

Heritage Happenings Calendar

November

Documentary: *The Day of the Dead*; Mexico's Celebration of Life Friday, Nov 1 at 2:00 in Friendship Hall

Dia de Los Muertos, celebrated Nov 1 & 2, combines an ancient Aztec celebration of ancestors with All Souls Day, brought by the Spanish to Mexico in the early 1500s.

Intimate Classical Guitar Performance by Seth Spalding Monday, Nov 4 at 3:00 in Morgan Parlor

Born in England, raised in Los Angeles, Seth's musical journey began with pop rock. In college he played jazz saxophone, taking his music to the streets of New York, Paris and Seville. He recently kindled a passion for 18th and 19th century classical guitar and will share its rich tonal qualities and diverse historical repertoire with us.

Presentation: *The History of the Presidio* Thursday, Nov 7 at 3:00 in Friendship Hall

Steve Johnson from the San Francisco Historical Society is a master of history, science, and making learning come alive.

Veterans Day Program Monday, Nov 11 at 2:00 in Friendship Hall History, readings, sing-along, coffee and cookies

Sing-along with Jason Myers Wednesday, Nov 13 at 3:00 in Friendship Hall

Drawing primarily from a wide repertoire of standards from the 1930's and 1940's, Jason has the ability of capturing the spirit of that time while simultaneously adding his own distinct voice. Since 2005, Myers has been performing his nostalgic music program "Seems Like Old Times" which features songs from the 1920's-1940's with commentary about the music and the composers.

Blood Pressure Clinic Thursday, Nov 14 from 11:00 – 1:00 in the Health Center

**Ian Scarfe Piano Concert Enriched with His Unique Commentary
Thursday, Nov 14 at 3:00 in Morgan Hall**

**Buck Institute Professor Ashley Webb will discuss the Mechanisms
and Signs of Brain Aging
Tuesday, Nov 15 at 11:00 in Friendship Hall**

**Asian Art Museum: Displays of Wealth and New Status
Monday, Nov 18 at 3:00 in Friendship Hall via zoom**

Learn about eye-catching and meaningful wearable art from the ancient Persians, Koreans, Indonesians and Southeast Asians. Gold, silver, gems, pearls. Crowns, earrings, pendants and bracelets. For thousands of years people of all countries and cultures have ornamented themselves with costly, intricate and often symbolic jewelry to attest to their wealth, status and importance.

**Giving Thanks Happy Hour, with Frank Cefalu Guitarist
Wednesday, Nov 20 at 3:00 in Friendship Hall**

**SPCA Visit by Trink, a Mini-Bernedoodle
Thursday, Nov 21 at 1:30 in Friendship Hall**

**Professor David Peritz:
Thursday, Nov 21 at 3:00 in Friendship Hall
*Making Sense of a Truly Unprecedented Election***



Jo Ann Wentker	11/02
Genevieve Plusa	11/03
Margaret Missiaen	11/24
Kay Tim	11/24

Celebration Friday, Nov 8

Movies on Sundays at 2:00 in the McGinley Room

Nov. 3 **My Penguin Friend** (2024) Inspired by a true story; an enchanting adventure about a lost penguin rescued from an oil spill, who transforms the life of a heartbroken fisherman. They soon become unlikely friends, so bonded that even the vast ocean cannot divide them. Stars: Jean Reno, Adriana Barraza

Nov, 10 **Australia** (2008) In 1939, an Englishwoman inherits a sprawling ranch in northern Australia and reluctantly makes a pact with a stockman to drive 2000 head of cattle over unforgiving landscape. Stars: Nicole Kidman, Hugh Jackman

Nov.

17 **Crazy Rich Asians** (2018) This contemporary romantic comedy follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family. Stars: Constance Wu, Henry Golding, Michelle Yeoh

Nov. 24 **Whisky Galore** (2016) This is the charming and heart-warming tale of a community on a remote Scottish island during WWII coming together to relieve a sinking ship of some of its 50,000 cases of whisky. Stars: Naomi Battrick, Sean Biggerstaff, James

Friday Movies at 2:00 in Friendship Hall

Nov. 1 **Dia De Los Muertos: A History**, followed by **Coco** (2017) Animation, Adventure, Comedy, Drama, Fantasy, Music:
A young boy named Miguel who journeys to the Land of the Dead to find his great-great-grandfather & learn the truth about his family's ban on music. Stars: Anthony Gonzalez, Alanna Ubach

Nov. 8 **The Sound of Music** (1965) Set in Austria in 1938, tells the story of Maria, who takes a job as governess to a large family while she decides whether to become a nun. She falls in love with the children, & eventually, their widowed father. Stars: Julie Andrews, Christopher Plummer

Nov. 15 **Singing in the Rain** (1952) Follows Don Lockwood and Lina Lamont, a glamorous on-screen couple whose careers are threatened by the introduction of talking pictures. Lina's less-than-ideal voice makes her an unlikely star in the new format, and a chorus girl is brought in to dub her. Stars: Gene Kelly, Debbie Reynolds.

Nov. 22 **Planes, Trains & Automobiles** (1987) Neal is a stressed advertising executive whose flight to Chicago is rerouted to Wichita. He reluctantly teams up with Del, a loud but lovable salesman, to get home. Their journey involves a variety of transportation modes, mishaps, & antics. Stars: John Candy, Steve Martin

Nov. 29 **Home for the Holidays** (1995) When her teenage daughter opts out of Thanksgiving, single mother Claudia Larson travels alone to her childhood home for an explosive holiday dinner with her dysfunctional family. Stars: Holy Hunter, Robert Downey Jr, Anne Bancroft

Out & About on Tuesdays

NOV 5	9:30 Walgreens Divisadero 1:00 Legion of Honor:
Nov 12	9:30 Safeway, Marina Blvd 11:15 Tour, Shop and Lunch in Japan Town
Nov 19	9:30 Target, Geary Blvd 11:15 Tour, shop and lunch in Sausalito
Nov 26	9:30 Trader Jo 1:00 Scenic ride in San Francisco

Religious Services

Episcopal Eucharist

First Sunday (Nov 5) in person at 10:00 in the McGinley Room

Washington Cathedral zoom at 10:00 in the McGinley Room Nov 10-24

Roman Catholic Services

Mass at 10:00, Friday, Nov 8 in the chapel; (Friday, Nov 1, is All Saints Day; no priests available)

Fr. John Fitzgibbons, S.J., will offer **Mass** on Nov. 17, the 3rd Sunday of the month at 10:00 in the chapel

Holy Communion at 10:00 all other Sundays in the Chapel

November Special Events

Fri	Nov 1	Documentary:	2:00	Friendship Hall
Mon	Nov 4	Guitarist Seth Spalding	3:00	Morgan Parlor
Thur	Nov 7	Talk:	3:00	Friendship Hall
Fri	Nov 8	Birthday Celebration	5:00	Morgan Hall
Mon	Nov 11	Veterans Day Program	2:00	Friendship Hall
Tue	Nov 12	Food Committee Meeting	10:30	Friendship Hall
Tue	Nov 12	Buck Instit.	3:00	Friendship Hall
Wed	Nov 12	Women's Discussion Group	2:00	Stucky Library
Wed	Nov 13	Jason Myers Sing-Along	3:00	Friendship Hall
Thu	Nov 14	Blood Pressure Clinic	11:00-1:00	Health Center
Thur	Nov 14	Pianist Ian Scarfe	3:00	Morgan Parlor
Wed	Nov 20	Giving Thanks Happy Hour	3:00	Friendship Hall
Thu	Nov 21	SPCA Visit	1:30	Friendship Hall
Thu	Nov 21	Professor David Peritz Lecture	3:00	Friendship Hall
Wed	Nov 27	Women's Discussion Group	2:00	Stucky Library
Fri	Nov 29	Residents Council Meeting	10:00	Friendship Hall

Daily Activities

Monday	Morning Stretch with Bianca	9:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Meditation with Claudia	1:30	Cottage
	Walking Group	3:30	Meet in Porter Library

Tuesday	Chair Yoga with Claudia	9:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Men's Discussion Group	3:30	Cottage
Wednesday	Morning Stretch with Bianca	9:00	Fitness Center
	Better Balance Class	11:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Walking Group	3:30	Porter Library
Thursday	Chair Yoga with Claudia	9:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Tech Support With Tess	1:30	3rd Floor Perry
Friday	Morning Stretch with Bianca	9:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Walking Group	3:30	Porter Library
Saturday	Sit and be fit	9:30	Friendship Hall