



## **Heritage Happenings Calendar December 2024**



**Pianist Ian Scarfe And violinist Mads Tolling Usher in the Holiday Season with a Special Program of "Mostly Classical" Music  
Monday, December 2 at 3:00 in Morgan Hall**

Mads Tolling is a Grammy Award winning jazz violinist, arranger and composer. The program will explore their shared musical backgrounds ranging from classical violin works by Vivaldi and Kreisler to Scandinavian composers.

**Sing-Along with Jason Myers  
Wednesday, December 4 at 3:00 in Friendship Hall**

**Unwrap Ornaments and trim the tree  
Thursday, December 5 at 8:30 (unwrapping)  
and (10:30) tree trimming. Refreshments**

**Muttville Cuddle Club  
Thursday, December 5 at 11:00 in the Cottage.**

Those who signed up let Roxana know you will come as space is limited.

**SFMTA Presentation: Navigating San Francisco  
Thursday, December 5 at 3:00 in Friendship Hall**

Learn how to navigate through San Francisco public transit, including paratransit, presented by Aurico Doga, Mobility Management Specialist.

**Grace Wu's Piano Students' Recital  
Saturday, December 7 at 3:00 in Morgan Parlor**

It is always a pleasure to see and applaud the children's performance

**Resident satisfaction survey results with Mary Lindy  
Monday, December 9 at 10:30 in Friendship Hall**

**In Person! Asian Arts Museum Presentation:  
Hidden Meanings in Chinese Art  
Monday, December 9 at 3:00 in Friendship Hall**

The symbols and motifs that appear on Chinese decorative arts, clothing, and adornments often represent hidden meanings that convey a desire for the good things in life. Surrounding oneself with objects bearing auspicious symbols was, and is believed to increase the likelihood of wish fulfillment.



**The Songbirds Holiday Concert**  
**Thursday, December 12 at 3:00 in Morgan Parlor**

The Songbirds is a part of Children's Theater Arts and serves as an outreach organization to the broader community. The group was formed in 1994 and is comprised of ladies who volunteer their time to bringing joy to the senior community in public facilities, retirement homes, and health-care facilities through their vocal music

**Buck Institute: Boosting Brain Resilience to Restore Memory**  
**Friday, December 13 at 10:00 in Friendship Hall (virtual)**

Have effort to clear toxic proteins from the brain been shortsighted? Dr. Tracy is taking another tack. She is focused on a protein that rescues mechanisms that promote resilience of synapses, the structures that transmit information between neurons. Her team has restored memory in mice with brains loaded with disease-causing proteins. We think it's pretty cool and we're guessing you will too.

**Brittany Presents: Strokes and Aphasia**  
**Tuesday, December 16 at 3:00 in Friendship Hall**

What is a stroke? ?

- What are the common effects of a stroke?
- What is Aphasia?
- What are the different types of Aphasia?
- How does it feel to have Aphasia?
- How should we support people with Aphasia

**Holiday Happy Hour**  
**Wednesday, December 18 at 3:00 in Friendship Hall**

**SPCA Visit**  
**Thursday, December 19 at 1:30 in the Porter Library**  
Come pet a "?"doodle.

**Marin Men's Chorus**  
**Thursday, December 19 at 3:00 in Morgan Hall**

The Marin Men's Chorus is a group of men whose common denominator is the joy of singing. Founded in 1981, they have performed at various venues including retirement homes, civic functions, and formal concerts. We will see some old friends again.

**Christmas Carols and Holiday Songs Sing-along with Alex Bootzin**  
**Monday, December 23 at 3:00 in Morgan Hall**  
**Coffee, tea, hot chocolate and cookies!**

**Christmas Social & Resident Art Show Hosted by Jeanne Wednesday,  
December 25 at 2:00 in Friendship Hall**

**Residents' Council Meeting  
Friday, December 27 at 10:00 in Friendship Hall**



**Religious Services**

**Catholic Mass** at 10:00 in the Chapel  
Friday, December 6  
Sunday, December 8  
Wednesday, December 25



**Catholic Holy Communion**  
Sunday, December 1, 22, 29

**Episcopal Eucharist** at 10:00 in the McGinley Room  
Sunday, December 1



Margaret Jacobs	12/12
Sheila Moore	12/12
SiSi Luopajarvi	12/13
Betty Dy	12/17
Lucia Dugliss	12/21
Rita McEvoy	12/29

**Celebration:** Friday, December 13

**Friday Movies in Friendship Hall at 2:00**

Dec 6 **White Christmas** (1953) Singers Bob Wallace and Phil Davis join the sister act Betty and Judy Haynes to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly, the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. So, what's the foursome to do but plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black! Stars: Bing Crosby, Rosemary Clooney, Vera Ellen, Danny Kaye, Dean Jagger

Dec 20 **Home Alone** (1990) When bratty 8-year-old Kevin McCallister acts out the night before a family trip to Paris, his mother makes him sleep in the attic. After the McCallisters mistakenly leave for the airport without Kevin, he awakens to an empty house and assumes his wish to have no family has come true. But his excitement sours when he realizes that two con men plan to rob the McCallister residence, and that he alone must protect the family home. Stars: Macaulay Culkin, Catherine Hara, Joe Pesci, Daniel Stern

Dec 27 **Jingle All the Way** (1996) Workaholic Howard Langston (Arnold Schwarzenegger) wants to make things up to his son, Jamie (Jake Lloyd), and wife, Liz (Rita Wilson). He promises to get Jamie the hottest toy of the season, Turbo-Man -- even though it's Christmas Eve and the toy is practically sold out. As Langston hunts down the elusive gift, he runs into mailman Myron (Sinbad), another father on the same quest. With the clock winding down, Langston's moral code is tested as he starts to learn the real meaning of Christmas. Stars: Arnold Schwarzenegger, Jake Lloyd, Rita Wilson, Sinbad

### **Cinema Club in Friendship Hall at 2:00**

Monday, Dec 30 **It's a Wonderful Life** (1946) George Bailey has so many problems he is thinking about ending it all - and it's Christmas! As the angels discuss George, we see his life in flashback. As George is about to jump from a bridge, he ends up rescuing his guardian angel, Clarence - who then shows George what his town would have looked like if it hadn't been for all his good deeds over the years. Stars: James Stewart, Donna Reed, Lionel Barrymore

### **Sunday Movies at 2:00 in the McGinley Room**

December 1 **Something's Gotta Give** (2003) Follows the unusual circumstances that bring Harry Sanborn and Erica Barry together. Harry is 63, never married, wealthy, and dedicated to dating women half his age. Erica is in her mid-fifties, divorced, and a successful playwright. Stars: Jack Nicholson, Diane Keaton

December 8 **Trading Places** (1983) A snobbish investor and a wily street con artist find their positions reversed as part of a bet by two callous millionaires. When they uncover the plot, they set out to turn the tables on the millionaires. Stars: Eddie Murphy, Dan Aykroyd, Ralph Bellamy

December 15 **Sabrina** (1995) Sabrina is a romantic comedy about a chauffeur's daughter who falls for the younger son of a wealthy family. The older brother tries to break them up, but then he starts to fall for her too. Stars: Julia Ormond, Harrison Ford, Greg Kinnear

December 22 **Last Holiday** (2006) The discovery that she has a terminal illness prompts an introverted saleswoman to reflect on what she realizes has been an overly cautious life. She withdraws her life savings and jets off to Europe where she lives like a millionaire. She charms everybody she meets, including renowned Chef Didier. The only one missing from her new life is her longtime crush. Stars: Queen Latifah, Gérard Depardieu, Sean Matthews, LL Cool J

December 29 **A Very British Christmas** (2019) Opera singer Jessica's flight to her concert in Vienna gets delayed and she is stranded in Yorkshire. The only place to stay is a bed-and-breakfast in an enchanting village run by a handsome widower named Andrew. Stars: Rachel Shenton, Mark Killeen, Isla Cook

### Weekly Activities

Monday	Bianca-Morning Stretch/Tai Chi	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
	Balance Class	11:45	Porter Corridor
	Walking Group	3:30	Porter Library
Thursday	Chair Yoga with Claudia	9:00	Fitness Center
	Art With Elders	9:30	Art Room
	Jonathan's Balance Class	1:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Meditation with Claudia	1:30	Cottage
	Tech Support With Tess	1:30	3 <sup>rd</sup> Floor Perry
Friday	Exercise Video	9:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Walking Group	3:30	Porter Library

## December Special Events

Sun	Dec 1	Episcopal Eucharist	10:00	McGinley Room
Mon	Dec 2	Ian Scarfe Concert	3:00	Morgan Parlor
Wed	Dec 4	Jason Myers Sing-Along	3:00	Friendship Hall
Thu	Dec 5	Unwrap ornaments	8:30	Morgan Parlor
		Trim the tree	10:30	Morgan Parlor
		Muttville Cuddle Club	11:00	The Cottage
		Navigating SF Transportation	3:00	
Sat	Dec 7	Children's Recital	2:00	Morgan Parlor
Mon	Dec 9	Survey Results/w Mary	10:30	Friendship Hall
		Asian Art: Hinduism	3:00	Friendship Hall
Wed	Dec 11	Administrative Update Meeting	10:00	Friendship Hall
		Board/Resident Holiday Party	5:00	
Thu	Dec 12	Songbirds Holiday Concert	3:00	Morgan Parlor
Fri	Dec 13	Buck Inst. Brain Resilience	10:00	McGinley Room
		Birthday Party	5:00	Morgan Parlor
Mon	Dec 16	Brittany: Strokes & Aphasia	3:00	Friendship Hall
Wed	Dec 18	Holiday Happy Hour	3:00	Friendship Hall
Thu	Dec 19	SPCA Visit	1:30	Porter Library
		Marin Men's Chorus	3:00	Morgan Parlor
Mon	Dec 23	Sing-along /w Alex Bootzin	3:00	Morgan Parlor
Wed	Dec 25	Christmas Social /Art Show	2:00	Friendship Hall
Fri	Dec 27	Residents Council Meeting	10:00	Friendship Hall
Sat	Dec 31	New Year's Eve Party	7:30	Friendship Hall



## ***Out and About***

Tuesday, December 3	Tuesday, December 10	Tuesday, December 17
<p>9:30 Walgreens Chestnut St*</p> <p>11:15 Farmers Market shop &amp; lunch at the Ferry Bld</p>	<p>9:30 Marina Safeway</p> <p>11:15 De Young Museum Retrospective: Art Deco- Tamara de Lempicka Lunch in the area</p> <p>4:30 Holiday Light Tour</p>	<p>9:30 Headstart Women's Bldg, 18 St.</p> <p>1:00 Shopping at 24 St and Castro</p> <p>4:30 Holiday Light Tour</p>

\*We have changed from the Divisadero to the Chestnut Walgreens. The Divisadero location is not looking as good as it used to. Since there is no parking on Chestnut street, Chip will drop you off and come back when everyone is finished.

\*We did not list outings for 12/24 and 12/31 because of the holidays.



I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph. Shirley Temple

A lovely thing about Christmas is that it's compulsory, like a thunderstorm, and we all go through it together. Garrison Keillor

I will honor Christmas in my heart, and try to keep it all the year.  
Charles Dickens

