

## 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  
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facebook                Napa sir branch 65

Other questions?  
For other information on the State SIR  
organization  
Visit [www.sirinc.org](http://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**