#### **Activities**

Live Longer- Live Healthier
Studies show you have a 70%
less chance of developing
cognitive disorders if you have an
active social life

# Activities Available Through Local Chapters May Include ...

Golf
Bowling
Poker
Dining Out
Interest Groups
Bocce Ball Men
Bocce Ball Coed

Hiking/
Walking
Trips to Casinos
Theater Events
Wine Tasting
Trips to Ball
Games





Many Activities are Coed

### What interests YOU? Start a New Activity or Group

#### What we DON'T do ...

We don't raise money; We don't have a political agenda; We don't have a religious orientation; We don't sell anything.

### Contact us

### SIR Branch 65

Membership chair John Harrison
Email jjh4482@comcast.net
Phone 707 227 0134
Website sirinc2.org/branch/65
facebook Napa sir branch 65

Other questions?
For other information on the State SIR organization
Visit www.sirinc.org





### A Social Organization for Men

Live longer and happier with good friends while enjoying fun activities



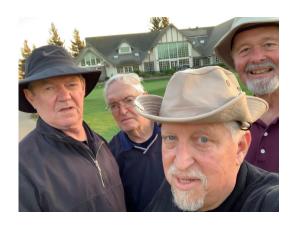
### There is nothing else like SIR

Friendship, activities, physical, mental and social involvement and the opportunity to increase one's quality of life

## What is SIR? Our mission:

## To improve the lives of our members through fun activities and events while making friends for life!

SIR is a non-profit, public benefit corporation for men with 14,000 members in over 100 branches in Northern and Central California.



### **Come Build Friendships**

Membership is open to men regardless of age, race, color, or religion. We are an **all-volunteer organization**.

#### **Our Vision:**

To become the preeminent active men's organization by improving longevity through providing opportunities for physical, mental and social engagement

### **Make Friends for Life!**

SIR branches provide a mix of activities like golf, bowling, bocce ball, card games, dining out groups, and many others...

Branch 65 has a monthly lunch meeting – good food, friendly conversation, and great speakers

held on the second Tuesday of each month at the Napa Elks Lodge on Soscol Ave.

### **Expectations of members are few.**

- 1. Be a friendly, sociable guy
- 2. Have free time
- 3. Participate in luncheons and activities.
- 4. Volunteer occasionally to help your Branch out
- 5. Introduce others to SIR so they can join in the fun ...



Thanks for joining us and being part of the fun.

### **Spouses and Partners**



When my husband joined SIR it not only gave him a whole new circle of friends and activities, it gave me the same. We, as a couple, have met so many new great people. There are also so many activities for couples such as potlucks, dine-out's, golf, day trips, and wine tasting to name a few. SIR has added greatly to both of our retirements.

- Donna B.

Branch 65 has special luncheons, activities and parties which **include** wives, partners and guests. A lot of SIRs activities are co-ed.

Give your wife/partners a chance to also make their own friends for life