

Friday Movies at 2 pm in Friendship Hall

**1 Dec ~ *Field of Dreams* ~ 1989 ~ 1hr 45m**  
A mysterious voice encourages an Iowa farmer to build a baseball diamond in his cornfield, where a ghostly team of legends comes out to play.

**8 Dec ~ *Stand by Me* ~ 1986 ~ 1hr 28m**  
"You guys wanna go see a dead body?" So begins a life-changing adventure for four boys in this nostalgic coming-of-age drama directed by Rob Reiner.

**15 Dec ~ *Foul Play* ~ 1978 ~ 1hr 56m**  
Librarian Gloria Mundy (Goldie Hawn) leads a relatively uneventful life. When she looks to shake things up, she somehow winds up in the middle of an assassination plot against the Pope. She finds a detective who will take the case. Hilarity ensues.

**22 Dec ~ *Holiday Inn* ~ 1942**  
In this Irving Berlin musical, a crooner and a hoofer vie for the affections of a beautiful up-and-coming performer at an inn which is open only on holidays.

**29 Dec ~ *It's a Wonderful Life* ~ 1946**  
George Bailey has many problems he is thinking about ending it all and it's Christmas! As the angels discuss him, we see his life in flashback. He is about to jump from a bridge, but ends up rescuing his guardian angel, who then shows him what his town would have looked like if he hadn't been born.

Sunday Movies at 2 pm in the McGinley Room

**3 December ~ *The Holiday* ~ 2006 ~ 2h16m**  
Two women with romantic issues, one American (Cameron Diaz) and one British (Kate Winslet) agree to swap homes only to find themselves falling in love with men in their new locales.

**10 December ~ *Mamma Mia* ~ 2008 ~ 1h49m**  
Sophia has one wish to make her wedding perfect: to have her father walk her down the aisle. She has to find out who he is. Musical comedy with Amanda Seyfried, Meryl Streep, Colin Firth and Pierce Brosnan, set in the Greek Islands.

**17 December ~ *Under the Tuscan Sun* ~ 2003 ~ 1h53m**  
When Frances Mayes (Diane Lane) learns her husband is cheating on her from a writer whom she gave a bad review, her life is turned upside down. She travels to Italy, buys a villa and struggles to renew her life, which includes the handsome Marcello (Raoul Bova).

**24 December ~ *High Society* ~ 1956 ~ 1h49m**  
Musical with a Cole Porter score. Heiress Tracy Lord (Grace Kelly) is engaged to one man (John Lund), attracted to another (Frank Sinatra) and just maybe in love again with her ex-husband (Bing Crosby). Louis Armstrong is featured.

**31 December ~ *Catch Me If You Can* ~ 2002 ~ 2h21m**  
Based on the real life story of Frank Abagnale (Leonardo DiCaprio), a teenaged con man who passed himself off as a doctor, a lawyer and a co-pilot for a major airline — all before his 21st birthday.

Please see the Friendship Hall program calendar for additional activities. Calendars are available from the Activity department.



Heritage Happenings  
Calendar December 2023

Tuesday Out and About Schedule

5 December	12 December	19 December	26 December
<b>9:30</b> Walgreens	<b>9:30</b> Head Start at the Women’s building	<b>9:30</b> Grocery Outlet	<b>9:30</b> Target/Trader Joes at Stonestown
<b>11:15</b> Shopping at 24th-Street & Mission	<b>11:15</b> Shopping at Union Square	<b>11:15</b> Tour SF homes of Residents with Yvonne	<b>1:15</b> Scenic Ride for assisted living residents
<b>1:15</b> Sausalito with lunch	<b>1:15</b> The Fairmont Hotel with lunch	<b>4:30</b> Light Tour	<b>4:30</b> Light Tour

Announcements	Happy Birthday!	
Monthly “Around the World” dining program begins in January 2024. With a special meal, it will celebrate the cuisine of 12 countries with every month. Got any tasty suggestions?  Lunch and Learn with Kayla, our dietitian on 2 December at noon. Have lunch with Kayla and learn about food & nutrition. Sign-up sheet will be available outside the dining room.  This Calendar is published monthly by residents and team members of Heritage on the Marina.	Margaret Jacobs	12/12
	Sheila Moore	12/12
	Sisi Luopajarvi	13/12
	Betty Dy	17/12
	Lucia Dugliss	21/12
	Rita McEvoy	29/12
	<b>Birthday &amp; Tree Lighting</b>	<b>8/12</b>

Out & About sign up sheets are located in the dining room. Schedule is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>-&gt; 31</b> 10:00 Episcopal Service MR 11:00 Stretch & Flex FH 2:00 Movie <i>Catch Me If You Can</i> MR 3:00 Bingo FH <b>6:00 New Year's Eve Countdown Game Night &amp; Party MP</b>	<div>  <div> <h1>Heritage Happenings</h1> <h2>December Calendar 2023</h2> <p>Activities subject to change</p> <p>Activities in red: see special event details in the Newsletter</p> <p>Activities in green: celebrations!</p> </div> </div>			<b>Room Code</b> AR Arts & Crafts Room CH Chapel CO Cottage CR Cedar Room DR Dining Room FC Fitness Center FH Friendship Hall MP Morgan Parlor MR McGinley Room PC Porter Corridor PL Porter Library SL Stucky Library	<b>1</b> 10:00 Catholic Mass w/ Fr Arturo CH 11:45 Balance Class PC 2:00 Yoga-FC 2:00 Movie <i>Field of Dreams</i> FH 3:30 Walking Group PL	<b>2</b> 9:30 Sit & Be Fit FH ?? 11:00 Reminiscing With Jeanne FH 12:00 lunch with Kayla DR 1:30 Movie <i>Little Women</i> FH 3:00 Saturday Shorts with Margaret MR
<b>3</b> 11:00 Stretch & Flex FH 2:00 Movie <i>The Holiday</i> MR 3:00 Bingo FH	<b>4</b> 9:00 Strength Training FC 9:45 Tai Chi FC <b>10:00 Little Brothers Friends of the Elderly (LBFE) holiday card project FH</b> 11:45 Balance Class PC 1:30 Meditation CR 3:30 Walking Group PL 4:00 Coffee Hour DR	<b>5 Out &amp; About Day</b> 9:30 Morning Stretch FH 10:30 Total Body Workout FC 1:30 Hand Massage & Manicure FH 3:00 Bingo FH	<b>6</b> 9:00 Strength Training FC <b>10:00 LBFE Holiday Card Project FH</b> 11:00 Spanish FH 11:45 Balance Class PC ? Xmas Tree Decorating MP 2:00 What's Happening FH <b>3:00 Holiday Sing-along With Jason FH</b> 3:30 Walking Group PL	<b>7 Tech Support w/Tess</b> 9:00 Yoga FC 9:30 Art with Elders Class (AWE) AR 11:45 Balance Class PC 1:30 SPCA Visit <b>3:30 Christmas Carols FH</b>	<b>8 Birthday Dinner</b> 11:00 Bingo-FH 11:45 Balance Class PC 2:00 Yoga FC 2:00 Movie <i>Stand By Me</i> FH 3:30 Walking Group PL <b>4:30 Christmas Tree Lighting MP</b> 5:00 Birthday Sing-along MP	<b>9</b> 11:00 Reminiscing With Jeanne FH 1:30 Movie <i>The Color Purple</i> FH 3:00 Saturday Shorts with Margaret MR
<b>10</b> 11:00 Stretch & Flex FH 2:00 Movie <i>Mama Mia</i> MR 3:00 Bingo FH	<b>11</b> 9:00 Strength Training FC 9:45 Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR <b>3:00 Jane Brymner Celebration of Life MP</b> 3:30 Walking Group PL 4:00 Coffee Hour DR	<b>12 Out &amp; About Day Margaret Jacobs &amp; Sheila Moore B'days</b> 9:30 Morning Stretch FH 10:30 Total Body Workout FC 1:30 Hand Massage & Manicure FH 3:00 Bingo FH 3:30 Men's Group CO	<b>13 Sisi Luopajarvi Birthday</b> 9:00 Strength Training FC 10:30 Town Hall Mtg FH 11:45 Balance Class PC 1:00 Life Enrichment Mtg GR 1:30 Out & About Mtg MR 3:30 Walking Group PL <b>5:30 Christmas Party MP</b>	<b>14</b> 9:00 Yoga FC 9:30 AWE Class AR 10:00 Spirit Hour FH 11:45 Balance Class PC 2:00 Support Group FH <b>3:00 Songbirds MP</b>	<b>15</b> 11:00 Bingo FH 11:45 Balance Class PC 2:00 Yoga FC 2:00 Movie <i>Foul Play</i> FH 3:30 Walking Group PL	<b>16</b> 11:00 Reminiscing With Jeanne FH 1:30 Ornament Making FH <b>3:00 Marin Men's Chorus MP</b>  No Saturday Shorts
<b>17 Betty Dy Birthday</b> 10:00 Catholic Mass CH 11:00 Stretch & Flex FH 2:00 Movie <i>Under the Tuscan Sun</i> MR 3:00 Bingo FH	<b>18</b> 9:00 Strength Training FC 9:45 Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR <b>3:00 David Peritz Seminar FH</b> 3:30 Walking Group PL 4:00 Coffee Hour DR	<b>19 Out &amp; About Day</b> 9:30 Morning Stretch FH 10:30 Total Body Workout FC 1:30 Hand Massage & Manicure FH 3:00 Bingo FH	<b>20</b> 9:00 Strength Training FC 10:00 Holiday Trivia FH 11:00 Heritage History FH 11:45 Balance Class PC 2:00 What's Happening SL 3:30 Walking Group PL 4:00 Coffee Hour DR	<b>21 Lucia Dugliss Birthday</b> 7:30 Podiatry w/ Dr Lea 9:00 Yoga FC 9:30 AWE Class AR ??? 11:45 Balance Class PC 1:30 Meditation CR 2:30 Afternoon Stretch FH <b>3:00 Ugly Sweater Holiday Party FH</b>	<b>22</b> 11:45 Balance Class PC 2:00 Yoga FC 2:00 Movie <i>Holiday Inn</i> FH 3:30 Walking Group PL	<b>23</b> 11:00 Reminiscing With Jeanne FH 1:30 Movie: ?? FH 3:00 Saturday Shorts with Margaret MR
<b>24 Christmas Eve</b> 11:00 Stretch & Flex FH 2:00 Movie <i>High Society</i> MR 3:00 Bingo FH	<b>25 Merry Christmas</b> 11:00 Holiday Reminiscing with Friends FH 1:30 Movie <i>The Nutcracker</i> FH <b>3:00 Christmas Cookie Social FH</b> 4:00 Coffee Hour DR	<b>26 Out &amp; About Day</b> 9:30 Morning Stretch-FH 11:00 Puzzle & Scrabble-FH 1:30 Hand Massage & Manicure FH 3:00 Bingo FH 3:30 Men's Group CO	<b>27</b> 9:00 Strength Training FC 11:00 Spanish FH 11:45 Balance Class PC 3:30 Walking Group PL 4:00 Coffee Hour DR	<b>28 Tech Support w/Tess</b> 9:00 Yoga FC 9:30 AWE Class AR 11:45 Balance Class PC 1:30 SPCA Visit 1:30 Meditation CR 2:00 Support Group FH	<b>29 Rita McEvoy Birthday</b> 10:00 Residents Council-FH 11:45 Balance Class PC 2:00 Yoga FC 2:00 Movie <i>It's a Wonderful Life</i> FH 3:30 Walking Group PL	<b>30</b> 11:00 Reminiscing With Jeanne FH 1:30 Movie: ?? FH 3:00 Saturday Shorts with Margaret MR  <b>31 See top left corner</b>