dominoes 10-12 Watercolor 10:30-2 Intro to Bridge 1-3 Mahjong 1:30-3:30 	3 Duplicate Bridge 10:30-3 Lunch Program 11am BINGO 12noon 	4 Goldenaires Office Closed	5 Woodworking 9-12 Coloring 10:30-12 Crafts 1-3 	6
7 National No Housework Day!	8 Board Mtg. 10:30 Bridge 10:30-3:00 Acrylic Painting 11:30-3:30 Healthy Steps 12-1	9 Dominoes 10-12 Watercolor 10:30-2 Intro to Bridge 1-3 Mahjong 1:30-3:30 	10 Duplicate Bridge 10:30-3 Lunch Program 11am BINGO 12noon 	11 Goldenaires Office Closed 	12 Woodworking 9-12 Coloring 10:30-12 Crafts 1-3 	13
14	15 Bridge 10:30-3:00 Acrylic Painting 11:30-3:30 Healthy Steps 12-1 	16 Dominoes 10-12 Watercolor 10:30-2 Intro to Bridge 1-3 Mahjong 1:30-3:30 	17 Duplicate Bridge 10:30-3 Hairspray Trip	18 Goldenaires Office Closed	19 Woodworking 9-12 Coloring 10:30-12 "Garden Party" Spring Luncheon	20
21	22 Bridge 10:30-3:00 Acrylic Painting 11:30-3:30 Healthy Steps 12-1 	23 Dominoes 10-12 Watercolor 10:30-2 Intro to Bridge 1-3 Mahjong 1:30-3:30 	24 Duplicate Bridge 10:30-3 Lunch Program 11am BINGO 12noon 	25 Goldenaires Office Closed	26 Woodworking 9-12 Coloring 10:30-12 Crafts 1-3 ARBOR DAY 	27
28 "B" St. Ballroom 2-5pm 	29 Bridge 10:30-3:00 Acrylic Painting 11:30-3:30 Healthy Steps 12-1	30 Dominoes 10-12 Watercolor 10:30-2 Intro to Bridge 1-3 Mahjong 1:30-3:30 				

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



For ad info. call 1-800-950-9952 • www.lpiconmunities.com San Rafael Goldenaires Sr. Citizens, San Rafael, CA

G 4C 05-1265



San Rafael Goldenaires, Inc.
San Rafael Library & Recreation Dept.
618 "B" Street
San Rafael, CA. 94901

Non-Profit
Organization
U.S. Postage
San Rafael, CA
94901
Permit No. 147

CURRENT RESIDENT OR

Please read the Newsette!

Dates are subject to change & more activities may be added!

Also...Check out the Goldenaire's website www.srgoldenaires.org for up to date notices. To get the most updated event & schedule information call the office at

415-485-3348.



All activities held at the San Rafael
Community Center

OFFICE CLOSED - MONDAY, APRIL 1ST

"B" ST. BALLROOM

Sunday, March 24th

Sunday, April 28th

GARDEN PARTY SPRING LUNCHEON

Friday, April 19th

MONDAY NIGHT BINGO

Monday, May 13th

FIESTA MEXICAN LUNCHEON

Friday, May 17th