

Friday Movies at 2 pm in Friendship Hall

2 February ~ *The Notebook* ~ 2004 ~ 2hr 3m
An elderly man reads to a woman with dementia the story of two young lovers whose romance is threatened by their different social classes.
Director: Nick Cassavetes ~ Stars: Gena Rowlands, James Garner

9 February ~ *Somewhere in Time* ~ 1980 ~ 1hr 43m
A Chicago playwright uses self-hypnosis to travel back in time and meet the actress whose vintage portrait hangs in a grand hotel.
Director: Jeannot Szwarc ~ Stars: Christopher Reeve, Jane Seymour

16 February ~ *The Sting* ~ 1973 ~ 2hr 9m
In this Oscar winner, a rookie grafter and veteran con artist plan to fleece a homicidal racketeer through a phony racetrack scam in 1930s Chicago.
Director: George Roy Hill ~ Stars: Paul Newman, Robert Redford, Robert Shaw

23 February ~ *Strangers on a Train* ~ 1951 ~ 1hr 41m
A psychopathic man tries to persuade a tennis star to agree that two strangers can get away with murder by killing the other's most-hated person.
Director: Alfred Hitchcock ~ Stars: Farley Granger, Robert Walker, Ruth Roman

Sunday Movies at 2 pm in the McGinley Room

4 February ~ *Oppenheimer* ~ 2023 ~ 3hrs 1m
The story of American scientist J Robert Oppenheimer and his role in the development of the atomic bomb.
Director: Christopher Nolan ~ Stars: Cillian Murphy, Emily Blunt, Matt Damon

11 February ~ *Tender Mercies* ~ 1983 ~ 1hr 32m
A broken-down, middle-aged country singer gets a new wife, reaches out to his long-lost daughter, and tries to put his troubled life back together.
Director: Bruce Beresford ~ Stars: Robert Duvall, Tess Harper, Betty Buckley

18 February ~ *Local Hero* ~ 1983 ~ 1hr 51m
An American oil company has plans for a new refinery and sends someone to Scotland to buy up an entire village, but things don't go as expected.
Director: Bill Forsyth ~ Stars: Burt Lancaster, Peter Riegert, Fulton Mackay

25 February ~ *Spellbound* ~ 1945 ~ 1hr 5m
A psychiatrist protects the identity of an amnesia patient accused of murder while attempting to recover his memory.
Director: Alfred Hitchcock ~ Stars: Ingrid Bergman, Gregory Peck

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



Heritage Happenings

Calendar

February 2024

Announcements	Birthdays	
This month—as part of this year’s Around the World program—we celebrate China and the Year of the Dragon . Special events include: <ul style="list-style-type: none">8 February at 3:00 Happy hour featuring the Grant Ave Follies who will do a special dance!12 February at 3:00 Asian Art Museum presents “Year of the Dragon”15 February at 11:00 Chinese horoscope reading16 February at 5:30 Chinese dinner begins with a celebration show & lion dance by Jing Mo	Bob Granucci	2/5
	Jane Standing	2/6
	Katie Loo	2/9
	Ivy Lee	2/10
	June Fraps	2/11
	Flora Zagorites	2/16
	Nancy Ozsogomonyan	2/21
	Rod Dugliss	2/29 !!!
	Birthday Dinner	2/9
	Valentine's Day party with Frank Cefalu	2/13

Tuesday Out & About Excursion Schedule			
6 February	13 February	20 February	27 February
9:30 Walgreens	9:30 Safeway	9:30 Target & Grocery Outlet at Geary Boulevard	9:30 Trader Joe’s
10:30 Botticelli Drawings at Legion of Honor	10:30 Irish Coffees at Buena Vista Café		10:30 200 Magnolias at Botanical Gardens
			1:30 Scenic ride for Assisted Living residents
Around the World ~ Celebrating a country every month with dinners & events			
January~Italy February~China March~Ireland	April~Greece May~Mexico June~Caribbean	July~France August~Spain September~India	Nov~Thailand Oct~Germany Dec~El Salvador
Out & About sign-up sheets are located in the dining room. Schedule is subject to change.			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div><h1>Heritage Happenings</h1><h2>February 2024</h2><p>Activities subject to change</p><p>Blue: birthday</p><p>Red: see special events in the newsletter</p><p>Green: event in the "Around the World" program</p></div>				1 Tech Help w/Tess 9:00 Yoga FC 9:30 Art with Patrick AR 11:45 Balance Class PC 2:00 Drumming for Wellness with Jenni Swerdlow FH	2 10:00 First Friday Mass With Fr Arturo CH 11:45 Balance Class PC 2:00 Yoga with Claudia FC 2:00 Film <i>The Notebook</i> FH 3:30 Walking Group PL	3 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with Margaret MR
4 10:00 Episcopal Service MR 11:00 Stretch & Flex FH 2:00 Movie <i>Oppenheimer</i> MR 3:00 Bingo FH	5 Bob Granucci 9:00 Strength Training FC 9:45 Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 1:30 Elvis Concert '68 3:30 Walking Group PL 4:00 Coffee Hour DR	6 Jane Standing Out & About Day 9:30 Morning Stretch FH 10:30 Total Workout FC 1:30 Hand Massage by Roxana 3:00 Bingo FH 3:30 Men's Group CO	7 9:00 Strength Training FC 11:45 Balance Class PC 2:00 What's Up! FH 3:30 Walking Group PL	8 Tech Help w/Tess 9:00 Yoga FC 9:30 Art with Patrick AR 11:45 Balance Class PC 3:00 Special Performance Grant Ave Follies	9 Katie Loo 7:00 Dr Lea podiatry BS 11:45 Balance Class PC 2:00 Yoga with Claudia FC 2:00 Film <i>Somewhere in Time</i> FH 3:30 Walking Group PL 5:00 Birthday Sing-along 5:30 Birthday Dinner DR	10 Ivy Lee 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with Margaret MR
11 June Fraps Abraham Lincoln 11:00 Stretch & Flex FH 1:30 Matinee FH 2:00 Movie <i>Tender Mercies</i> MR 3:00 Bingo FH	12 9:00 Strength Training FC 9:45 Tai Chi FC 3:00 Asian Art Museum Year of the Dragon 3:30 Walking Group PL 4:00 Coffee Hour DR	13 Out & About Day 9:30 Morning Stretch FH 10:30 Total Workout FC 3:00 Valentine's Day Happy Hour with Frank Cefalu MP	14 Valentine's Day 10:30 Town Hall Meeting 11:45 Balance Class PC 1:00 Activities Meeting GR 1:30 Out & About Meeting MR 3:30 Walking Group PL 5:30 Valentines Dinner	15 Tech Help w/Tess 9:00 Yoga FC 9:30 Art with Patrick AR 11:00 Chinese Horoscope FH 11:45 Balance Class PC	16 Flora Zagorites 11:45 Balance Class PC 2:00 Yoga with Claudia FC 2:00 Film <i>The Sting</i> FH 3:30 Walking Group PL 5:30 Chinese Dinner with Lion Dance	17 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with Margaret MR
18 10:00 Catholic Mass With Fr John CH 11:00 Stretch & Flex FH 1:30 Matinee FH 2:00 Movie <i>Local Hero</i> MR 3:00 Bingo FH	19 9:00 Strength Training FC 9:45 Tai Chi FC 11:45 Balance Class PC 3:30 Walking Group PL 4:00 Coffee Hour DR	20 Out & About Day 9:30 Morning Stretch FH 10:30 Total Workout FC 10:30 Spirit Care with Pastor Nibbe FH 1:30 Hand Massage FH 3:30 Men's Group CO	21 Nancy Ozsogomonyan 9:00 Strength Training FC 11:00 Spanish FH 11:45 Balance Class PC 2:00 What's Up! FH 3:30 Walking Group PL 4:00 Coffee Hour DR	22 Tech Help w/Tess 9:00 Yoga with Claudia FC 9:30 Art with Patrick AR 11:00 Abe Lincoln Bio FH 11:45 Balance Class PC 2:00 Tea & Chat FH	23 10:00 Resident Council FH 11:45 Balance Class PC 2:00 Yoga with Claudia FC 2:00 Film <i>Strangers on a Train</i> FH 3:30 Walking Group PL	24 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 12:00 Teaching Kitchen/ Lunch & Learn with Kayla Vaglio, RD 3:00 Saturday Shorts with Margaret MR
25 11:00 Stretch & Flex FH 1:30 Matinee FH 2:00 Movie <i>Spellbound</i> MR 3:00 Bingo FH	26 9:00 Strength Training FC 9:45 Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 3:00 SF Public Library with Catherine Comier FH 3:30 Walking Group PL 4:00 Coffee Hour DR	27 Out & About Day 9:30 Morning Stretch FH 10:30 Total Workout FC 1:30 Hand Massage FH 3:00 Bingo FH	28 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	29 Rod Dugliss 9:00 Yoga FC with Patrick FC 9:30 Art with Patrick AR 11:45 Balance Class PC 1:30 SPCA Visit FH 3:00 Sing-along with Jason Mayers FH	This calendar is a joint effort by residents and team members of Heritage on the Marina who wish you a happy year of the dragon!	
				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		