Monday, September 14 - Broadway’s Legendary Composers: Richard Rodgers
Bonnie Weiss, M.A.

Richard Rodgers is the composer half of two of the most successful songwriting teams in Broadway history – Rodgers & Hart and Rodgers and Hammerstein. This one-hour presentation concentrates on Rodgers’ early life and the first half of his career, when Lorenz Hart was his lyric-writing partner. Together they wrote scores for such hits as The Boys from Syracuse, Babes in Arms, On Your Toes, and Pal Joey.

Bonnie Weiss is a seasoned theatre educator, and writer. She teaches musical theatre appreciation for OLLI at SF State, UC Berkeley, Santa Clara, and Cal State Universities. She also gives presentations for Road Scholar and professional and educational groups throughout California. She has taught at SF Conservatory of Music, UC Berkeley Extension and the Colleges of Marin and San Mateo.

The meeting will be held in The Rosa Parks Room, Cesar Chavez Student Center at 1:00 p.m. Social time will follow. For hospitality, all members are requested to provide treats, as a welcome to new members and welcome back to continuing members.

Monday, September 28 - A Literary Love Affair with San Francisco
Kathryn Ayres, Literary Historian

Be they immigrants or native born, San Franciscans love this city for different reasons. Kathryn Ayres will read excerpts from four different books to give us unique outlooks on our favorite city, gloriously illustrated with projections of rare vintage postcards and ephemera. Excerpts are from books by Kathryn Forbes who described the confusion of first-generation American children; George Mardikian who escaped war-torn Istanbul; Harriet Lane Levy who wrote a moving, first-hand account of the emotional effects of the Fire and Earthquake of 1906 and, lastly, William Saroyan, who first found fame and fortune in San Francisco.

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 Board members, as a treat to members.

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. Note new time! The return trip leaves at 3:00 p.m. from in front of the Creative Arts Building on Holloway Avenue.

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Membership Committee

NEW MEMBERS, 2015

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.

<table>
<thead>
<tr>
<th>Carole Winston</th>
<th>Helen D’Alessandro</th>
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<td>Sharon Crocker</td>
<td>Trish Adams</td>
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President’s Message — September, 2015

Welcome to the 2015 - 2016 academic year of Sixty Plus at San Francisco State University – our fortieth year. I am looking forward to working with all of you during my second term as President of Sixty Plus. There were a few bumps in my first year, but all were smoothed by your generous suggestions and help.

Our first meeting will be on Monday, September 14, 2015, in the Rosa Parks room from 1:00 p.m. to 3:00 p.m. Please bring a favorite desert, snack, or finger food to share with your friends. I am looking forward to seeing all of you.

I would like to introduce the Board Officers:

Margo Moor, President
Chris Malfatti, Vice President
Terry Kirchhoff, Treasurer
Ray Sarakaitis, Recording Secretary
Barbara Graham and Joyce Cassells, Recording Secretaries
Shelagh Ross, Past President

Thank you to the Board Members who are indispensable to the smooth running of Sixty Plus and have so greatly helped me in my first year as President. Thank you for your generous support.

Here’s to a great second year serving as President of Sixty Plus at San Francisco State University. Please feel free to contact me with any questions. I also welcome any comments or suggestions as to my performance in the new year. It is a huge learning experience for me for which I am very grateful. Welcome back – and welcome to our new members, too!

Best regards,
Margo

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

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Hospitality Committee

The first meeting in September is a general potluck; the Board will provide hospitality for the second meeting. Hopefully, we will have our new membership list by the end of September and then will be able to divide up the alphabet for meetings October through July.

When the lists start appearing, 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.

Sincerest thanks to all who helped with this activity during our 2014-2015 year.

Phyllis Abad, pabad@earthlink.net

Not-quite-gourmet Dining

Capo’s
641 Vallejo St. (between Stockton St. & Columbus Ave.)

Tuesday, September 29, 5:30 p.m.

Owner pizzaiolo Tony Gemignani breaks out of his pie-centric mold to bring to the table American-Italian classics at this Prohibition-era-speakeasy-style eatery. Highlights are rich and flavor-popping mostaccioli baked in meat sauce, conchigli baked with Dungeness crab (or shrimp) in arrabiata-style spicy tomato cream sauce, chicken marsala, Italian beef sandwich and, of course, Tony’s famous pizza. No credit cards.

Muni lines: 10, 30, 41, 45

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

Welcome back to Sixty Plus after, I hope, a great summer! We will have our fortieth anniversary luncheon on December 11, a Friday. Details will follow next time.

Peggy Pol

Peggy Pol: mrpol@sbcglobal.net

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OLLI AT SAN FRANCISCO STATE UNIVERSITY

OLLI, the Osher Lifelong Learning Institute, offers six-week classes, interest groups, and events. Stimulating and provocative courses, taught by current and retired SF State professors and other experts, provide personal and social enrichment without homework or grades - and no more than 45 students to a class. The courses are member-driven and member-selected. This is a community of lifelong learners.

Course highlights for the fall, starting the week of September 8th, include:
- Signs of Aliens: Religion, Law, Psychology and Alien Abduction Narratives
- Introduction to the Films of Great Britain
- Introduction to the San Francisco Opera’s 2015 – 2016 Season
- Coming in from the Cold: U.S. – Cuban Relations in the 21st Century

Annual basic membership at $25 includes monthly brown bag lectures, multiple monthly interest groups, and special events. One 12-hour class per year at $95 includes the basic membership.

For more information call: 415-817-4243 or e-mail olli@sfsu.edu. Or check the website: olli.sfsu.edu.

Join our community of learners!

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Sharin

Sharing Resources for Senior Citizens

Aging with Awareness, Grace, and Responsibility

By Joyce Cassells

This is a brief resource article on aging with awareness, grace, and responsibility. The Conscious Aging Alliance - [www.consciousagingalliance.org](http://www.consciousagingalliance.org) - based in California, sends a newsletter. Through this newsletter, I have identified twelve organizations, listed below, which offer programs for seniors who want to remain connected to their own issues of growth and to the current demands of maintaining a healthy humanity living on a healthy planet.

The website provides a summary of each organization, its books and workshops and other resources, a short description of the work of each, and a website link to find contact information. Many workshops offered are within driving distance. Some books recommended are offered through [www.amazon.com](http://www.amazon.com).

**Conscious Aging Alliance Members**

- Center for Conscious Eldering
- Fierce With Age
- Gray Is Green
- Institute of Noetic Sciences
- Legacy of Wisdom
- Life Planning Network
- Memorial Brainworks
- National Center for Creative Aging
- Recognition Rites for a New Vision of Aging
- Sage-ing International
- Second Journey
- Spirituality & Practice

One or more of these organizations surely addresses an interest you have in the way you live the remainder of your life. For example, The Institute of Noetic Sciences, located in Petaluma, gives workshops on conscious aging. The Life Planning Network sponsors a book on coping after age fifty, with estate planning help.

Aging is a time of opening to new opportunities and growth, for which we may not have had time earlier in our lives. Explore each organization to see what it may contribute to the way you want to live your life.

*More detail on the Alliance members is available on the Sixty Plus website: [www.sixtyplussf.org](http://www.sixtyplussf.org). All members are encouraged to contribute articles of interest to member of Sixty Plus. They will appear as space permits. Ed.*
Tour Committee

Classic Car Museum, San Francisco
Tuesday, September 8

Join us for a docent tour of a classic car museum, featuring much of the collection of vintage automobiles of the Twenties, Thirties, and Forties owned by the Academy of Art University of San Francisco. It is located at 1849 Washington Street (on the southwest corner of Van Ness). The tour begins at 11:00 a.m. The admission charge, $10 per person (donated to local charities), will be collected just before the tour begins. To get there, take any bus northbound up Van Ness to Washington Street. Please call Doug at 415 681 8845 and leave a message so I can then include you on the roster.

Ruth Bancroft Garden, Lindsay Wildlife Center, Walnut Creek
Friday, October 16

Come over to the East Bay with us for a day of nature and natural beauty. First, we will tour the Ruth Bancroft Garden in Walnut Creek. It features acres of the most extensive collection of water-conserving and drought-tolerant plants in the Bay Area. Learn tips about dealing with the problems in our gardens and on our properties associated with the current lack of rain. We will have lunch at a local restaurant and then arrive at the Lindsay Wildlife Center, also in Walnut Creek. The center specializes in caring for wildlife injured through natural disasters, such as brush fires, or accidents involving human interaction, such as birds damaged by wind turbines. The center returns wild animals to their natural state, whenever possible.

The cost for the day is $40. This includes round-trip bus transportation with admission to both facilities. In addition, we have a docent-led tour of the garden, and an encounter with some of the wildlife at the center in order to learn about their circumstances. We pay for lunch separately, and individually, at a local restaurant.

Our scheduled docent tour of the garden is at 10 a.m. Since we must deal with Friday traffic across the Bay Bridge, we leave from the Lake Merced parking lot at 8:00 a.m., and then pick up passengers at 19th and Holloway at 8:15 a.m. Please call Doug Roberts at 415 681 8845 to have your name listed on the roster for the trip. Then mail a check for $40 made out to Sixty-Plus, and send it to me at 2670 19th Avenue, San Francisco 94116.

Eugene O’Neill’s Tao House, Danville
Friday, November 6

Space is limited to take the morning tour of Tao House in Danville, the home of playwright Eugene O’Neill after he won the Nobel Prize for Literature. Now a national monument, it was here that he wrote his most personal plays, among them Long Day’s Journey Into Night. A twelve-passenger National Park Service van is the only means to enter the property. Jeanne Glennon and I are looking for one other member with a car to drive with us on a carpool-basis, four tour members per car. This means we have space for another 9 members to join us for the 10:00 a.m. tour, in addition to that member-driver. Please call Doug at 415 681 8845 and leave a message if you can be our third driver. I expect the three passengers per car to contribute toward the cost of fuel.
CALENDAR OF COMING EVENTS

September 8  Tuesday  11:00 a.m.  Classic Car Museum, Academy of Art University
1849 Washington Street at Van Ness

September 14 Monday  10:30 a.m.  Executive Board & Committee Chairs, Rosa Parks Room D
1:00 p.m.  General Program Meeting, Rosa Parks Room
Cesar Chavez Student Center, SFSU

September 23 Wednesday
“Phantom of the Opera”
Orpheum Theater, 1192 Market Street at Hyde Street

September 28 Monday  11:00 a.m.  Tour Committee meeting, Rosa Parks Room D
11:00 a.m.  Program Committee meeting, Rosa Parks Room D
1:00 p.m.  General Program Meeting, Rosa Parks Room
Cesar Chavez Student Center, SFSU

October 16 Friday  Ruth Bancroft Garden, Lindsay Wildlife Center
Walnut Creek
8:00 a.m.  Pick-up at Sunset Boulevard
8:15 a.m.  Pick-up at 16th Avenue and Holloway

November 6 Friday  10:00 a.m.  Eugene O’Neill’s Tao House, Danville
Arrange transportation with Doug Roberts

Membership Renewal:

If you have not renewed your membership, this is your last newsletter. If you need a membership form, please contact the office at 415-412-4684.

SIXTY PLUS 2014 — 2015

Officers

President  Margo Moor
Vice President  Christine Malfatti
Treasurer  Terry Kirchhoff
Recording Secretary  Ray Sarakaitis
Co-corresponding Secretary  Barbara Graham
Co-corresponding Secretary  Joyce Cassells
Past President  Shelagh Ross

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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
Publicity — Co-chair  Richard Lewis
Publicity — Co-chair  Christine Malfatti
Special Events  Peggy Pol
Sunshine  Karen Grech
Tour  Sheila Birmingham