

H Heritage Happenings **MARCH 2020**



The Moonglow Trio

Monday, March 2, at 3:00 pm in Friendship Hall



Mediterranean Smoothies with Dietitian Christina

Wednesday, March 4, at the noon meal in the Dining Room



Friday, March 6, at 2:30 pm in Friendship Hall

The jolly festival of Purim is celebrated every year on the 14th of the Hebrew month of Adar (late winter/early spring). Purim 2020 begins on Monday night, March 9, and continues through Tuesday, March 10 (March 11 in Jerusalem). It commemorates the salvation of the Jewish people in ancient Persia from Haman's plot "to destroy, kill and annihilate all the Jews, young and old, infants and women, in a single day," as recorded in the Megillah (book of Esther). The Rabbi will tell the Purim story, sing some traditional songs, bring some costumes, and traditional Jewish food.

The Terry Disley Experience

Monday, March 9, at 3:00 pm in Morgan Hall

"English born and San Francisco based keyboard player Terry Disley is tied tightly to his collaborations with smooth British jazz super group Acoustic Alchemy and to Dave Stewart for whom he was musical director for five years. Disley's brand of melodic jazz with an edge has found a niche on his adopted west coast."

Understanding Transportation Options For Seniors & Disabled Adults

Presented by Natasha Opfell, Mobility Manager at SF Paratransit

Thursday, March 12, at 3:00 pm in Friendship Hall

Happy St. Patrick's Day!



Join us in the Morgan Parlor as we celebrate with Jay Salter, bagpipe player, classic Irish drinks and treats.

Tuesday, March 17, at 2:00 pm in Morgan Hall

Grief Support Group

Thursday, March 19, at 3:00 pm in Friendship Hall
Leader: Jamie Kimmel, chaplain at Hospice on the Bay
All are welcome



Special Cuban Dinner

Wednesday, March 25, in the Dining Room



Docent Kathryn Zupsic Presents:

Frida Kahlo: Appearances Can Be Deceiving

Thursday, March 26, at 3:00 pm in Friendship Hall

Health & Wellness Lecture: Glaucoma

Presented by Dr. So, ophthalmologist and surgeon at Pacific Eye Associates
Monday, March 30, at 3:00 pm in Friendship Hall

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"Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes last us all the year." - Ogden Nash

Beware The Ides of March unless you're a cat

"We've all heard it uttered, but what does "beware the Ides of March" actually mean? On the Roman calendar, the midpoint of every month was known as the Ides. The Ides of March fell on March 15th. This day was supposed to correlate with the first full moon of the year and marked by religious ceremonies, but thanks to Shakespeare's Julius Caesar we know it for another reason. Supposedly, in 44 BC, a seer told Julius Caesar that his downfall would come no later than the Ides of March. Caesar ignored him, and when the fated day rolled around he joked with the seer, 'The Ides of March have come.' The seer replied, 'aye, Caesar; but not gone.' Caesar continued on to a senate meeting at the Theatre of Pompey, and was summarily murdered by as many as 60 conspirators. Ironically, the spot where Caesar was assassinated is protected in today's Rome as a no-kill cat sanctuary. So, if someone tells you 'beware the Ides of March,' they are probably just letting you know they've read Shakespeare."

A Little-Known March Fact

Quinquatria is the Roman Festival in honor of the goddess Minerva, from March 19 - March 23. Minerva, the goddess of wisdom and war, is featured on the great seal of the State of California because she was born an adult, and California was never a territory.



MARKETING HERITAGE ON THE MARINA

In the *San Francisco Ballet Season Guide*, there was a full-page ad for Heritage on the Marina in which we are described as a Life Plan Community. Not having heard this term before, residents had questions. Martha Nell Beatty asked Janet Howell for clarification.

Q. Is Life Plan Community a term unique to us? If not, where did it come from?

Ans. The term *Life Plan Community* was introduced by *Leading Age* approximately four years ago as an alternative name for *Continuing Care Retirement Community (CCRC)*. The intention was to accurately reflect and highlight the offerings of a community, as well as to shift societal thinking about aging. The goal is to take a more holistic approach to aging, which is not solely about requiring care. We offer an inclusive environment where residents can thrive in a community that supports their individual needs.

Q. Does Life Plan replace Life Care, which is what we have been called previously?

Ans. Life Care is descriptive of the type of community. Heritage on the Marina will continue to offer the Life Care (Type A) contract in addition to the Continuing Care (Type C) contract for the foreseeable future.

Q. What percentage of new residents are still coming in under Life care?

Ans. Currently, approximately 80% of our residents are under the Type A contract; the remaining 20% have Type C.

Q. Do you expect any other changes in what our type of community offers?

Ans. Heritage on the Marina is anticipating the creation of additional two-bedroom apartments, allowing us to be more competitive with our apartment offerings and to meet the current demand. At the present time, I do not anticipate the organization adding any additional contract types.

The typical Life Plan Community offers not only Independent Living, but also Assisted Living, Skilled Nursing and some may include memory care. Heritage on the Marina remains one of three Life Plan Communities in the City of San Francisco.

SATURDAY MOVIES at 7:15 pm in the McGinley Room.

- FORD V FERRARI** (2019) Mar. 7
American car designer Carroll Shelby and driver Ken Miles battle corporate interference and the laws of physics to build a revolutionary race car for Ford in order to defeat Ferrari at the 24 Hours of Le Mans in 1966. Stars: Matt Damon, Christian Bale, Jon Bernthal
- MARRIAGE STORY** (2019) Mar. 14
Noah Baumbach's incisive and compassionate look at a marriage breaking up and a family staying together. Stars: Adam Driver, Scarlett Johansson, Julia Grotelueschen
- THE IMITATION GAME** (2014) Mar. 21
Alexander Armstrong hosts the comedy panel show in which impressionists and comedians take part in impressions-based challenges. Stars: Alexander Armstrong, Rory Bremner, Debra Stephenson
- PARASITE** (2019) Mar. 28
A poor family, the Kims, con their way into becoming the servants of a rich family, the Parks. But their easy life gets complicated when their deception is threatened with exposure. Stars: Kang-ho Song, Sun-kyun Lee, Yeo-jeong Jo
- MOVIE MATINEE** Sundays at 1:30 pm in Friendship Hall
- High society** (1956) Mar. 1
A spoiled heiress must choose among three suitors: her jazz musician ex-husband, a stuffy businessman, and an undercover tabloid reporter. Stars: Bing Crosby, Grace Kelly, Frank Sinatra, Peter Lawford, and an undercover tabloid reporter.
- HIDDEN FIGURES** (2016) Mar. 8
The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. Stars: Taraji P. Henson, Octavia Spencer, Janelle Monáe
- MY FAIR LADY** (1964) Mar. 15
Snobbish phonetics Professor Henry Higgins agrees to a wager that he can make flower girl Eliza Doolittle presentable in high society. Stars: Audrey Hepburn, Rex Harrison, Stanley Holloway
- LA CALLAS . . . TOUJOURS—Paris 1958**
...performances from the diva's December 19, 1958 Gala Concert held at the Palais Garnier Mar. 22
- FUNNY GIRL** (1968) Mar. 29
The life of Fanny Brice, famed comedienne and entertainer of the early 1900s. We see her rise to fame as a Ziegfeld girl, subsequent career, and her personal life, particularly her relationship with Nick Arnstein. Stars: Barbra Streisand, Omar Sharif, Kay Medford

The President's Corner

As we approach spring, leaving college basketball and eventually March Madness behind us, we hear the sounds of baseball across the street in Moscone Park. A wonderful time.

Exciting news: some apartments are being modernized to respond to the demand for one- and two-bedroom units. The maintenance staff is still short a couple of people and Oleg is looking for help.

A continuing problem is the issue of missing books from our wonderful library. In spite of this, books are still being added to the library collection. The issue of a camera continues to be discussed. If you have an opinion about how to stop the pilfering of books from the library, please convey that opinion to Eleanor Burke as well as Hanh.

The kitchen staff has added salmon to our menu on some days and we welcome that decision. Our old elevator is still a problem that breaks down often. On a positive note, the new washing machine in the Morgan building is terrific.

Many thanks to the residents who work in our garden. It is looking beautiful. Please try to enjoy that wonderful relaxing space.

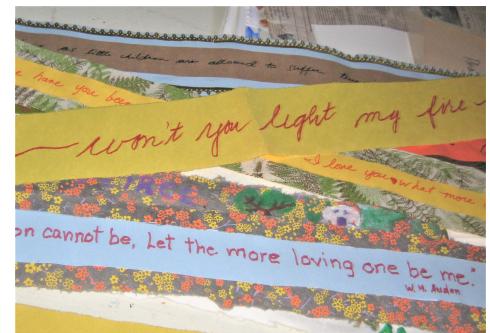
Also, do not hesitate to bring issues to my attention so we can try to solve any problems as they arise. Enjoy spring!!

Your fellow resident,
Bernie Burke

HAVE YOU CONTRIBUTED YOUR STRIP YET?

What are we talking about? Our art teacher, Yvette Brown, is planning a wonderful exhibit for the Tony Lawrence Gallery on the second floor corridor. She is asking every resident – yes, you, too! - to come to the arts and crafts room on Monday or Thursday morning, 9:30-11:30, and write a favorite proverb, spiritual or romantic saying, quote from a loved poem or anything else you wish on a strip of colored paper (see examples). Yvette will weave these into a wall covering to be displayed in the gallery later in March. Let's go for 100% participation in this unique project. There's lots of help if you need it.

Come and make your contribution.



Garden Notes

Take a stroll through the Porter Garden to see beautiful daffodils, lovely white camellias, cherry tree blossoms, the scented lemon tree blossoms and more!



In the McGinley Terrace are scented fresias. blue lobelia;



and last, but not least, is the pink magnolia tree in the Health Center Garden.

Professional gardeners tend the grounds and plantings, but much of the beauty and variety is planned, purchased, potted and cared for by our dedicated resident gardeners: Marsha Forman, Marianna Pieck, Kay Narron.

Thoughts about Gardening

Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul. – Luther Burbank
(American botanist, horticulturist and pioneer in agricultural science, 1849-1926)

Gardening is a matter of your enthusiasm holding up until your back gets used to it.

If you have a garden and a library, you have everything you need. – Cicero (Roman politician and lawyer, 106 BC-43 BCE)

Won't you come into the garden? I would like my roses to see you. – Richard Brinsley Sheridan (Irish satirist, 1751-1816)



Eleanor Bissell	3/07	Ernie Sabini	3/22
Pat Rush	3/10	Linda Sharp	3/23
Martha Torres	3/13	Gail Lindlow	3/24
Betty White	3/27		

Birthdays will be celebrated on Friday, March 13,
At 5:15 pm in Morgan Hall.

WEEKLY ACTIVITIES

Art with Yvette	9:30am	M, Th	A&CR
Tai Chi	10:00 am	M	FC
Chair Aerobics	9:15	M, F	FC
Second Friday	9:00 am		FC
Sit and Be Fit	9:15 am	W	FC
Walking for Health	1:30 pm	W	Porter Lib
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
Yoga Basics	9:30 am	Th	FC
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
Episcopal Eucharist	10:30 am	Su	Cedar Rm
Sunday Matinee	1:30 pm	Su	FH
Coffee Time	3:00 pm	daily	Dining Rm

MARCH SPECIAL EVENTS

Book Club	Mon Mar 2	11:00 am	Stucky Lib
Tigges Jewelry	Mon Mar 2	1:00 pm	Morgan Hall
Food Committee	Mon Mar 2	1:30 pm	McGinley Room
Moonglow Trio	Mon Mar 2	3:00 pm	Friendship Hall
Sing-Along with Phil	Wed Mar 4	3:00 pm	Friendship Hall
Catholic Mass	Fri Mar 6	10:30 am	Chapel
Purim Program	Fri Mar 6	2:30 pm	Friendship Hall
Terry Disley Jazz	Mon Mar 9	3:00 pm	Morgan Hall
Bridge Class	Wed Mar 1	1:00 pm	Fitness Center
Mediterranean Smoothies	Wed Mar 11	Lunch	Dining Room
Paratransit Information	Thu Mar 12	3:00 pm	Friendship Hall
Residents' Council	Fri Mar 13	9:30 am	Dining Room
Birthday Celebration	Fri Mar 13	5:15 pm	Morgan Hall
St. Patrick's Day Party	Tue Mar 17	2:00 pm	Morgan Hall
Jason Myers	Tue Mar 17	3:30 pm	Friendship Hall
Sing-Along with Phil	Wed Mar 18	3:00 pm	Friendship Hall
Grief Support Group	Thu Mar 19	3:00 pm	Friendship Hall
Bridge Class	Wed Mar 25	1:00 pm	Fitness Center
Special Cuban Dinner	Wed Mar 25	Dinner	Dining Room
Docent: Frida Kahlo Exhibition	Thu Mar 26	3:00 pm	Friendship Hall
Card Bingo	Thu Mar 26	7:15 pm	Friendship Hall
Dr. So Glaucoma Lecture	Mon Mar 30	3:00 pm	Friendship Hall

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Margaret Jacobs

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LIFELONG LEARNING AT THE HERITAGE

Below is the list of Fromm Institute courses that our Activities Department can show to groups of residents. Most of these are 8 weeks in length; one session will be shown each week. Each session is approximately 90 minutes long.

Please indicate your 1st, 2nd, and 3rd choices. Return to the front desk.

MUSIC

- The Richness of Rossini
- The Orchestra
- The Great Pianists
- Eight Symphonies
- The Early Romantics
- The British Muse
- Brahms
- Wagner Without Fear
- Puccini Please
- Musical Pairings
- New Musical Ears: The Bay Area Edition
- Putting it together: Architecture of the American Musical
- Nationalism in Music

SCIENCE

- Exploring the Universe
- Aliens in Science and Science Fiction

POLICY/POLITICS

- Damaged Democracy
- Urgent Issues; Everyday Politics
- The Roberts Court and the First Amendment
- Problems of Political Leadership in America
- America at the Crossroads
- Jerusalem: History, Religion, Politics
- T. R. to Trump: The Changing Nature of the American Presidency
- Policy Issues in the Midst of National Elections; The History of the Democratic Party

AMERICAN HISTORY

- ____ Alta California: The Lost History of a Bygone Province
- ____ California in a Gilded Age: Gold Rush to Earthquake
- ____ The Golden State in the American Century
- ____ History of Presidential Elections
- ____ Nothing to Fear: New Light on the New Deal
- ____ Our "Best" Presidents: A Journey Through American History
- ____ Our Worst Presidents; an Anatomy of Failure
- ____ The United states in the World; An International History
- ____ Photography in American History and Culture

WORLD HIS-TORY

- ____ The Last Good War; Refighting World War II
- ____ Passage to Modernity; Europe & the world in the Nineteenth Century
- ____ Postwar; Europe and the World: 1945-1965
- ____ A Brief History of Russia
- ____ From Romulus to the End of the World; a History of the Roman Republic
- ____ Napoleon I, Napoleon II, Napoleon III – Promise, Tragedy, Tyranny

LITERATURE AND FILM

- ____ Docudrama & Mockumentary
- ____ Dystopian Dramas: From "Metropolis" to "Blade Runner"
- ____ Spy Movies; A Study of Film Genre and Social History
- ____ Philip Roth: His Work, His Literary Heirs, His Legacy

CULTURE, RELIGION, ARCHAEOLOGY

- ____ Introduction to Judaism
- ____ History of Islam, Part One – Origins & Zenith
- ____ History of Islam, Part Two – Islam in the Modern World
- ____ The Age of The Italian Renaissance: The Search for the Holy Grail: Histories & Legends of the Middle Ages
- ____ Archaeology and the Bible
- ____ Ancient Egypt: A Cheerful Theocracy
- ____ The 18th Century Grand Tour: From London to Naples
- ____ Venice, the Veneto and the Middle East during the Golden & Silver Ages – 1453-1797
- ____ Florence: With and Without the Medici