



2025 **SPECIAL EVENTS**

STORYTELLING Monday, August 4 with **Katie Morris** at 10:00 in Friendship Hall

CORNERSTONE - CAREGIVING Monday, August 4 with **Cameron Murphy** at 3:00 in Friendship Hall. She is the Operating Director of Cornerstone Caregiving in San Francisco. They are a non-medical in-home care agency providing compassionate, personalized care with no minimum hour requirements—offering families true flexibility. They have a dedicated team of caregivers, and some of the caregivers are also CNAs, allowing them to support a wide range of client needs. (Example: Transportation companionship)

BUCK INSTITUTE Wednesday, August 6 at 11:00 in Friendship Hall (via zoom)

SEMINAR #2 Taking Care of a Man or Woman over Time
Dr. James Yurkovich, Chief Innovation Officer, Phenome Health. Research Assistant Professor, Buck Institute

What is the next seminar about?

Physiologically, we are not the same person when we wake up in the morning as we were when we went to bed. Circadian rhythms matter and Dr. Yurkovich is leading an effort to understand how the complex systems that make up our body change throughout the day. (This may have an impact on things like when you should have surgery, for example!) Using an array of technologies and AI to capture an individual's data throughout multiple days. Dr. Yurkovich will explain what these tens of thousands of indicators could tell us about our health.

DANCE AND MOVEMENT Wednesday, August 13 with Kayla at 2:00 in Friendship Hall

PRESENTATION BY LEGION OF HONOR Monday, August 18 with Maureen Murray at 3:00 in Friendship Hall.

Bouquets to Art is one of the most popular and highly anticipated events at the Fine arts Museums of San Francisco. Have you ever wondered how this annual floral celebration got started? This talk will reveal what goes on behind-the-scenes to make this highly successful event happen each year. Learn how talented Bay Area designers use flowers and other natural elements to create dazzling displays inspired by works of art in the museum's collections. Don't miss your chance to get an inside look at this unique event that has become a San Francisco tradition.

FYI On Tuesday, August 19, Friday, August 22, Monday, August 25 and Wednesday, August 27 Staff Trainings will be held from 2:00 to 4:00 in Friendship Hall No other programs on those days

MUSIC AND MOVEMENT with Allen T on Thursdays, August 21 and August 28 at 10:30 in Friendship Hall

SPCA VISIT on Thursday, August 21 at 1:30 in Friendship Hall

ASIAN ART MUSEUM PRESENTATION; THE SILK ROAD: Globalization in the Ancient World on Thursday, August 21 at 3:00 in Friendship Hall

END OF THE SUMMER, Caribbean Themed HAPPY HOUR Featuring Ashton Craig and His Steel Drum on August 28 at 3:00 in Friendship Hall



Til Mossi	8/08	Marion Wake	8/15
Erika Coughlin	8/09	Tom King	8/16
Carm Arburua	8/12	Bob Bledsoe	8/18
	Liz Nolan	8/18	

Daily Activities

Monday	Bianca - Morning Stretch Bianca - Tai Chi Balance Class Walking Group	9:00 Fitness Center 9:30 Fitness Center 11:45 Perry Corridor 3:30 Porter Library
Tuesday	Claudia- Chair Yoga Balance Class	9:00 Fitness Center 11:45 Perry Corridor
Wednesday	Bianca - Morning Stretch Balance Class Walking Group	9:00 Fitness Center 11:45 Perry Corridor 3:30 Porter Library
Thursday	Claudia - Chair Yoga Art with Elders Jon's Balance Class Balance Class Tech Support with Tess	9:00 Fitness Center 9:30 Art Room 11:00 Fitness Room 11:45 Perry Corridor 1:30 3rd Floor Perry
Friday	Exercise Video Balance Class Walking Group	9:00 Fitness Center 11:45 Perry Corridor 3:30 Porter Library

Religious Services

Mass: 1st Friday August 1 at 10:00

Mass: Sunday August 17 at 10:00 - Fr. Joe Nguyen

Holy Communion: Sundays, August 3, 10, 24, and 31

Episcopal Eucharist: Sunday August 3 at 10:00, McGinley Room

Residence Affairs

Leadership Update

Wednesday, August 13 at 10:00 in Friendship Hall

Residents Council

Friday, August 29 at 10:00 in Friendship Hall

Activities Committee

Thursday, August 21 at 2:00 in the McGinley Room

Gentlemen's Club

Tuesdays, August 5 and August 19 at 3:30 in the cottage

Women's Discussion Group

Wednesdays, August 13 and August 27 at 2:00 in the Stucky Library

Book Club

Saturday, August 9 at 11:00 am in the cottage

Out and About Committee

Wednesday, August 13 at 1:30 in the McGinley Rm

OUT AND ABOUT SCHEDULE

August 2025

<u>August 5</u>	<u>August 12</u>	<u>August 19</u>	<u>August 26</u>
<u>10:00AM</u> Walgreens	<u>10:00AM</u> Safeway	<u>10:00AM</u> Grocery Outlet	<u>10:00AM</u> Trader Joes
<u>1:15PM</u> Resident Scenic Ride	<u>1:15PM</u> Viewing the Heart Art Sculpture in S.F. with Katie Loo, Part 2	<u>1:15PM</u> 10 Best viewing spots in the Presidio.	<u>1:15PM</u> The Art of Recology

Friday Movies at 2:00PM in Friendship Hall- August 2025

1 August ~ The Intern ~ 2015. 2h 1m ~ Comedy, Drama

Tells the story of a 70-year-old widower, Ben Whittaker, who becomes a senior intern at an online fashion company founded and run by Jules Ostin. The film explores themes of intergenerational friendship, mentorship, and the importance of work-life balance.

Starring: Robert De Niro, Anne Hathaway

Director: Nancy Meyers

8 August ~ Grease ~ 1978. 1h 45m ~ Musical, Comedy

Tells the story of Sandy, a wholesome exchange student, and Danny, a greaser, who fall in love during a summer romance. They unexpectedly find themselves at the same high school, Rydell High, where they must navigate their differing social circles and rekindle their relationship amidst peer pressure and the challenges of high school.

Starring: John Travolta, Olivia Newton-John

Director: Robert Kleiser

15 August ~ The Outsiders ~ 1983. 1h 31m ~ Crime, Thriller

A coming-of-age film set in 1960s Tulsa, Oklahoma, where a rivalry between two teenage gangs, the working-class Greasers and the wealthy Socs, escalates. The story centers on Ponyboy Curtis, a Greaser, whose life changes when he and his friend Johnny accidentally kill a Soc during a confrontation.

Starring: Tom Cruise, Patrick Swayze

Director: Francis Ford Coppola

22 August ~ On Golden Pond ~ 1981. 1hr 49m ~ Drama

A heartwarming drama about an elderly couple, Norman and Ethel Thayer, who spend their summers at their cottage on Golden Pond. The film explores themes of aging, family relationships, and the complexities of love as the characters navigate their interactions and confront long-standing issues.

Starring: Henry Fonda, Katharine Hepburn, Jane Fonda

Director: Mark Rydell

29 August ~ Pirates of the Caribbean~ 2003. 2hr 23m ~ Action, Drama

A swashbuckling adventure film where Captain Jack Sparrow teams up with blacksmith Will Turner to rescue the kidnapped Governor's daughter, Elizabeth Swann, from the cursed pirate crew of Captain Barbosa.

Starring: Johnny Depp, Keira Knightly

Director: Gore Verbinski

Saturday Movies, Friendship Hall

Saturday August 2 at 1:30- The Louvre 2006

Saturday August 9 at 1:30- RGB 2018

Saturday August 16 at 1:30-Cat Daddies 2022

Saturday August 23 at 1:30- A Suitable Boy 2022

Saturday August 30 at 1:30- CHURCHILL 2017

Sunday Movies, Friendship Hall

Sunday August 3 at 1:30 - Hidden Figures 2015

Sunday August 10 at 1:30 - Jersey Boys 2014

Sunday August 17 at 1:30 - A Dog's Journey 2019

Sunday August 24 at 1:30 - Legal Eagles 2003

Saturday August 31 at 1:30 - The Illusionist 2006

Sunday Matinee in the McGinley Room at 2:00

August 3 Caramel (2007) 1 hr 35 min, rated PG, comedy/romance. A beauty salon in Beirut is a safe haven for five women in this Lebanese romantic comedy. With the support of their friends in their familiar salon, the women search for the answers to questions of life, love and happiness.

August 10 The Englishman Who Went Up a Hill But Came Down a Mountain (1995) 1 hr 39 min, rated PG, romantic comedy starring Hugh Grant. In 1917, two English cartographers visit a small South Wales village to measure what is claimed to be the "first mountain inside of Wales." The villagers are very proud of their "mountain", and are understandably disappointed and furious to find that it is in fact a "hill." Not to be outwitted by a rule (and the Englishmen who enforce it), the villagers set out to make their hill into a mountain, but to do so they must keep the English from leaving before the job is done.

August 17 Spotlight (2015) 2 hr 9 min, rated R, docudrama, winner of two Oscars, starring Michael Keaton and Mark Ruffalo. The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core.

August 24 Mao's Last Dancer (2009) 1 hr 57 min, rated PG, romance/dance. A drama based on the autobiography by Li Cunxin. At the age of 11, Li was plucked from a poor Chinese village by Madame Mao's cultural delegates and

taken to Beijing to study ballet. In 1979, during a cultural exchange to Texas, he fell in love with an American woman. Two years later, he managed to defect, not without some diplomatic conflicts, and went on to perform as a principal dancer for the Houston Ballet and as a principal artist with the Australian Ballet.

August 31 Dead Poets Society (1989) 2h 8 min, rated PG-13, coming-of-age drama. A new English teacher, John Keating (Robin Williams), is introduced to an all-boys preparatory school that is known for its ancient traditions and high standards. He uses unorthodox methods to reach out to his students, who face enormous pressures from their parents and the school. With Keating's help, students learn to break out of their shells, pursue their dreams and seize the day.