

Granada Gazette

Volume 16 Issue 4 July 2005



LIBRARY ON WHEELS

by Kevin B. McGlynn



The **Library on Wheels** is one of San Francisco's mobile branch libraries. Service is provided to older adults throughout the city as well as here at the Granada.

Library on Wheels comes and parks right outside the frontdoor of

the Granada and opens their door to you for one hour between 10:00 am and 11:00 am and is wheelchair accessible.

Library on Wheels offers a diverse collection of books, magazines and music, including large print books, books on tape and Spanish, Russian and Chinese language materials. See the in-depth collection on health issues affecting older adults and the limited reference services on-board or you can call (415) 557-4351



The Granada
1000 Sutter Street
San Francisco, Ca.
94109

Telephone:
415.673.2511

Fax:
415.771.4305

E-mail:
GranadaHotel
@mindspring.com

Web site:
www.granadasf.com



Kevin B. McGlynn, editor



Library on Wheels visits The Granada each month on the second thursday, next visit July 14th.

So next time you see the familiar truck parked

outside your door, go talk to Shelly and the other wonderful and informative volunteers, get a library card, get a book, tape, audio book, CD or magazine or reserve a book or just ask some questions about you and the San Francisco Public Library. If you have a chance, take the Muni 2,3 or 4 bus outside our door and transfer at the 19 Polk bus going south and in a short while, ten minutes, you stop right outside our new main library, go take a visit!

San Francisco Public Library 

A Granada Welcome to

Michael Mariani

Maria Delos-Reyes

Marjorie Lucero

John Reilly

John Daughtery

Joanne Boyles

Steve Hardwick

Steve Osibin

Mohammad Awad

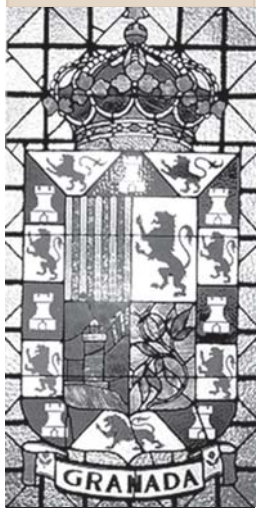
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Life Begins at 80

A contribution from one of the Granada's favorite 80 years+ seasoned seniors.

"I have good news for you. The first 80 years are the hardest. The second 80, my experience shows, is a succession of birthday parties.

Everyone wants to carry your baggage and help you up the steps. If you forget your name or anybody's name, forget an appointment, promise to be in two or three places at the same time, or spell words wrong, you need only explain that you are 80.

At 80 you can relax with no misgivings. You have a perfect alibi for everything. Nobody expects much of you. If you act silly, it's your second childhood. Everybody is looking for symptoms of softening of the brain.

It's a great deal better than being 65 or 70. At that age they expect you to retire to a house in Florida and become a discontented, grumbling has-been.

But, if you survive until you are 80, everybody is surprised that you are alive, surprised that you can walk, surprised that you can reveal lucid intervals.

At 70 people are mad at you for everything; at 80 they forgive you for anything. If you ask me, life begins at 80."



Birthdays

July

RESIDENTS

2	Otto Drupt
4	Bill West
6	Caroline Selogie
9	Robert Thompson
9	Susan Roberts
9	Carmen Concepcion
10	Ed Chorousky
16	Catherine O'Sullivan
18	Lee Blackman
19	William Oldham
20	Joseph Castro
21	Scott Ramsay
24	Ruben Heitner
24	Rogelio Lopez
25	Rufus Moore
27	Nancy Thomas
31	Alice Stone

EMPLOYEES

14	David Smith
14	Joseph Aubrey
24	Christina Orozco



A Night in Old Italy

With eager palates and active imaginations, we spent "A Night in Old Italy," that June 16th evening. From the kitchen came the aroma of minestrone, stuffed cannelloni and chicken risotto. The sommelier, pours wine while a beautiful violist wanders between candlelight tables with serenades that speak of love and grace. The gondolier costumed waiters and bus persons were happily serving over 200 four-course Italian Dinners while residents basked in the candlelight and music and a touch of old Italy. Bella! Next theme dinner, "Oriental Delights of San Francisco."



Shaw Pong Liu,
violinist



Bona Serra Senora &
Senor, Bona Serra

Into the Woods

Mr. Kent transferred his deed of the woods to the US government under Teddy Rossevelt in 1908 to preserve these redwoods from those that wished to rebuild San Francisco with them. "This is the best tree-lover's monument that could possibly be found in all the forests of the world." -Muir to Kent



The Granada Muir Wood Tour was a natural, all the way, starting with Neapolitan ice cream served by the Granada's dining room manager, Dan, in our motor coach en route. Ranger Ken gave us a very interesting ecology talk, in the Bohemian grove for about 20 minutes, then answered questions. Then we went deeper into the woods on a 40 minute loop walk into the Redwood canyon to enjoy the forest; a small deer drew a group of admirer's and we were



told "the salmon eggs were just hatching." A drive 14 miles north of the Granada can bring with it such wonder and awe!



"The Chicken Risotto, fantastic" Hot, full bodied



A busy gondolier, Cantilone, anyone?



Coffee, Spumanti and satisfaction abound

EMPLOYEE of the MONTH

Alvin was born and raised in the Bronx, New York City, New York, a city so great they named it twice. Joined the US Air Force and served at Columbus Air Force Base where he worked as a heating system specialist, in 1971 Alvin was honorably discharged. A quick study and a natural businessman, after the service Alvin began work as a plumber in New York and soon opened his own shop "A&J Plumbing." In 1985 Alvin came to San Francisco and opened up again "Alvin's Plumbing and Maintenance"

And this is a man of conviction, how about this: he lost, between the ups and downs, 160 pounds on a "protein diet" and plenty of exercise and still exercises everyday at Body Tonic on Van Ness at Sutter. Alvin is also involved in Jewish Family Services, one of their last "outings" was to go dancing at the Fairmount Hotel's *Tonga Room*, how about that for stepping out?

Mr. Peskin came to the Granada in July of 2003 and has worked hard at each task. The Granada kitchen is scrubbed clean every night and you'll see Alvin in his gym sweats taking charge so nothing is missed and everything is left sanitary for our dinning safety.

Alvin's motto "If I can do it, so can you." Sounds a little like the theme "I can do anything, anything

you can, I can do anything better than you." Well yes you can, yes you can, yes you can.



Alvin Peskin

Congratulations! Employee of the Month.

Carpe diem tip from Albert Einstein.

"Do not grow old, no matter how long you live. Never cease to stand like a curious child before the great mystery into which we are born."



Tony's Newsletter Column

You think you liked the Memorial Day picnic, wait till you see what we have planned for the 4th of July dinner to include fireworks over San Francisco, on our big screen TV.

Full marks to Miss Blietek Velazquez who now is our new assistant manager, a very talented and charming person, I'm sure you would agree. Oh how do you pronounce the name? BLI-E-TEK.

My daughter, Gabrielle who just had her 21st birthday, has a summer job at Boudin's on the Wharf that's sure to be busy with all the new press about food service in Fisherman's Wharf. April, my oldest is a tutor for the summer at the Jewish Community Center. My wife returned from southern California where she was visiting relatives while I will soon be going off to Phoenix to see Mom and rent a property.

Classical Spanish dancing is an art which my wife has developed over time and now is teaching a Flamenco Dance with castanets at the San Francisco Dance Center.

Hola!

JULY 2005



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 a.m. EXERCISE 4:00 p.m. HAPPY HOUR 6:30 p.m. MOVIE	2 1:30 p.m. BINGO * Otto Drupt
3 2:15 p.m. ICE CREAM SOCIAL 7:00 p.m. 60 MINUTES * Ed Charowsky	4 10:00 a.m. EXERCISE <i>4th July Picnic</i> 6:00 p.m. HBO Movie * Bill West	5 <i>About Hearing</i> 7:00 p.m. BINGO	6 1:30-4:30 PM GRANADA <i>CONCERT TOUR</i> * Caroline Selogie	7 1:00 p.m. BINGO	8 10:00 a.m. EXERCISE 4:00 p.m. HAPPY HOUR 6:30 p.m. MOVIE	9 1:30 p.m. BINGO * Carmen Concepcion * Robert Thomson * Susan Roberts
10 7:00 p.m. 60 MINUTES * Ed Charowsky	11 10:00 a.m. EXERCISE 6:00 p.m. HBO Movie	12 7:00 p.m. BINGO	13 <i>12 p.m. Noontime Concert</i> <i>at Saint Pat's Church</i> 6:30 p.m. MOVIE	14 9:15 a.m. MASS 10:00-11:00 a.m. Library on Wheels 7:00 p.m. BINGO	15 10:00 a.m. EXERCISE 4:00 p.m. HAPPY HOUR 6:30 p.m. MOVIE	16 1:30 p.m. BINGO * Catherine O'Sullivan
17 2:15 p.m. ICE CREAM SOCIAL 7:00 p.m. 60 MINUTES	18 10:00 a.m. EXERCISE 6:00 p.m. HBO Movie * Lee Blackman	19 <i>Birthday Party Dinner</i> 7:00 p.m. BINGO * William Oldham	20 <i>12 p.m. Noontime Concert</i> <i>at Saint Pat's Church</i> 6:30 p.m. MOVIE * Joseph Castro	21 7:00 p.m. BINGO * Scott Ramsay	22 10:00 a.m. EXERCISE 4:00 p.m. HAPPY HOUR 6:30 p.m. MOVIE	23 1:30 p.m. BINGO
24 7:00 p.m. 60 MINUTES * Rogelio Lopez * Ruben Heitner	25 10:00 a.m. EXERCISE 6:00 p.m. HBO Movie * Rufus Moore	26 7:00 p.m. BINGO	27 <i>12 p.m. Noontime Concert</i> <i>at Saint Pat's Church</i> 6:30 p.m. MOVIE * Nancy Thomas	28 9:15 a.m. MASS 7:00 p.m. BINGO	29 10:00 a.m. EXERCISE 4:00 p.m. HAPPY HOUR 6:30 p.m. MOVIE	30 1:00-2:00 p.m. <i>SF/SPCA Pets</i> 1:30 p.m. BINGO
31 2:15 p.m. ICE CREAM SOCIAL 7:00 p.m. 60 MINUTES * Alice Stone						* Birthday Person

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