

Friday Movies at 2 pm in Friendship Hall

**1 March ~ *LA Confidential* ~ 1997 ~ 2hr 17m**  
In gritty, glamorous 1950s Los Angeles, three cops each have their own motives for digging deeper into a gruesome shooting that doesn't quite add up.

**8 March ~ *Alice Doesn't Live Here Anymore* ~ 1974 ~ 1hr 52m**  
After her husband's death, a singer with a preteen son takes a job as a diner server in Arizona and falls in love with a rugged local rancher.

**15 March ~ *Elvis* ~ 2022 ~ 2hr 39m**  
Elvis Presley finds fame and fortune as the King of Rock and Roll while struggling to escape the control of his controversial manager.

**22 March ~ *Peter Rabbit* ~ 2018 ~ 1hr 35m**  
Based on the books of Beatrix Potter, Peter Rabbit, his three sisters: Flopsy, Mopsy, Cotton Tail and their cousin Benjamin enjoy their days harassing Mr McGregor in his vegetable garden.

**29 March ~ *Fried Green Tomatoes* ~ 1991 ~ 1hr 40m**  
Evelyn, an ordinary housewife, visits a nursing home and befriends the old lady Ninny. Together, they bond over stories from the past about two intrepid women of Whistle Stop Cafe.

Sunday Movies at 2 pm in the McGinley Room

**3 March ~ *Charade* ~ 1963 ~ 1hr 53m**  
Romance and suspense ensue in Paris as a woman is pursued by several men who want a fortune her murdered husband had stolen. Whom can she trust?

**10 March ~ *To Catch a Thief* ~ 1955 ~ 1hr 46m**  
A retired jewel thief sets out to prove his innocence after being suspected of returning to his former occupation.

**17 March ~ *The Quiet Man* ~ 1952 ~ 1hr 46m**  
A retired American boxer returns to village of his birth in 1920s Ireland, where he falls for a spirited redhead, whose brother is contemptuous of their union.

**24 March ~ *Auntie Mame* ~ 1958 ~ 2hr 23m**  
An orphan goes to live with his free-spirited aunt. Conflict ensues when the executor of his father's estate objects to the aunt's lifestyle.

**31 March ~ *All the President's Men* ~ 1976 ~ 2hr 18m**  
"The Washington Post" reporters Bob Woodward and Carl Bernstein uncover details of the Watergate scandal that leads to President Nixon's resignation.

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



Heritage Happenings  
Calendar  
March 2024

Announcements		Birthdays	
This month—as part of this year's <b>Around the World</b> program—we celebrate <b>Ireland!</b>		Eleanor Bissell	3/7
		Patrick Rush	3/10
		Martha Torres	3/13
		Ernie Sabini	3/22
		Linda Sharp	3/23
		Marty Nolan	3/28
		<b>Birthday Dinner</b>	<b>3/8</b>
Tuesday Out & About Excursion Schedule			
5 March	12 March	19 March	26 March
<b>9:30</b> Walgreens 3201 Divisadero St	<b>9:30</b> Safeway 15 Marina Blvd	<b>9:30</b> Target & Grocery Outlet Geary Boulevard	<b>9:30</b> Trader Joe's 401 Bay St
<b>10:30</b> Farmers Market at the Ferry Building		<b>10:30</b> De Young: <i>Fashioning San Francisco</i> . We will stay for lunch. If you prefer, please bring a bag lunch.	<b>10:30</b> Scenic ride for Assisted Living residents
<b>Around the World</b> ~ Celebrating a country every month with dinners & events			
January~Italy	April~Greece	July~France	Oct~Germany
February~China	May~Mexico	August~Spain	Nov~Thailand
<b>March~Ireland</b>	June~Caribbean	September~India	Dec~El Salvador
<b>Out &amp; About</b> sign-up sheets are located in the dining room. Schedule is subject to change.			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b> 10:00 Episcopal Service MR 11:00 Stretch & Flex FH 2:00 Movie <i>All the President's Men</i> MR 3:00 Bingo FH	AR Arts & Crafts Room CH Chapel CO Cottage CR Cedar Room DR Dining Room FC Fitness Center FH Friendship Hall GR Garden Room MP Morgan Parlor MR McGinley Room PL Porter Library SL Stucky Library	<div></div> <h1>Heritage Happenings</h1> <h2>March 2024</h2> <p>Blue: birthday Red: see Special Events in the newsletter Green: events in the <b>Around the World</b> program Activities subject to change</p>			<b>1</b> 10:00 Father Arturo First Friday Mass CH 11:45 Balance Class PC 2:00 Claudia: Yoga FC 2:00 Film <i>LA Confidential</i> FH 3:30 Walking Group PL	<b>2</b> 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with Margaret MR
<b>3</b> 10:00 Episcopal Service MR 11:00 Stretch & Flex FH 2:00 Movie <i>Charade</i> MR 3:00 Bingo FH	<b>4</b> 9:00 Strength Training FC 9:45 Bianca: Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR <b>3:00 David Peritz: Economic Trends</b> 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 Workout FC 1:30 Roxana: Hand Massage 3:00 Bingo FH 3:30 Men's Group CO	<b>6</b> 9:00 Strength Training FC 11:45 Balance Class PC 2:00 What's Up! SL 3:30 Walking Group PL	<b>7 Eleanor Bissell Tech Help w/Tess</b> 9:00 Claudia: Yoga FC <b>10:30 Allen Ysidro: Line Dancing FH</b> 9:30 Art with Patrick AR 11:45 Balance Class PC	<b>8</b> 7:00 Dr Lee podiatry BS 11:45 Balance Class PC 2:00 Claudia: Yoga FC 2:00 Film <i>Elvis</i> FH 3:30 Walking Group PL <b>5:00 Birthday Sing-along</b> <b>5:30 Birthday Dinner DR</b>	<b>9</b> 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with Margaret MR
<b>10 Patrick Rush</b> 10:00 Episcopal Srvc MR 11:00 Stretch & Flex FH 2:00 Movie <i>To Catch a Thief</i> MR 3:00 Bingo FH <b>3:30 TV: Academy Awards FH</b>	<b>11</b> 9:00 Strength Training FC 9:45 Bianca: Tai Chi FC 11:45 Balance Class PC <b>3:00 Asian Art Museum: Images of Power</b> 3:30 Walking Group PL 4:00 Coffee Hour DR	<b>12 Out &amp; About Day</b> 9:30 Morning Stretch FH 10:30 Total Workout FC 1:30 Roxana: Hand Massage 2:30 Film <i>Hedy Lamar Story</i> FH	<b>13 Martha Torres 10:30 Town Hall Meeting</b> 11:45 Balance Class PC 1:00 Activities Meeting GR 1:30 Out & About Meeting MR <b>1:30 Lenny, SPCA FH</b> 3:30 Walking Group PL	<b>14</b> 9:00 Claudia: Yoga FC 9:30 Art with Patrick AR 11:45 Balance Class PC <b>3:00 Irish Dancers: St Patrick's Party FH</b>	<b>15</b> 11:45 Balance Class PC 2:00 Claudia: Yoga FC 2:00 Film <i>Alice Doesn't Live Here Anymore</i> FH 3:30 Walking Group PL	<b>16</b> 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with Margaret MR
<b>17</b> 10:00 Episcopal Srvce MR 10:00 Father John: Catholic Mass CH 11:00 Stretch & Flex FH <b>12:00 Ben Barnes: Irish Music DR</b> 2:00 Movie <i>The Quiet Man</i> MR 3:00 Bingo FH	<b>18</b> 9:00 Strength Training FC 9:45 Bianca: Tai Chi FC 11:45 Balance Class PC <b>3:00 De Young Museum: Fashioning SF 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 Workout FC 10:00 Pastor Nibbe: Spirit Care FH 1:30 Roxana: Hand Massage FH 3:30 Men's Group CO	<b>20</b> 9:00 Strength Training FC 11:00 Spanish FH 11:45 Balance Class PC 2:00 What's Up! SL 3:30 Walking Group PL 4:00 Coffee Hour DR	<b>21 Tech Help w/Tess</b> 9:00 Claudia: Yoga FC 9:30 Art with Patrick AR 11:45 Balance Class PC 2:00 Tea & Chat FH <b>3:00 John Cornejo RN: Epigenetics &amp; Aging FH</b>	<b>22 Ernie Sabini</b> 11:45 Balance Class PC 2:00 Claudia: Yoga FC 2:00 Film <i>Peter Rabbit</i> FH 3:30 Walking Group PL	<b>23 Linda Sharp</b> 9:30 Sit & Be Fit FH 11:00 Reminiscing FH <b>12:00 Kayla Vaglio, RD: Teaching Kitchen/ Lunch &amp; Learn</b> 3:00 Saturday Shorts with Margaret MR
<b>24</b> 10:00 Episcopal Service MR 11:00 Stretch & Flex FH 2:00 Movie <i>Auntie Mame</i> MR 3:00 Bingo FH	<b>25</b> 9:00 Strength Training FC 9:45 Bianca: Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 1:30 Film <i>Dolores</i> FH 3:30 Walking Group PL 4:00 Coffee Hour DR	<b>26 Out &amp; About Day</b> 9:30 Morning Stretch FH 10:30 Total Workout FC 1:30 Hand Massage FH 3:00 Bingo FH	<b>27</b> 9:00 Strength Training FC 11:00 Heritage History FH 11:45 Balance Class PC 3:30 Walking Group PL 4:00 Coffee Hour DR	<b>28 Marty Nolan Tech Help w/Tess</b> 9:00 Claudia: Yoga FC 9:30 Art with Patrick AR 11:45 Balance Class PC <b>3:00 Sister Kyoto: Healing Harp Music &amp; Easter Happy Hour FH</b>	<b>29</b> 10:00 Resident Council FH 11:45 Balance Class PC 2:00 Claudia: Yoga FC 2:00 Film <i>Fried Green Tomatoes</i> FH 3:30 Walking Group PL	<b>30</b> 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with Margaret MR  <b>31 Go to top left corner</b>