



Devoted to the promotion of independence and the dignity of retirement

Some of our activities such as Golf and Fishing are also **AREA and STATEwide**, so our circle of friendship is widened. Many of our activities include guests and **COUPLES**. "O" is open to other branches, space available.

1st Tuesday	Rossmoor #81	925-256-9879	1st Wednesday	Moraga #171	925-377-5880
1st Thursday	Clayton #19	925-429-3777	2nd Monday	Walnut Creek #8	925-901-4826
2nd Thursday	Pleasant Hill #146	925-943-5851	2nd Wednesday	Moraga #174	925-
3rd Monday	Walnut Creek #116	925-806-8874			

Activity	Br 8	Br 19	Br 81	Br 116	Br 146	Br 171	Br 174
Antique Cars							
Astronomy	XO						
Backgammon							
Band							
<u>Barbecue Couples</u>	X						
<u>Barbecue Couples Area</u>							
Barbershop Quartet						X	X
<u>Baseball Day Couples State</u>	X	X	X	X	X	X	X
<u>Basketball Day Couples State</u>	X	X	X	X	X	X	X
Beer Tasting	X						
Biking							
Book Club	XO			X			
Book Swap	X	X			X		
<u>Bocce Ball Couples Area</u>	XO				X	X	X
<u>Bowling Area</u>	XO	XO	X		XO	XO	XO
Bowling, Lawn							
Breakfast Club			XO				
Brewing							
<u>Bridge Couples</u>	X				X		
Bridge Duplicate	X			X	X	X	X
<u>Bridge Dup Area</u>	X			X	X		
<u>Bridge Rubber Basics</u>	X						
Bridge Rubber	X			X	X	X	X
<u>Bridge Rubber Area 2</u>	X				X	X	X
<u>Bridge Traveling Couples</u>							
Chess							
Chorus	X				X		
Coins							
<u>Computers &amp; Tech Area 2 Couples</u>	X	X	X	X	X	X	X
Computer Training					XO		
Cooking Group Shared	XO						
Cooking One Man Host					X		
Crab Feed			XO				
Cribbage	XO				X		
<u>Dancing Couples</u>	X						
Digital Photography Area 2	XO				X		
<u>Dinner-Dances Couples</u>					X		
<u>Dine In Couples</u>	XO				XO		

Activity	Br 8	Br 19	Br 81	Br 116	Br 146	Br 171	Br 174
Dominoes	XO					X	
<a href="#">Economic Research Couples</a>							
<a href="#">Explore &amp; Eat Couples</a>	XO				X		
<a href="#">Fishing Area 2 Couples</a>	X	X	X	X	X	X	X
<a href="#">Football State Couples</a>	X	X	X	X	X	X	X
<a href="#">Game Night Couples</a>					X		
Gardening					X	X	X
Genealogy							
Gin Rummy							
Gold Panning							
<a href="#">Golf Couples</a>					X		
Golf 9-Hole	XO	XO		X	X	X	X
Golf 18-Hole	X	X		X	X	X	X
<a href="#">Golf 3-day Overnight Couples</a>	X				X		
<a href="#">Golf Home to Home Area</a>							
Guys Dine Out					X		
Harmonica					X		
<a href="#">Hikers Couples</a>	XO			XO			
Historical Interest						XO	XO
Horseshoes						X	X
<a href="#">Investment Area 2</a>	XO	XO	XO	XO	XO	XO	XO
<a href="#">Jazz Sacramento State Couples</a>	X	X	X	X	X	X	X
<a href="#">Ladies Day Couples</a>	X	X	X	X	X	X	X
<a href="#">Let's Dine Out Couples</a>	X	X		X	X		
Model Railroad						XO	XO
PickleBall			X				
Pinochle						X	X
Poker	XO			X	X	X	X
<a href="#">Pool-Billiards Area 2</a>	XO	XO	XO	XO	XO	XO	XO
<a href="#">Racing Day State Couples</a>	XO				XO		
<a href="#">Radio Amateur State</a>						X	X
Single Sirs Dine Out (ROMEO)	XO				XO		
Softball							
Stamps						XO	XO
Tennis						XO	XO
<a href="#">Theatre Couples</a>					XO		
<a href="#">Travel Couples</a>	XO	XO	XO	XO	XO	XO	XO
<a href="#">Walkers Couples</a>	XO			XO	XO	XO	XO
<a href="#">Wine Finders Couples</a>	X						
<a href="#">Wine Tasting Couples</a>	X			X	X	X	X
Woodworking	XO					XO	XO
Writing Your Biography	XO					XO	XO
Veterans					X		
<a href="#">Yoga Couples</a>							

## Activities at Other Branches

The list below gives contacts for activities that welcome any Sir, space being available. Note that © indicates couples activities—bring your guest.

Astronomy	2 <sup>nd</sup> Mon	Larry Lange	254-6281
Bocce ©	Each Fri	Bob Barnes	686-0106
Book Club	Call	Bill Agar	837-2871
Book Exchange	2 <sup>nd</sup> Mon	Ed Benson	943-7011
Breakfast	Call	Philip Magen	256-6548
Comp Training	Call	Lo McCarthy	935-3939
Cook Group	Call	Ed Benson	943-7011
Crab Feed	Call Spring	Ken Peterson	439-5448
Crab Feed	Call Spring	Philip Magen	256-6548
Cribbage	1&3 Wed	Herb Hellsten	686-6398
Digital Phot0	3 <sup>rd</sup> Fri	Pump Pumphrey	682-2188
Dine In ©	Call	Ron Cassano	944-1238
Dine Out ©	Call	Don Wesdorf	228-2484
Dine Out ©	Call	Dick Socolich	3763090
Explore & Eat	3 <sup>rd</sup> Fri	Ron Smith	314-3066
Explore & Eat	Call	John Pearl	934-6920
Fishing ©	Call	Craig Walton	937-4876
Golf 9 Hole	Each Wed	Stan Johnson	938-7016
Hiking ©	Last Tues	Ray Tenzer	820-4744
Historical ©	Call	Rich Sjoberg	254-1661
Model Railroad	Call	Ted Westphal	283-5467
Poker	Any Day	Walt Schick	934-0656
Dine Out Guys	1 <sup>st</sup> Tues	Don Atwater	673-1669
Dine Out Guys	Call	Mal Hendry	838-1158
Stamps	Call	Rich Sjoberg	254-1661
Walkers ©	Each Thurs	John Hayes	938-5376
Walkers ©	Each Tues	Lyle Deck	254-3829
Woodworking	Call	Gary Plisco	939-2483
Write Your Biography	Call	Roger Sperling	933-5588

*Notes: Most activities have space for additional Sirs. Some may have only a few available. Others may not have space, but would welcome a visitor one time so they could observe how the activity is organized.*

*Even if you have a similar activity in your branch, perhaps the day listed is better for one of your members. You can remove your branch activities from this list as your newsletter would have a note about that activity. If your list of activities is small, just add them to this list for a full calendar and still have your note in your newsletter. Thistable is in two-column format.*

## Making Color Activity Posters

Phil Goff, Editor, Trampas Br # 116, Walnut Creek



Announcing new activities is easy when you make a color poster and put it on a tabletop at your luncheon registration area. Color and size brighten up the meeting area and make the area attractive to new guests and members. See the templates in the Powerpoint file on the Membership page of the [www.SIRinc.org](http://www.SIRinc.org) website.

We use Costco Photo Center who will print posters of 16" x 20" or larger and mail them to you. Each costs about \$10 plus tax and shipping. [www.costcophotocenter.com/](http://www.costcophotocenter.com/) We designed the poster for our new couples activity, DinoSirs, and now have 15-20 couples joining us each month for Dining Out. The ladies comment especially on their chance to meet and talk with others. We have a half dozen couples activities.

Don't use Word as you cannot set the page to the full dimensions. You must use a page layout that is the same size as your poster. I use PowerPoint, but Publisher and the free OpenOffice.org program Impress will work.

Use very large font sizes; ours used 48pt for headline and 28pt for text. Insert boarders, pictures, etc. for visual impact. Clipart is available from <http://office.microsoft.com/en-us/clipart/default.aspx>, They have thousands of free images. Save the finished poster in "ppt" **AND** "jpg" file types. The "jpg" file will be emailed to [CostcoPhotoCenter.com](http://CostcoPhotoCenter.com) for printing. They will mail you the poster in a cardboard tube in about a week.

Ed. Note:

We recommend setting the page size to 16 x 20 inches. Some of the slide templates are centered, some have a left margin. We prefer making a one inch margin on the left. When you receive the poster, you can cut off one inch. The 15 x 20 inch poster now fits on one-half of a 20 x 30 inch foamboard (\$4) from a stationery or school supply store. Some drugstores and hobby stores have these.

You can then mount the poster on the 15 x 20 inch foamboard with double-stick tape or glustick. A 15 inch long 2x4 can be grooved the length to hold the foamboard securely.

***There is a powerpoint poster template file at [www.SIRinc.org](http://www.SIRinc.org)/ Locate Membership& Recruiting/Activitie***

**In these Activity Summaries, the C is for Couples and the O is open to other branch members.**

*IF your branch has a different format for an activity or an addition, please let State Publicity & Tools know.*

*The easiest activities to start are couples activities and card groups. Check the Area 2 list to see how many branches have the same activity.*

### **ANTIQUA CARS (C)**

**ASTRONOMY (C)** - This activity focuses on lectures (in person or via DVD's) and discussions about various aspects of Astronomy. We hold the meeting right after the monthly luncheon and use the UC series of astronomy DVD's.

### **BACKGAMMON**

**BARBECUE (C)**-This event is held once annually and is intended to provide good food and social interaction among SIR members and their wives. The Sirs in the Kitchen provide the food, beverages and cooking at an East Bay park that has tables and barbecue. Some sports areas are softball, horseshoes, volleyball and swimming. We might open this to other Area branches if we have room. This year we are expecting over 80.

### **BARBERSHOP QUARTET**

### **BIKING**

**BOCCE BALL (C)** - This activity involves bocce ball play at various venues in the area and in several bocce leagues. You know, roll the ball down a clay court during the dry season. We encourage Area branch members to join us.

**BOOK EXCHANGE** – In this activity Sirs bring books, they no longer want, to the monthly luncheons and exchange them for books other Sirs have contributed on a one for one basis. The exchange has expanded to include DVDs and CDs and a selection of 300 books in file boxes on three tables.

**BOOK GROUP** – Activity member meet to discuss a book selected for reading at a previous meeting by group members. The books read and discussed

are posted on the Branch website for member information.

**AREA BOWLING (C, O)** - This is an area activity in sanctioned USBC winter and summer leagues. All USBC sanctioned bowlers are eligible to compete in monthly in area SIR tournaments and in an annual tournament in Reno. Note: the winter league is open to SIR only; the summer league is open to SIR, spouses and friends over 50

### **BREAKFAST CLUB**

**BRIDGE DUPLICATE (Multiple Groups)** – Bridge players have an opportunity to play in different groups that meet on different days of the month. One group of 24 meets at a restaurant and the other group of 16 meets in member homes. A substitute list is maintained. A small fee is collected from each participant for prize money.

**BRIDGE-RUBBER** – This is another bridge group playing in a standard bridge format of changing partners every five hands. The group meets in member homes and a small fee is collected for prize money.

**BRIDGE-COUPLES (C)** -This duplicate bridge group meets in the evening in Sir homes and is open to SIR members and spouses. It is a new activity that has been well received and a second group may be formed.

### **CHESS**

### **COINS**

**AREA COMPUTERS & TECHNOLOGY (C)**- Monthly meetings continued to be held at the Elks Lodge in Walnut Creek. Guest speakers informed attendees of the latest developments in technology, computers and software. Over thirty Sirs and spouses attend.

### **COOKING ONE MAN HOST**

**COOKING GROUP - SIRS IN THE KITCHEN (C)**-- This is the third year of this popular activity with three classes of membership. These are necessary in case monthly luncheon becomes oversubscribed. Members enjoy cooking and enjoy good food, good wine and fellowship at 11 a.m. every third Tuesday of the month at Chef Benson's home. Spouses are included sometimes and often

the group joins up with other activity groups to have joint events: with the Branch 8 Barbeque, and with the Area Fishing group, to name a few.

### **CRAB FEED (C)**

**CRIBBAGE (C)** - This groups meets twice monthly at Carl's Junior Jr. in Walnut Creek. Their party room has about 10 tables.

### **DANCING COUPLES (C)**

**DIGITAL PHOTO CLUB** – This activity's members focus on individual insights and experiences with cameras, lenses, techniques, photo software, new developments and of course the photos they took. They also shared personal experiences. Members also serve as the photographers for Branch events.

**DINE IN - LETS DINE IN (C)** - If you enjoy cooking and want to be part of a group that enjoys in home "chefing", this is group for you. The host family provides the main dinner course and others provide salad, desert and refreshments. There is plenty of time for socializing at member homes each month, and each takes a turn at being host.

**DINE OUT - LETS DINE OUT (C)** - This group chooses an area restaurant each month, and dines out. This is a popular gathering with an average of 14 couples attending monthly. There is plenty of time for socializing. Dinner costs depend on the venue but arrangements are made for an evening with the cost covering meals, desserts and gratuities. There is also a group for single Sirs—Guys Dine Out.

### **DINNER DANCES (C)**

**DOMINOES** – This activity feature double six dominos and meets on a monthly basis in member's homes. A small fee is collected to fund prizes awarded to high scorers.

**ECONOMIC RESEARCH (C)**—Each month an invited speaker on economics, public policty, or similar topic is heard.

**EXPLORE & EAT (C)** - Each month this activity features a trip to a point of interest in the Bay Area. Following tours, lectures, or other events, the group has lunch at a nearby restaurant. Some sites visited included a Day at the Races at Golden Gate Fields; the Pardee Home in Oakland-Docent led

tour by the great grandson of Gov. George Pardee; a visit to CA Missions Museum and Cline Winery in Sonoma-Viewed replicas of all 21 original missions from the 1939 World's Fair on Treasure Island followed by tour of winery and a picnic lunch; a tour of the Chabot Space & Science Center-toured entire center including telescopes, movies in the Planetarium and Mega Dome..

**AREA FISHING (O)** –This group meets on a monthly basis to fish both in the Bay, ocean and in fresh water lakes nearby. Some members participate in fishing excursions to Mexico and Canada. Social events, featuring the catch from previous trips are also part of the events held by the Activity and sometimes this group teams up with SIR in the Kitchen to produce a fish lover's feast.

### **GAME NIGHT (C)**

### **GENEAOLGY (C)**

### **GOLF COUPLES (C)**

**GOLF-9 HOLES (O)**– This is a monthly activity for nine hole golf followed by camaraderie and fellowship after golf.

**GOLF-18 HOLES** – This is a twice a month activity played at a home course with some away events within an hour's drive.

**GUYS DINE OUT - SINGLE SIR DINE OUT** – In addition to the SIR Dine out group (for couples) there is a group for single men. Those whose wives are on a trip or a meeting are welcome. A monthly restaurant choice is made, announced and reservations are made on a first come basis.

### **HARMONICA**

**HEADS UP WALKERS (C,O)** - This monthly Activity features a one-hour walk on nearby trails averaging about 2.5 miles. Spouses and friends are encouraged to participate. Participants move at their own pace and fall into 3 categories: the movers, the strollers, and the saunterers.

**HIKERS (C,O)**- - This is a monthly activity of serious hikers. The average hike is 3-7 miles and nearby paved and unpaved trails.. After the hikes some hikers have lunch at a nearby restaurant.

## **HORSESHOES**

## **MODEL RAILROAD**

## **PINOCHLE**

**POKER (O)**– This extremely popular activity that plays regular poker games according to Hoyle. There are eight subgroups that play meeting on various days or evenings during the month. Members of other branches are welcome. Play occurs in a member's home.

**AREA POOL BILLIARDS (O)** – If you enjoy pool, here's a chance to be part of an area activity. Play takes place at Masses Billiards in Walnut Creek. Pool is shot in various versions...mostly eight ball...

**SING A LONG SIRS** – This activity centers around singing and having fun. The group sings before branch meetings and may sing at Ladies day luncheons in June and December.

**SIRS IN THE KITCHEN (C)**-- This is the third year of this popular activity with three classes of membership. These are necessary in case monthly luncheon becomes oversubscribed. Members enjoy cooking and enjoy good food, good wine and fellowship at 11 a.m. every third Tuesday of the month at Chef Benson's home. Spouses are included sometimes and often the group joins up with other activity groups to have joint events: with the Branch 8 Barbeque, and with the Area Fishing group, to name a few.

## **SOFTBALL**

## **STAMPS**

**AREA SUMS IN RETIREMENT (O)**  
**(Investments)**– For those interested in the financial world and investing this is a group to consider. The activity meets monthly for breakfast at the Legends Grill at Diablo Creek Golf Clubhouse. They usually have a featured speaker on investments. Members share personal experiences and problems.

## **TENNIS**

## **WOODWORKING**

**THEATRE FEST (C,O)** - For SIR that like theatre there is an activity that promotes group sales for theatre events in the region. The selected offerings

are publicized at monthly meetings and tickets are purchased on a prepaid basis before the event.

**TRAVEL (C,O)** - This activity features entertaining events in the region like Beach Blanket Babylon and Doris Day as well as international trips to Ireland and the Mediterranean. Events are promoted at Branch meetings and members, spouses and guests may purchase tickets.

**WINE FINDERS (C)** - This is a delightful activity for those who like wine and want to find bargains. The group meets in a member's home on a bimonthly basis. A wine type is specified and each couple purchases a bottle of that wine for no more than \$15.00 (sometimes lower.) Wines are blind-tasted and ranked by the participants. Each couple also brings hors d'oeuvres that are served during the informal tasting. It is a fun event with much opportunity to mix and socialize with members and their spouses..."

**WINE TASTING (C)** - This activity is a bit more formal than Wine Finders but is educational and fun for all who attend. A member hosts the bimonthly gathering and supplies a single varietal wine from different vineyards. A blind tasting is done and the wines are ranked by the participants. The wine is provided by the hosts but the costs are divided among the attendees. Tasters also bring a hors d'oeuvre to share with others.

**WRITING YOUR LIFE STORIES** – This is a monthly activity that focuses on learning and practicing techniques for writing short stories about our childhood, school days, family times, work experiences and retirement. These stories are published and given to family members and friends as a legacy of our lives.

## **VETERANS**