



Mercedes Van den Berg
In her Halloween
headdress

Heritage Happenings

DECEMBER 2021

Trim the Tree!

Thursday, December 2
8:30 Unwrap the ornaments
10:30 Trim the tree
Munch cookies for energy



Elf to Elders

Holiday Card-making Workshop

Thursday, December 2, at 2:30 in Friendship Hall

Make 100 Holiday Cards for the Little Brothers Friends of the Elderly
Holiday Card Giving Campaign.

COME CELEBRATE HANUKKAH THE JEWISH FESTIVAL OF LIGHT

Friday, December 3, at 3:30 in Friendship Hall

Learn the history
Recite the blessings
Light the candles

Play the dreidel game; sing the songs & eat donuts!



Starstruck (film)

Gene Kelly's love letter to ballet
Saturday, December 4, at 3:00
In Friendship Hall

San Francisco Conservatory of Music Presents

A Flute Duo

Monday, December 6, at 3:00 in Friendship Hall

The Songbirds

Wednesday, December 8, at 3:00 in Morgan Parlor

The Children's Theatre Association of San Francisco (CTA) is a non-profit organization that has put on plays for the school children of San Francisco and the Bay Area since 1934. The SONGBIRDS was formed in 1994 from the CTA membership and is composed of ladies who volunteer their time to sing together in three- and four-part harmony. **Join the Songbirds for an afternoon of holiday cheer.**



The Grant Ave Follies Return!
Chinatown's Nostalgic Nightclub Cabaret Performance
Thursday, December 9, at 3:00 in Friendship Hall

Be a Santa to a Senior.

Join Home Instead in the Fitness Center to wrap gifts for
non-profit organizations around the Bay Area.
Monday, December 13, at 2:30 in Friendship Hall

The Heritage has partnered with Home Instead for an afternoon of giving & giftwrapping. Every year Home Instead teams up with nursing homes to provide gifts to seniors who might not otherwise receive gifts come the holidays. Home Instead then collects donations and and brightens the lives of thousands of seniors.

Lloyd and Marion – A Documentary

Saturday, December 18, at 2:30 in Friendship Hall
A film about the lives of Lloyd and Marion Wake produced by Amelia Chua
See a full description on p.



Monday, December 20 at 2:30 in Friendship Hall

Experience reflections of the holiday spirit through the melodies of The Healing Harp played by Kyoto Kimura.

Jason Myers on the Piano

Tuesday, December 21 at 3:30 in Friendship Hall

Out & About Trip to Davies Symphony Hall

The Nutcracker and the Mouse King

Tuesday, December 21 at 7:15

E.T.A. Hoffmann's original story *The Nutcracker and the Mouse King* picks up the classic tale where Piotr Ilyich Tchaikovsky's beloved ballet ends. This delightful evening—starring the San Francisco Symphony and Tony award-winning actor Alan Cumming—decorates Hoffmann's story with music from Tchaikovsky, including, of course, his famous *The Nutcracker*.

Sign-up sheets are in the Dining Room. Tickets are \$29.95. Checks or cash are acceptable. Make checks payable to Heritage on the Marina. Please give all payments to the Activities Office.

Holiday Happy Hour

Thursday, December 23, at 3:30 in Morgan Parlor

It's the most wonderful time of the year! Let's gather to celebrate with Christmas carols and popular songs accompanied on the Steinway by Mercedes Van Den Berg. Drinks and holiday treats will be served.

New Year's Eve Party & Card Bingo

Friday, December 31, at 7:30 in Friendship Hall

Join us to toast in the New year and play Bingo for prizes.



Emotional Support Group with Jeanne

Wednesdays, December 8 and 22, at 3:00 in the Stucky Library

Weekly Programs



'Tis the season!

Every Wednesday in the month of December there will be a resident-guided holiday lights tour from 4:30-6:00. Sign-up sheets will be available in the Dining Room.



Saturday Shorts with Margaret

December 11 only at 3:00, in the McGinley Room

We are happy to announce that art classes will resume on Monday, December 6, at 10:00 and every Monday thereafter. Classes will be led by instructors from Art with Elders.



Professor David Peritz Lectures

Tuesdays, at 3:00 on Channel 998



Tech Support with Tess Goldman

Thursday, **Dec 2, 16, 30**, 1:30-5:00
in the **3rd floor Perry sitting room**

Tess is available to provide services in Resident apartments. Sign up in the Dining Room.

Activity Leader, Irving Carrillo is available for additional tech services via appointment. Please call 415-202-0135.

Daily Dose of Music

Daily at 3:00 on Channel 998 (except Tuesdays)
Includes full concert on Sundays





Dorothy Ormasa	12/02	Sisi Luopajarvi	12/13
Richard Wesson	12/09	Betty Dy	12/17
Margaret Jacobs	12/12	Lucia Dugliss	12/21
Sheila Moore	12/12	Rita McEvoy	12/29

Birthdays will be celebrated on Friday, December 10

Exercise Classes

Balance Class meets in the 1st floor Perry corridor Monday through Friday at 11:45 for a 15-minute exercise routine to improve strength and balance.

Strength Training with Jonathan

Monday, Wednesday & Friday
9:00 in the Fitness Center
2:30 in the Fitness Center

Tai Chi with Bianca

Tuesdays, 9:00
in the Fitness Center

Yoga with Ilya

Thursdays, 9:45
in the Fitness Center

Meet Stephen Camarota every Wednesday in the Porter library to take a local walk in Fort Mason or around the block.

1:00 Pleasure walkers (intermediate walkers)

3:30 Leisure walkers (beginners)

Ann Rieger-Matthews continues her **sitting exercises** on Channel 998 On Monday, Wednesday and Friday at 9:30.

Religious Services



Roman Catholic Mass in the Chapel

Friday, December 3 at 10:00

Distribution of Communion every Sunday at 10:00

Episcopal Eucharist live stream from Washington

National Cathedral

Every Sunday at 9:30 in the McGinley Room

Welcome Judith Goff



Judith was born and raised in Geneva, New York, in the heart of the Finger Lakes, and has fond memories of her youth there, especially summers in her family's cottage on Seneca Lake, where she learned to swim, waterski, play softball, badminton, and tennis, and otherwise laze away the days with her friends.

At Syracuse University, she majored in philosophy. She noted that these studies taught her a lot about argumentation, a great benefit in her future work as a speechwriter and editor. Upon graduation, she married a faculty member and worked in the University library. In the early 1970s her husband was invited to teach in the University's program abroad in Florence, and they spent two glorious years soaking up the art and history and culture of that city and many other beautiful cities in Italy.

Shortly after they returned to the US, her husband accepted an offer to teach at Swarthmore College, and they lived in that area for several years. During that time, she left library work to become the research editor at the Federal Reserve Bank of Philadelphia, and, after five years, moved on to become the financial writer and executive speechwriter at Arco Chemical company.

Following a divorce in 1990, Judith moved to San Francisco, in part because her family was living here, and in part because she was offered a job as the research editor and executive speechwriter at the Federal Reserve Bank of San Francisco. She spent the first seven years here living in a condo in Jordan Park, one floor above Carm Arburua. Carm, of course, is how Judith first learned about The Heritage.

She then moved to the Lafayette/Walnut Creek area, where she lived for more than 20 years. Now that she's back in the city, she's delighted to be able to get to classical music concerts, the symphony, the museums, and adult ed classes so much more easily. And she's hoping to find partners for playing tennis and pickleball, a new popular sport described as a cross between ping pong and tennis. Feel free to ask her for details of this fascinating sport. Best of all, she's now much closer to her nieces and nephew and their families, who live in the city and in the North Bay.

Judith is eager to meet residents and explore what The Heritage community has to offer a 'new-comer.' When Judith came as a guest to a Third Floor Perry Social, she quickly started serving others...a hostess at heart. Judith learned more about us than we did about her...a listener by nature.

Judith lives in apartment 412P and can be reached at judith.goff@gmail.com and 925-212-8172.

It Takes a seed, An Idea,

and a group of creative women and one believable Santa Claus, to bring the joy of Christmas to many Head Start children. The seed came many years ago in a conversation between Lorraine Baxter, a former resident, and Jeannie Demeio, who works in the Health Center. The two women were talking about ways to make a difference. Jeannie was describing her experience teaching in a school where the families were poor and the effect that had on the children. Voila! Years ago the idea was born and a Heritage Outreach Program was begun. Resident knitters started early each year to knit colorful hats and scarfs for each child in the program. Large red Christmas stockings were stuffed with goodies. Lorraine wrote each name in needlepoint.

Over the years the Head Start Outreach Program has continued. Stela Voyles took over where Lorraine left off, including writing each child's name in needlepoint. This year the knitters are Doris Howard, Erika Coughlan, Jane Standing, Lillemor Leichum, Jan Bolles and Stela Voyles. The shoppers were residents Kay Narron and Barbara Clevenger. Two non-residents who have been long time supporters of the project are Elmer's daughter Sally Barrett and Stela's friend and assistant, Lorena Ramos.

Back by popular demand as Santa is Dave Costello, our former maintenance chief. Irving is ready to suit up as Santa if Dave is playing golf on December 14th when Santa's elves are ready to deliver gifts to the Head Start children.

Many many thanks for the abundant donations to this project. We are well funded for future years and we will carry on!

Stella: "The reward is in seeing the children's faces." Dave Costello: "Being Santa to these children is the best thing I have ever done."



Eleanor Bissell

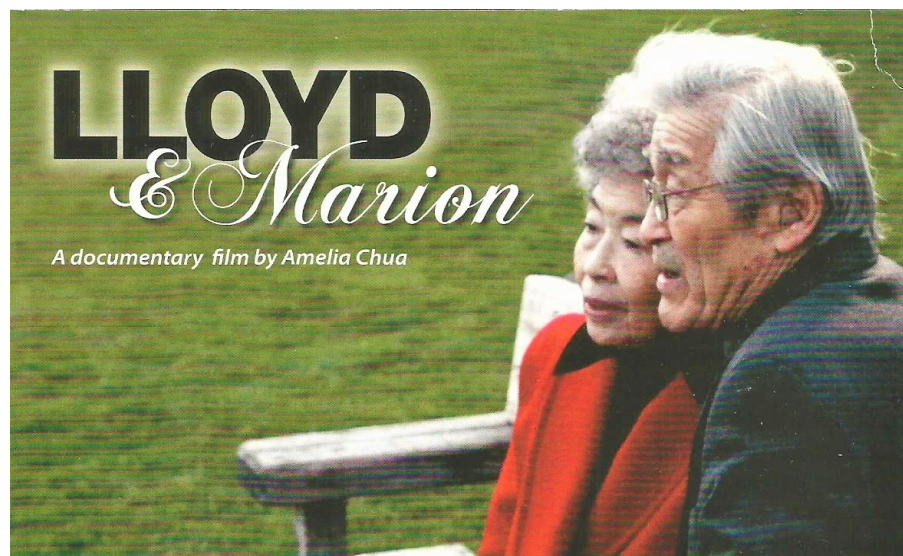
Lloyd and Marion – A Documentary

Lloyd and Marion Wake took up residency at The Heritage on October 9, 1993. They lived in the Cottage for 24 years and were active members of the community. Marion loved sharing the art of creating Ikebana floral arrangements. Lloyd's photographic portraits of residents in natural light were keepers. Lloyd died in December 2017 at age 95. Marion, now 95, keeps moving and reading and smiling. And she has stories to tell.

The documentary *Lloyd and Marion* tells the story of their young lives, and their experiences in internment camps during WWII. Lloyd and Marion met after their internment ended. Lloyd became a Methodist minister and was a political activist during the 60's while serving at Glide Memorial Church. Marion taught emotionally disturbed children and earned a Master's degree in Marriage and Family Counseling. As a team, Marion and Lloyd conducted educational and counseling sessions. The documentary shows the background history of the lives Lloyd and Marion lived, with archival footage. In interviews, Lloyd and Marion discuss their personal struggles, balancing professional and domestic lives while raising four children.

"I made this documentary to weave the Japanese-American strand into the American story," Amelia Chua, the director and producer of *Lloyd & Marion*, said. "Lloyd and Marion will challenge Asian-American stereotypes. They speak out, they're funny, they show their emotions and they're on the forefront of social justice work. This is not your typical love story."

Eleanor Bissell



WHAT IS HANUKKAH?

The holiday celebrates the Jews defeating Syrian-Greek oppressors who had tried forcing them to abandon their religion and adopt Greek culture. The story has it that, led by Judah Maccabee, they recaptured the holy temple in Jerusalem. Arriving there, they found only enough olive oil to light candles for one night. It lasted for eight nights. The holiday celebrates the defeat of the oppressors and the miracle of the oil lasting eight nights. The oil has led to the holiday being referred to as "The Festival of Lights."

WHY DOES IT START AT SUNDOWN?

In Judaism, it's not only the holidays that start at sundown but every day. In the Book of Genesis, it says that "it was evening and it was morning." So, Jews consider that to mean that the evening comes first and then morning, and that's how the days are marked. It's something that has also taken on the added meaning of: things may seem dark at first, but there will be light and it will get better.

HOW IMPORTANT IS HANUKKAH?

Jews consider it a minor holiday compared to celebrations such as Rosh Hashanah, which marks the new year, and Passover, which commemorates the escape from Egypt.

HANUKKAH OR CHANUKKAH?

Both are acceptable. The difference comes from the fact that the word is actually Hebrew and it can be written in English different ways depending on the translator.

HOW IS IT CELEBRATED?

Every evening at sundown, candles on a menorah (a candleholder with nine branches) is lit. The nine branches are for eight candles representing the eight days the oil lasted and one for a candle used to light the others. There is also a tradition of giving money – gelt – to children so that they can give to charity.



ARE THERE SPECIAL FOODS?

As the holiday celebrates a miracle related to oil, Jews tend to have fried foods at Hanukkah, particularly jelly-filled doughnuts known as sufganiyot and potato pancakes known as latkes. There are also chocolate coins wrapped in foil that represent Hanukkah gelt.

GAMBLING?

Kind of. There is a game associated with Hanukkah that is played with a dreidel, a four-sided top with a different Jewish letter that is an acronym for "great miracle happened there." Every player gets pennies, chocolate coins or something similar. With each spin, depending on what letter the top lands on, the player either gets nothing from the pot, gets half the pot, gets the whole pot, or has to put a coin in the pot.

IS IT LIKE CHRISTMAS?

Not really. The only connections are that both are celebrations and both tend to be in December.

ARE THERE GIFTS?

Now, particularly in the United States, there tends to be, but it is certainly not required. The gift-giving has evolved because of how close Hanukkah is to Christmas.

CHRISTMAS HAS CAROLS, WHAT ABOUT HANUKKAH?

There is actually a grand tradition of Hanukkah music including "I Have a Little Dreidel" and "Hanukkah oh Hanukkah." There are some modern songs such as Adam Sandler's "The Hanukkah Song" and "Light One Candle" by Peter, Paul, and Mary.

WHY ISN'T HANUKKAH THE SAME DAY EVERY YEAR?

It is. It's just that it's the same day every year on the Hebrew calendar, which is a lunar calendar, as opposed to the solar, 365-day calendar in use here.

CAN YOU CELEBRATE HANUKKAH AND CHRISTMAS?

Really, you can do whatever you want. Some say no, because Hanukkah is, in large part, about celebrating people who would have rather died than give up their religion.

THE DIGNITY FUND

The SF Dept. of Disability and Aging Services is currently conducting the 2022 Dignity Fund Community Needs Assessment - to understand the strengths, challenges, and gaps in services to older adults and adults with disabilities. There is now a single webpage corralling all the information about the DFCNA and ways for community members to share their input at sfhsa.org/DFCNA.



December Special Events

Xmas Tree Trimming	Thu	12/2	10:30	Morgan Hall
Elf to Elders Xmas card workshop	Thu	12/2	2:30	Friendship Hall
Catholic Mass	Fri	12/3	10:00	Chapel
Celebrate Hannukah	Fri	12/3	3:30	Friendship Hall
Starstruck-Gene Kelly film	Sat	12/4	3:00	Friendship Hall
Flute Duo	Mon	12/6	3:00	Friendship Hall
Emotional Support Group	Wed	12/8	3:00	Stucky Library
Songbirds Holiday Concert	Wed	12/8	3:00	Morgan Parlor
Grant Ave. Follies	Thu	12/9	3:00	Friendship Hall
Residents' Council Meeting	Fri	12/10	9:30	Dining Room
Birthday Celebration	Fri	12/10		Dining Room
Saturday Shorts	Sat	12/ 11	3:00	McGinley Room
Home Instead Gift Wrapping	Mon	12/13	2:30	Friendship Hall
Lloyd & Marion Documentary	Sat	12/18	2:30	Friendship Hall
Winter Teatime Healing Harp	Mon	12/20	2:30	Friendship Hall
Jason Myer on the Piano	Tue	12/21	3:30	Friendship Hall
Nutcracker and the Mouse King	Tue	12/21	7:15	Porter Library
Holiday Happy Hour	Thu	12/23	3:30	Morgan Parlor
New Year's Eve Card Bingo/Party	Fri	12/31	7:30	Friendship Hall

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