



Heritage Happenings

APRIL 2019

Bagpiper on St. Patrick's Day

Stuart Hall Boys Read to Residents

Tuesday, April 2, at 10:15 am in Friendship Hall

This is a delightful way to encourage and reward an early reader. The boys come prepared to read a selection to you and give you a hand-made thank-you card. There is no sign-up – just come, volunteer and enjoy.

Annual Tea Party

Wednesday, April 3, at 3:00 pm in Morgan Parlor
Sold out!

All proceeds go to the Employee Appreciation Fund



Zero Waste Presentation

Friday, April 5, at 3:15 pm in Friendship Hall

In honor of Earth Day the San Francisco Department of the Environment will present the city's Zero Waste program including the recent updates, and will answer questions about how to be better at the bin. They will also share resources for disposing of hazardous waste and other bulky materials that do not belong in any of the bins, as well as proper disposal of medicines.

San Francisco Conservatory of Music presents
Classical String Trio

Monday, April 8, at 3:00 pm in Morgan Parlor

Asian Art Museum Community Speakers Program presents:

Timeless traditions: Expressions of the Divine & Human in Indian Art

Thursday, April 11, at 3:00 pm in Friendship Hall



This lecture explores the vast panoply of Indian art through the prism of its various belief systems.

Come color eggs with the children from Lady Bugs Preschool
Friday, April 12, at 10:00 am in Friendship Hall



Bollywood Indian Dinner

Wednesday, April 17 in the Dining Room
with a performance at 5:30 pm
by Bollynaach Dance Group



Easter Dinner

Sunday, April 21, at noon in the Dining Room

Special Easter Performance by Pianist, Ian Scarfe

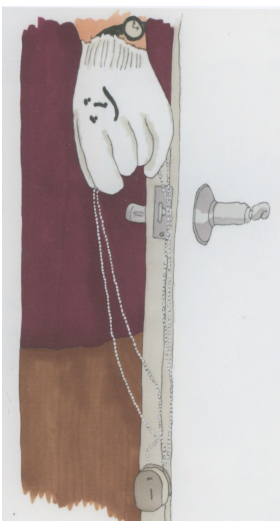
Sunday, April 21, at 3:00 pm in Morgan Hall

Music by Claude Debussy, Wolfgang Amadeus Mozart, and Ludwig van Beethoven's great masterpiece, the Piano Sonata in A-flat Major, Op. 110

JILL CORDOVA-HOLT LEADS WISE WOMAN DISCUSSION GROUP

Thursday, April 25, at 3:00 pm in Friendship Hall

Jill Cordova-Holt, LCSW, is the Community Relations Clinical Manager for Hospice By the Bay. She holds a Master's Degree in Social Work, and has provided guidance, care and education for families and staff throughout Marin, Sonoma and San Francisco. Some of the topics she addresses include dementia, challenging behaviors and end of life signs and symptoms. Additionally, she facilitates groups for older adults on the transitions they face in their aging process, as well as family support groups. At The Heritage she will facilitate a discussion of life transitions such as: relationships with adult children, emotional regulation, self-empowerment, intimacy, losing a partner, and welcoming change. Her goals are for women to support each other while facing challenges and focus on new opportunities for growth and fulfillment.



George reaching for pendant
on resident's door

REMINDER

A copy of the *San Francisco Chronicle* is placed every morning in both the Porter and Stucky libraries, for the reading pleasure of ALL residents ALL DAY. Sometimes sections are removed as early as 9:00 a.m. **Please do not remove** any sections of the daily papers from either library before 8:00 p.m.!

President's Corner

Welcome to the month of April 2019. We celebrate the April 28, 1788 admission into the Union of the State of Maryland. It is also an exciting time when we get to settle up with the IRS. Refund? We also look forward to our April 3rd Tea, another marvelous sold-out fund raising effort chaired by Katherine Conley, to support your Residents' Council. Other fund raisers are in the mix, with the first Open Door event in May - an opportunity to see other people's rooms. We still need someone to chair our annual raffle. All monies raised go to the Residents' Council to support your committees: the chapel, garden, flower, outreach and library. At the end of the year, we look at needs for next year and then determine an amount to donate to the Employees' Appreciation Fund.

I will be looking for you at our next Residents' Council Meeting at 9:30 am Friday April 12th.

Remember -BECOME DEPENDENT on your PENDANT

Tony

ANNOUNCEMENT

The Board of Directors of Heritage on the Marina just announced that they have voted to replace our hopeless, helpless, infirm elevator. The contract for the new machine will go to Otis, a nod to our President's vow to put his "America First" stamp on all our decisions. Otis had been in serious competition with Siemens, the highly-regarded German lift maker, when the Board announced that Otis had won the contract.

When questioned how the elevator, which will cost at least \$1,000,000, will be paid for, Board president said that a box will be inserted in the elevator to collect a quarter from every rider. When one of the residents pointed out that it would take 4 million quarters, i.e. individual rides, to cover the hefty cost, the president assured everyone listening that he expected it to be paid for in 6 years, after which the box would either be removed or else the money collected would be put to some useful purpose, like perhaps a swimming pool in the center patio. No more painful outages for Mary Liz. There would also be a closed circuit television monitor focused on maj jongg and card bingo games going on around our community.

He added that the new elevator would sport some attractive features, such as a Barca Lounger instead of the spotty, messy bench, and a make-up counter with eye shadow and mascara and a mirror for folks like Sheila, going out for an evening on the town, to make themselves gorgeous.

The Board president assured the listening group that this elegant addition to our community could be installed by summer.

**** (continued on page 6)

MUNI Caper #37: ♪♪ Take Me Out to the Ballgame! ♪♪

In the spring an old girl's fancy turns to—baseball! This MUNI Caper includes stops at some iconic sites for San Francisco Giants fans who are now anticipating Opening Day on April 5.

The first destination is the gigantic Vamos Gigantes mural, a Precitas Eyes mural in the Mission, on 19th Street just off Mission. (www.artandarchitecture-sf.com/gigantes-mural.html)



Proceed from the mural to Oracle Park, home of the San Francisco Giants since 2001, via the site of the old Seals Stadium at 16th and Bryant where the Giants played their first two seasons in San Francisco while Candlestick Park was being built. Joe DeMaggio also played here. (https://en.wikipedia.org/wiki/Seals_Stadium).

(www.mercurynews.com/2014/10/24/giants-old-home-seals-stadium-now-largely-forgotten). The Double Play Bar on the corner displays old photos and historic items—the bartender is knowledgeable about Seals and Giants history. Seals Stadium was destroyed and replaced by a shopping center, now anchored by a Safeway.

Continue on to Oracle Park, walk around the perimeter of the stadium to check out the statues of the most giant of the Giants, e.g. the Willies--Mays and McCovey, Orlando Cepeda, Juan Marichal; pop into the Dugout Store to buy a new T-shirt or cap for the new season! Drop into a nearby eatery for lunch. Suggestions: MoMo's across from the ballpark at 2nd & King teems with fans on game days; or walk a couple blocks down the Embarcadero toward downtown to DeLancey Street Restaurant (alternatively ride the N or T car toward downtown). Return home via an E or F line historic streetcar.

In the Spring, hope springs eternal—Go Giants!

Jean Fowler

(See next page for The Route)

The Route:

Walk to Laguna & Chestnut to board the **#30 Stockton** toward downtown; ride four blocks to Chestnut & VanNess; debark & cross Chestnut to wait for **#49 Van Ness/Mission**.

Ride **#49** approximately 40-45 minutes to Mission & 18th Street; debark and walk forward one block to 19th Street. Turn right for one block to view mural on PG&E substation at 19th & San Carlos.

Return to Mission; turn left and walk back to 16th to pick up **#22 Fillmore** headed toward the Bay. Ride **#22** to end of line. (Optional: get off at 16th & Bryant to walk around the site of the old Seals Stadium, now a shopping center (www.mercurynews.com/2014/10/24/giants-old-home-seals-stadium-now-largely-forgotten)).

Return to same 16th & Bryant corner to reboard **#22 Fillmore** toward Potrero Hill. At end of line, walk back half a block to 3rd Street/T line.

Ride T in downtown direction (currently a bus while the T line is being rebuilt). Get off at 4th & King; walk across the street to Oracle Park. Walk around the perimeter of ballpark; walk down Embarcadero to Delancey Street.

After lunch, board **E or F** historic streetcar, downtown direction; ride to end of line at Jones & Beach.

Walk one block north to Northpoint; board **#47** at Northpoint & Jones; ride to Van Ness & Chestnut. Debark and wait for **#30 Stockton**.

Ride **#30** four blocks to homebase, Chestnut & Laguna.



Save these Dates . . .

for "Open Doors" tours and receptions:

May 17 – Morgan

July 19 – Perry

September 20 – Francisco Flats

All programs are 2:00-4:00 p.m. Watch for complete details about the Morgan event in May in the next issue of the *Happenings*.

Jean Fowler

BOOKS ADDED TO THE STUCKY LIBRARY

Edmund de Waal	The Hare with Amber Eyes	2010
Homer Venters	Life and Death in Rikers Island	2019
Robert McNally	The Modoc War	2017
Paul Gallico	The Hand of Mary Constable (large print)	1976
Fannie Flagg	I Still Dream About You (large print)	2010
Charles Krauthammer	Things That Matter	2013
Gail Honeyman	Eleanor Oliphant Is Completely Fine	2017
Nancy Stuart	American Empress	2004
Valeria Luiselli	Tell Me How It Ends	2016
Nancy Horan	Loving Frank	2007
Ann Patchett	Commonwealth	2016
David Liss	The Coffee Trader	2003
Rachel Kadish	The Weight of Ink	2017
Lynn Vincent	Indianapolis	2018

The Book Club will meet on Monday, April 1, at 11:00 am in the Stucky Library. The book to be discussed is *Our House* by Louise Candlish. This is a mystery story. On a bright January morning in the London suburbs, a family moves into the house they've just bought in Trinity Avenue. Nothing strange about that. Except it is your house. And you didn't sell it.

Reading aloud from *Pride and Prejudice*

Sunday, April 28, at 3:00 pm in the McGinley Room

Betty White and Margaret Jacobs have begun monthly reading-aloud Sunday afternoons. The first was a short story by Roald Dahl. The second was a selection from Jane Austen's *Pride and Prejudice*. By request, the next reading will continue with favorite passages following the relationship of Elizabeth and Darcy. In addition, videos will be shown about Jane Austen and why her novels have such continuing appeal to modern readers.

Join us for our literary Sunday afternoons. Brew a cup of coffee or tea (there might even be nibbles) and think of favorite material you might like to hear read aloud at a future date.



"There is a stubbornness about me that never can bear to be frightened at the will of others. My courage always rises at every attempt to intimidate me."

WEEKLY ACTIVITIES

Art with Patrick	9:30am	M	A&CR
Tai Chi	10:00 am	M	FC
Handcrafts Group	2:00 pm	M	MH
Chair Aerobics	9:15	M, F	FC
Second Friday	9:00 am		FC
Sit and Be Fit	9:15 am	W	FC
Maintain Your Brain	10:00 am	W	FC
Balance Class	11:45 am	M, T, Th, F	1 Fl Perry
Ann Rieger-Matthews Stretch*	10:00 am	T	FC
Second Session	11:00 am	T	FC
OUT & ABOUT		T	Porter Lib
Sing-Along	3:00 pm	W	FH
Yoga Basics	9:30 am	Th	FC
Painting with Patrick	10:00 am	Th	FH
Chair Yoga	10:45 am	Th	FC
Meditation	1:00 pm	Th	Chapel
Tech Support with Tess	1:30 pm	Th	BCM
Chair Pilates	11:00 am	Sa	FC
Saturday Shorts	3:00 pm	Sa	BCM
Saturday Movies	7:15 pm	Sa	BCM

*Ann is away 4/22-5/12. Deborah will lead a single class at 10:00 am.

RELIGIOUS SERVICES

Episcopal Service of Holy Communion every Sunday at 10:30 am in the Cedar Room in the Health Center. Everyone is welcome.

The Rev. Terry Davis celebrates Roman Catholic Mass on the first Friday of every month in the chapel at 10:30 am.

Semi-Annual General Conference of the Church of Jesus Christ of Latter-Day Saints

Live streaming of talks by the Prophet and other general authorities
Music by the Tabernacle Choir & Orchestra at Temple Square & a youth choir

Saturday, April 6, in the chapel

9-11 am 1-3 pm

Everyone is welcome – for all or part





Harry Copeland	4/01	Janet Bolles	4/08
Henry Der	4/03	Bernie Burke	4/08
Albert Jonsen	4/04	Zoe Brown	4/11
Monique Kaufman	4/07	Elmer George	4/23
		Lucretia Way	4/29

Birthdays will be celebrated on Friday, April 12.

April

The sparrows tritter as they fly,
And with a windy April grace
The little clouds go by.

Yet the back-yards are bare and brown
With only one unchanging tree--
I could not be so sure of Spring
Save that it sings in me.

Sara Teasdale

MOVIES IN APRIL

All movies are shown on Saturday at 7:15 pm in the McGinley Room

THE SPY THAT CAME IN FROM THE COLD (1965) Apr 6

British agent Alec Leamas refuses to come in from the Cold War during the 1960s, choosing to face another mission, which may prove to be his final one. Stars: Oscar Werner, Claire Bloom, Richard Burton

GREEN BOOK (2018) Apr 13

A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. Stars: Viggo Mortensen, Mahershala Ali, Linda Cardellini

I KNOW WHERE I'M GOING (2018) Apr 20

A young Englishwoman goes to the Hebrides to marry her older, wealthier fiancé. When the weather keeps them separated on different islands, she begins to have second thoughts. Stars: Wendy Hiller, Roger Livesey, George Carney

GOYA'S GHOSTS (1956) Apr 27

Painter Francisco Goya faces a scandal involving his muse, who is labeled a heretic by a monk. Stars: Javier Bardem, Natalie Portman, Stellan Skarsgård

THE COTTAGE: MEMORY DAY PROGRAM

Our much-loved Cottage is going to experience a new life later this spring. After months of updating, the Cottage will soon be ready to welcome residents, both from independent living and assisted living, for a Memory Day Program. There will be a variety of activities with a focus on memory support. Having a kitchen and a garden will further enhance the activities offered and will be based on what residents express as their interests.

Stephan Camarota will be the Activity Leader and Julita Adaya will be joining the Heritage staff as Activity Assistant. They will be working closely with Karina Tapia, Director of Social Services, Wellness and Community Life.

Among the possible activities are:

Arts and Crafts such as painting, knitting, sewing and ceramics. (The underutilized Arts and Crafts room might also be used at times for some of these.) Kitchen activities might include baking bread and making smoothies. Music could include music appreciation, name that tune and sing-a-longs.

Cognitive activities might cover current events, trivia, Sudoku or a book club.

And outdoor activities could incorporate gardening, such as planting herbs or vegetables in the new containers. There will be a table and chairs on the patio, so residents can enjoy this freshly landscaped space.

It will be wonderful to have the charming Cottage used to provide pleasurable and beneficial activities for residents. We look forward to the opening of the Cottage for the new Memory Day Program.

Martha Nell Beatty



Front entrance to
The Heritage

"There is nothing like staying at home for real comfort." Jane Austen

"Home is not a place...it's a feeling."

"What I love most about my home is who I share it with."

"The *Wizard of Oz* got it right – there is no place like home."

SPECIAL EVENTS IN APRIL

Book Club	Mon	Apr 1	11:00 am	Stucky Lib
Stuart Hall Boys Read	Tue	Apr 2	10:15 am	FH
Annual Tea	Wed	Apr 3	3:00 pm	MH/Lib
Catholic Mass	Fri	Apr 5	10:30 am	Chapel
Zero Waste Presentation	Fri	Apr 5	3:15 pm	FH
String Trio	Mon	Apr 8	3:00 pm	MH
Bridge Class	Wed	Apr 10	1:00 pm	FC
Asian Art Lecture	Thu	Apr 11	3:00 pm	FH
Residents Council Meeting	Fri	Apr 12	9:30 pm	DR
Lady Bugs Easter Egg Coloring	Fri	Apr 12	10:00 am	FH
Birthday Celebration	Fri	Apr 12	5:15 pm	MH
Bollywood Indian Dinner/Dancers	Wed	Apr 17	5:30 pm	DR
Pianist Ian Scarfe	Sun	Apr 21	3:00 pm	MH
Bridge Class	Wed	Apr 24	1:00 pm	FC
Wise Woman Discussion	Thu	Apr 25	3:00 pm	FH
Card Bingo	Thu	Apr 25	7:15 pm	FH
Feldenkrais	Sat	Apr 27	9:00 am	FC
<i>Pride and Prejudice</i> Reading	Sun	Apr 28	3:00 pm	BCM

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