

# Granada Gazette

Volume 23 Issue 3 March 2012

## So where you been?

Kevin B. McGlynn



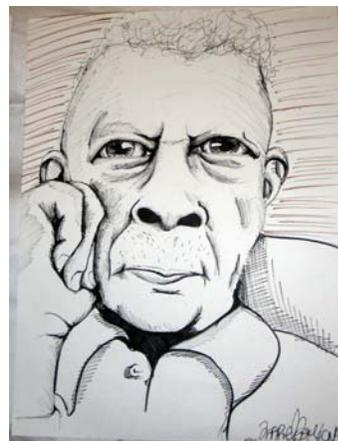
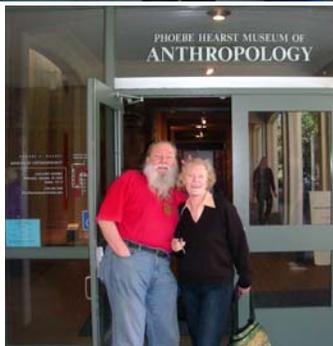
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Kevin B. McGlynn, editor

Do you want me to say, we **missed you**; well we did. Make arrangements to be with us for the next **Blue Angels and Fleet Week** which was big on the Granada luncheon tour and we even volunteered to serve beer and soda to 100,000s of people at **Aquatic Park**. The **Picasso exhibit at the DeYoung Museum** kept us busy for several hours, no sad faces there. **Muir Woods** was established to protect an old-growth coast redwood forest, so we watched rays of sunlight refract softly behind these towering redwood. **AT&T Park** saw the "Granada Seniors" again so light up the score board with a welcome to us at the end of the 3rd inning; food and drink galore. So you want to see a Mummy? The **Anthropology Museum at the University of California at Berkeley** is the place with its active Mummy restoration exhibit. See more shining faces! John received this wonderful sketch, part of the Granada art program that included the **San Francisco Art Institute's summer graduate program**. Don Nitto is at **Stinson Beach** having a wine, cheese, French bread and fruit picnic and plenty of beach time. The **Wilhelmina Windmill at Sunset Beach** was fun to view and then onto a banquet at the **Garden Chalet**. So come soon and become one of us, a "Granada Voyager."

## A Granada Welcome to

Ester Pike  
 Ben Marty  
 Dan Steward  
 Robert Berryman  
 Phyllis Pirie  
 Rich Tola  
 Daniel Moura  
 Orlando Cuaycong

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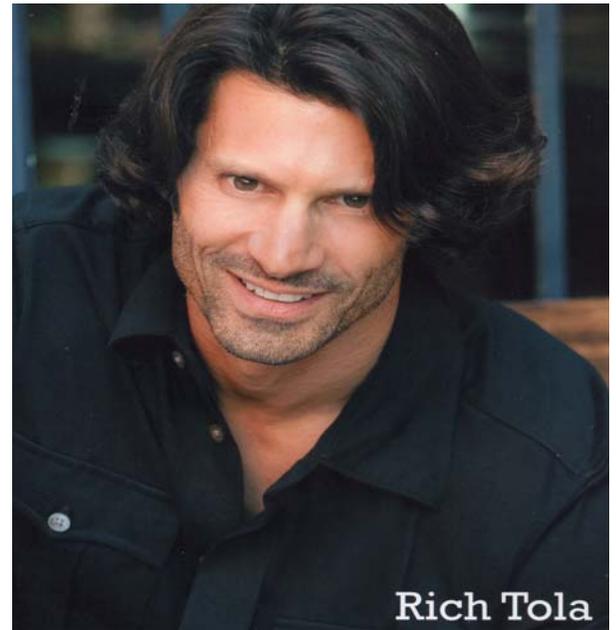
## AARP Free Income Tax returns \$\$\$

Well I did it! I saved \$\$\$ on my Federal Income Tax return. How? I had AARP do my returns for free! You don't have to be a member just over 55 or low income. Trained community volunteers help with special credits, such as Earned Income Tax Credit and Credit for the Elderly or the Disabled. In addition to free tax return preparation assistance, the site also offers free electronic filing (e-filing). Individuals taking advantage of the e-file program will receive their refunds in half the time compared to returns filed on paper – even faster when tax refunds are deposited directly into one's bank account So you can do it too, here's how. Bring:

- ✓ **Proof of identification**
- ✓ **Social Security Cards**
- ✓ **Birth dates for you, your spouse and dependents on the tax return**
- ✓ **Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers**
- ✓ **Interest and dividend statements from banks (Forms 1099)**
- ✓ **A copy of last year's federal and state returns if available**
- ✓ **Proof of bank account routing numbers and account numbers for Direct Deposit, such as a blank check**

The Old Federal Building  
 450 Golden Gate Ave.  
 step into the Turk St. entrance,  
 San Francisco, CA 94102

Monday-Friday - 8:30 - 4:30  
 (415) 522-061. for appointments  
 That's it, go save some money, the  
 19 Polk Bus drops you to the corner of  
 Polk and Turk Streets. Ed.



Rich Tola

## Granada

FRIDAY 02/10/12	SATURDAY 02/11/12	SUNDAY 02/12/12	MON 02/13/12
LUNCH	LUNCH	LUNCH	LUNCH
SHRIMP SALAD SANDWICH with POTATO CHIPS	MAC & CHEESE with PEAS and CARROTS	WAFFLES with STRAWBERRIES	GRILL SALAD FRENCH
PUDDING	JELLO	PUDDING	JELLO
DINNER	DINNER	DINNER	DINNER
FRESH FISH	MARSALLA PORK CHOPS	SWEDISH MEATBALLS with NOODLES	CHUCK STEAK
POTATO / RICE	POTATO / RICE	POTATO / RICE	POTATO / RICE
FRESH VEG	FRESH VEG	FRESH VEG	FRESH VEG
HOMEMADE DESSERT	HOMEMADE DESSERT	HOMEMADE DESSERT	HOMEMADE DESSERT
ALTERNATES	ALTERNATES	ALTERNATES	ALTERNATES
TOFU BROCCOLI	CHICKEN LIVERS	CHICKEN FLORENTINE CASSEROLE	EGGPI PARM
BAKED CHICKEN	BAKED CHICKEN	BAKED CHICKEN	BAKED CHICKEN
			MENUS SU CHANGE W NOTE

# Granada YOGA

Author, filmmaker and philanthropist Rich Tola has been passionate about fitness and yoga for more than 30 years. A former Wall Street Junk Bond Salesman turned actor/filmmaker with a desire to change the world; Rich founded **The Boulevard Zen Foundation**, teaching yoga to women and children living in domestic violence shelters. His colorful memoir, *Simply Between Millions: From Wall Street to Hollywood*, includes 69 wild and inspiring chapters about growing up Sicilian to the “nobody makes it here” world of Hollywood. [www.SimplyBetweenMillions.com](http://www.SimplyBetweenMillions.com)

*Rich has a Yoga Class in the Granada lounge every Saturday at 10:00 am come learn. Ed.*

## MENU

DAY 3/12	TUESDAY 02/14/12	WEDNESDAY 02/15/12	THURSDAY 02/16/12
BRUNCH	LUNCH	LUNCH	LUNCH
GRILLED TOMATO with FRIES	BEEF TAQUITOS with BEANS	CHICKEN TINGA	CHILLI con CARNE
PUDDING	PUDDING	JELLO	PUDDING
DINNER	DINNER	DINNER	DINNER
WAGON SAKE	<b>Birthday Dinner</b> ROAST TOM TURKEY with TRIMMINGS	SPAGETTI with MEAT SAUCE	BRAUTWURST and SAUERKRAUT
POTATO / RICE	POTATO / RICE	POTATO / RICE	POTATO / RICE
FRESH VEG	FRESH VEG	FRESH VEG	FRESH VEG
HOMEMADE DESSERT	BIRTHDAY CAKE	HOMEMADE DESSERT	HOMEMADE DESSERT
ALTERNATES	ALTERNATES	ALTERNATES	ALTERNATES
PLANT BASAN		HAM QUICHE	MUSHROOM CHICKEN CASSEROLE
BRAISED SHORT RIBS		BAKED CHICKEN	BAKED CHICKEN
OBJECT TO WITHOUT CE*			

# March Birthdays

## RESIDENTS

- 2 Fred Stewart
- 9 Ernesto Hernandez
- 10 Donna Conlin Olam
- 11 Laurence Palmer Tenney
- 13 Marcia Coffield
- 14 Dan Peake
- 18 Jerrold Haratani
- 22 Harry Langford
- 28 Russell Codd
- 28 Cassandra Sanders-Ramsey
- 29 Erling Martinsen
- 29 Rich Tola

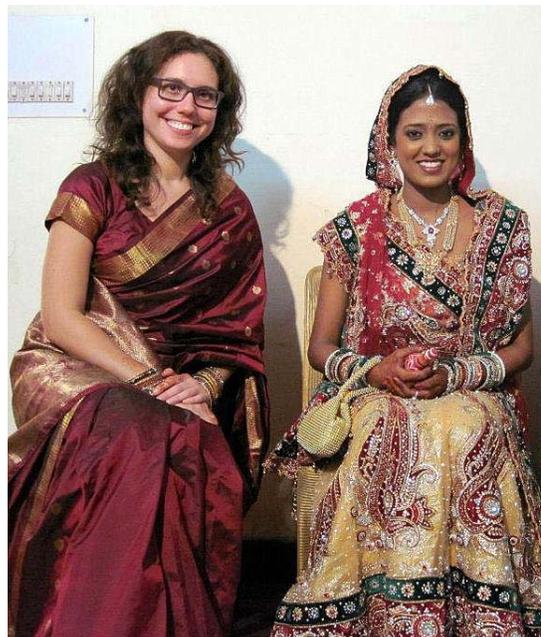
## EMPLOYEES

- 15 Ma Victoria Lesifues
- 31 Carmen Lama



Scottsdale, Arizona is the location of our San Francisco Giant's spring training camp where they are preparing for another season, this year we go for the pennant again. This year we will also have another Granada Baseball Tour with the AT&T's third inning billboard reading "Welcome Granada Seniors" and our great seats and treats. Gung Hay Fat Choy to all you out there and Happy Saint Patrick's Day, Ireland forever. There will be plenty of corned beef and cabbage and Irish stew, followed by green ice cream. Spring time and spring cleaning; any requirements for deep cleaning or repairs, leaks of any kind we'll fix them. I received many pictures of my daughter, April's trip to India, if anyone wants to see them stop by the office; she reports that the food was wonderful but some brought on Shiva's revenge. Yoga has returned to the Granada in the form of Rich Tola who volunteers his aid to fellow residents here, thanks.

*Tony Davidauskis, manager*



April Davidauskis attending a wedding in Delhi, India of her friend and fellow PhD candidate at USC, Arunima. April is dressed in the traditional Indian sari whereas Arunima is wearing a lehenga; beautiful!



# March 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Birchstone</i> <i>Aquamarine</i>	<i>Birch flower</i> <i>Daffodil</i>	<b>1 Peanut Butter Lovers Day</b> 7:00 <b>Bingo</b> * <i>Rance Whiteside</i>	<b>2</b> 10:00 <b>Exercise</b> 6:30 <b>MOVIE</b> * <i>Fred Stewart</i>	<b>3</b> 11:00 <b>MASS</b> 7:00 <b>Bingo</b>	<b>4</b> 4:00 HAPPY HOUR 6:30 <b>MOVIE</b>	<b>5</b> 10:00 <b>SPCA</b> 1:30 <b>Bingo</b> 6:00 <b>HBO</b>
<b>6</b> 7:00 60 Minutes	<b>7</b> 10:00 <b>Exercise</b>	<b>8 Mardi Gras</b> 7:00 <b>Bingo</b>	<b>9</b> 10:00 <b>Exercise</b> 6:30 <b>MOVIE</b>	<b>10</b> 10:00 <b>Library on Wheels</b> 11:00 <b>MASS</b> 7:00 <b>Bingo</b> * <i>Donna Conlin Olam</i>	<b>11</b> 4:00 HAPPY HOUR 6:30 <b>MOVIE</b> * <i>Laurence Tenney</i>	<b>12</b> 10:00 <b>SPCA</b> 1:30 <b>Bingo</b> 6:00 <b>HBO</b>
<b>13</b> 2:15 Ice Cream Social 7:00 60 Minutes * <i>Marcia Coffield</i>	<b>14</b> 10:00 <b>Exercise</b>	<b>15 Ides of March BIRTHDAY PARTY DINNER</b> 7:00 <b>Bingo</b> * <i>Jeffers Chan</i>	<b>16</b> 10:00 <b>Exercise</b> 6:30 <b>MOVIE</b>	<b>17 St. Pat's Day</b> 11:00 <b>MASS</b> 7:00 <b>Bingo</b> * <i>Margaret Bakke</i>	<b>18</b> 4:00 HAPPY HOUR 6:30 <b>MOVIE</b> * <i>Jerrold Haratani</i>	<b>19</b> 10:00 <b>SPCA</b> 1:30 <b>Bingo</b> 6:00 <b>HBO</b>
<b>20 First Day of Spring</b> 7:00 60 Minutes	<b>21</b> 10:00 <b>Exercise</b>	<b>22</b> 7:00 <b>Bingo</b> * <i>Virginia Burton</i> * <i>Harry Langford</i>	<b>23 Granada TBA tour</b> 10:00 <b>Exercise</b> 6:30 <b>MOVIE</b>	<b>24</b> 11:00 <b>MASS</b> 7:00 <b>Bingo</b>	<b>25</b> 4:00 HAPPY HOUR 6:30 <b>MOVIE</b>	<b>26</b> 10:00 <b>SPCA</b> 1:30 <b>Bingo</b> 6:00 <b>HBO</b>
<b>27</b> 2:15 Ice Cream Social 7:00 60 Minutes	<b>28</b> 10:00 <b>Exercise</b> * <i>Cassandra Ramsey</i> * <i>Russell Codd</i>	<b>29</b> 7:00 <b>Bingo</b> * <i>Erling Martinsen</i>	<b>30</b> 10:00 <b>Exercise</b> 6:30 <b>MOVIE</b>	<b>31</b> 11:00 <b>MASS</b> 7:00 <b>Bingo</b>		* <i>Birthday Person</i>

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Return Services  
Requested



Kevin B. McGlynn, editor

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