

# Heritage Happenings Calendar

October 2024

## **Lauren K Chin (RDHAP) Discusses Dental Services Thursday, October 3 at 3:00 in Friendship Hall**

A Registered Dental Hygienist in Alternative Practice (RDHAP) provides dental hygiene care outside of a traditional dental office. Ms Chin, a specially trained hygienist, will describe the services she can provide to residents.

## **New Art Exhibit: Doris Howard's Paintings With Wine and Cheese Reception Friday, October 4 at 2:00 in the McGinley Room**

## **Sing-Along with Jason Myers Wednesday, October 9 at 3:00 in Friendship Hall**

Jason specializes in jazz versions of songs of the 1920s, 30s and 40s

## **Picnic to Samuel Taylor Park Thursday, October 10, Boarding at 9:00**

Our annual picnic in this beautiful forested picnic area in the redwoods by a stream will feature a great barbecue by our dining staff, time to roam, sing and play.

## **Buck Institute Lecture: Therapeutics for Aging Friday, October 11 at 11:00 in Friendship Hall (via zoom)**

Brianna Stubbs, PhD, is a world expert in metabolic physiology and currently a lead scientist at Buck Institute in the translation of their research into consumer products.

## **Asian Art Museum: Persia, Crossroads of Art and Culture Monday, October 14 at 3:00 in Friendship Hall (via zoom)**

Ancient Persia was the axis of the trading world between Asia and Europe. This lecture will explore the unique art traditions of this region.

## **Happy Hour: Celebrate Germany, Our Country for the Month Thursday, October 17 at 3:00 in Friendship Hall**

EJ will entertain us on the accordion and Stephen will test our knowledge of trivia.

**The SPCA Brings Rosie, the Golden Retriever  
Thursday, October 17 at 1:30 in the Porter Library**

**San Francisco City Election Ballot Workshop with Betty Puckard  
Friday, October 18 at 2:00 in Friendship Hall**

Betty chairs the Ballot Simplification Committee which reviews and holds hearings on all initiatives to produce unbiased digests for the Voter Information Pamphlet mailed to all voters. Bring this pamphlet with you to the workshop and take notes.

**Prof. David Peritz Lecture (via zoom)  
*What to Expect and Understand as the Campaign  
Enters the Homestretch*  
Monday, October 21 at 3:00 in Friendship Hall**

**Day of the Dead Altar Building  
Wednesday to Friday October 23-25 at 10:00 in Friendship Hall**

The holiday is a day of remembrance for those who have died. Its origins can be traced to pre-colonial Mexico, when it was believed that the souls of dead loved ones returned to their families once a year so that their lives could be celebrated.

Today, families commemorate the day by creating *ofrendas*, the Spanish word for offerings that colloquially is used to mean altar for *Día de los Muertos*. Bring your framed photo with your name if you would like it displayed. You can collect photos at the Activities Office after November 5.

**Brittany Will Discuss Bone and Joint Health  
Tuesday, October 23 at 2:00 in the McGinley Room**

**Halloween Happy Hour with the Hipsteria Band  
Thursday, October 24 at 3:00 in Morgan Hall  
Prizes for the best costume and a raffle.**

**Little Gators Trick or Treating  
Wednesday, October 30 at 1:00**

Sign up in the Dining Room and plan to be in your room. The Marketing Department will provide you with treats and a pumpkin to stick on your door indicating you are at home and available to greet the children.

**The Halloween Movie is Hitchcock's *The Birds*, with Light  
Refreshments Served  
Thursday, October 31 at 2:00 in Friendship Hall**

## **Movies on Sundays at 2:00 in the McGinley Room**

Oct 6     **The Harmonists (1957)**   The film chronicles the rise and fall of Germany's most famous a capella group, the Comedian Harmonists, in 1930s Germany. Stars: Ben Becker, Heino Ferch Ulric

Oct 13    **P.S. I Love You (2007)**   A young widow discovers that her late husband has left her 10 messages intended to help ease her pain and start a new life. Stars: Hilary Swank, Gerard Butler, Harry Connick Jr.

Oct 20    **Granny Nanny (2020)**   Three frustrated pensioners volunteer themselves as Grand-Godparents to three stressed children. Stars: Maren Kroymann Günther, Maria Halmer, Maxime Diemer

Oct 27    **The American President (1995)**   A widowed US president running for reelection and an environmentalist fall in love. Stars: Michael Douglas, Annette Benning, Martin Sheen, Michael J. Fox

## **Movies in Friendship Hall**

Thu, Oct 3 at 1:00    **Madeline (1998)**   Horrified at the prospect of her beloved school being sold, a young French girl uses her wit and craftiness to attempt to save it, making an unlikely new friend in the process. Stars: Frances McDormand, Nigel Hawthorne, Hatty Jones

Fri, Oct 4 at 2:00    **Skyfall (2012)**   James Bond's loyalty to M is tested when her past comes back to haunt her. When MI6 comes under attack, 007 must track down and destroy the threat, no matter how personal the cost. Stars: Daniel Craig, Javier Bardem, Naomie Harris

Sun, Oct 6 at 1:30    **A Quiet Place (2018)**   A family struggles for survival in a world invaded by alien creatures with ultra-sensitive hearing. Stars: Emily Blunt, John Krasinski, Millicent Simmonds

Fri, Oct 11 at 2:00    **The Fly (1958)**   A scientist has a horrific accident when he tries to use his newly invented teleportation device. Stars: David Hedison, Patricia Owens, Vincent Price

Sat, Oct 19 at 1:30    **Scary Movie 2 (2001)**   Four teens are tricked by a professor into visiting a haunted house for a school project. Stars: Anna Faris, Marlon Wayans, Antony Acker

## ***Out & About on Tuesdays***

**Oct 1**            9:30 Walgreens Divisadero

11:15 Resident Shopping Choice

**Oct. 8**            No Outings

**Oct. 15**           9:30 Dollar Store Serramonte Blvd

1:30 Jo Ann 's Tour of Julia Morgan Houses

**Oct. 22**           9:30 Trader Joe's Bay street

11:00 Half Moon Bay Pumpkin Farms & Lunch

**Oct. 29**           9:30 Grocery Outlet Geary Blvd

11:15 Resident Scenic Drive

## ***Religious Services***

### **Episcopal Eucharist**

First Sunday (Oct 6) in person at 10:00 in the McGinley Room

Washington Cathedral virtual service at 10:00 in the McGinley Room

### **Roman Catholic Mass**

Oct 13 at 10:00 in the Chapel (Note date change for October only)

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

## **Happy October Birthdays**

Pam Bledsoe        10/04

Tucker Ingham     10/20

Terry Moughan    10/06

Gene Graham       10/28

Charmly Ingham    10/09

Martha Nell Beatty 10/29

## **Celebration Friday, October 11**

## October Special Events

Thur	Oct 3	Dental Services Presentation	3:00	Friendship Hall
Fri	Oct 4	Opening Reception Art Show	2:00	McGinley Room
Wed	Oct 9	Jason Myers Sing-along	3:00	Friendship Hall
Thur	Oct 10	Picnic to Samuel Taylor Park	9:30	
Fri	Oct 11	Buck Institute Lecture	11:00	Friendship Hall
Mon	Oct 14	Asian Arts; Persia (zoom)	3:00	Friendship Hall
Thur	Oct 17	Celebrate Germany Happy Hour	3:00	Friendship Hall
Thur	Oct 17	SPCA Visit	1:30	Porter Library
Fri	Oct 18	SF Election Ballot Workshop	2:00	Friendship Hall
Mon	Oct 21	David Peritz (zoom)	3:00	Friendship Hall
Wed-Fri	Oct 23-25	Day of Dead Altar Building	10:00	Friendship Hall
Tues	Oct 23	Brittany: Bone & Joint Health	2:00	Friendship Hall
Thur	Oct 24	Halloween Party with Band	3:00	Morgan Hall
Wed	Oct 30	Little Gators Trick or Treat	1:00	
Thur	Oct 31	Halloween Movie (refreshments)	2:00	Friendship Hall
Fri	Nov 1	Documentary <i>Day of the Dead</i>	2:00	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
	Women's Discussion Group (2 <sup>nd</sup> and 4 <sup>th</sup> Wed)	2:00	Stucky Library
	Walking Group	3:30	Meet in Porter Library
Thursday	Chair Yoga with Claudia*	9:00	Fitness Center
	Balance Class	11:45	Porter Cor
	Tech Support With Tess*	1:30	3 <sup>rd</sup> Floor Perry
Friday	Morning Stretch with Bianca*	9:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Walking Group	3:30	Meet in Porter Library
Saturday	Sit and be fit	9:30	Friendship Hall

**NOTES:** \* Bianca will be on vacation 10/2, 7 and 9. Residents will lead the group.

\* Claudia will return Thursday, Oct 10.

\* Tess will be available for tech support only on 10/3 and 10/31.