



2025

SPECIAL EVENTS

**Sept. 1 at 1:30 in Friendship Hall - SPECIAL REQUEST
MATINEE “The Bridge On The River Kwai” (1957)**

**Sept. 3 at 11:00 in Friendship Hall - SEMINAR # 3 HOW TO
BE YOUR OWN GERIATRICIAN**

Speaker: John Newman, MD, PhD Associate Professor, Buck Institute. What is the next seminar about? With a huge shortage of geriatricians, most older adults see general practitioners, who sometimes act as if treating a 77 year-old is the same as treating a 27 year-old. Dr. Newman, a practicing geriatrician will give you tips on how to be the best advocate for your health. He will also suggest a pithy response for when your doctor asks, “What do you expect for someone your age?”

**SEPT. 4 at 3:00 in Friendship Hall - NEPTUNE SOCIETY
PRESENTATION: Understanding Cremation with Christians;
Services. Sundermann-Oeft- Pre-Arrangement Advisor**

**SEPT. 8 at 10:00 in Friendship Hall - STORYTELLING with
Katie Morris**

**SEPT. 9 at 3:00 in Friendship Hall - HEARING LOSS
SUPPORT AND NAVIGATION GROUP. With Sara Oser,
(President of North Bay Chapter) Segment 2 Our hearing
loss support group is a time to share successes and
challenges of living with hearing loss. It is for anyone who
wants to learn from others how to empower themselves to
live well with what we have.**

SEPT. 11 Concert at Davies Symphony Hall at 7:30 pm

**SEPT. 11 at 2:00 in the Chapel, - CHRISTIAN LIFE &
SCRIPTURE REFLECTION GROUP with Chaplain Enver. He was
born in Turkmenistan and studied in Ukraine before moving to
the USA. He has degrees from Santa Clara and Berkeley. He is
now the on Call Chaplain and Hospice Chaplain with By the Bay
Health. He has been visiting residents at the Heritage for the
past few years.**

**SEPT. 11 at 3:00 in Friendship Hall - EXPLORING TRUE
COLORS WORKSHOP with Margaret Jacobs**

**SEPT. 15 at 3:00 in Morgan Parlor - IAN SCARFE
AUTUMN CONCERT Ian Scarfe presents
“Masterpieces and Meditations”
Classical Piano Music inspired by the natural world**

**SEPT. 17 at 3:00 in Friendship Hall - Sing Along with
STEPHEN**

**SEPT. 18 at 1:30 in Friendship Hall - SPCA VISIT
Moon - Samoyed**

**Sept. 18 at 3:00 in Friendship Hall - SFMTA/SF
Paratransit Presentation, Taxi Service Presentation
with Aurico Daga, Mobility Management Specialist:
Navigate your way around San Francisco/Greater Bay
Area**

**Sept. 22 at 3:00 in Friendship Hall - San Francisco
Public Library, Presentation by Cathy Cormier,
Branch Manager, Marina. The Working Environment
for public libraries within the context of current
events**

**Sept. 25 at 2:30-4:00 in Friendship Hall - DOGGY
HAPPY HOUR with Senior Dogs from Muttville
that support Senior Dog Rescues; trivia & prize.**

**Sept. 29 at 3:00 in Friendship Hall - PRESENTATION
BY
DAVID PERITZ TBA (VIA ZOOM)**

SEPT. 30 at 3:00 in Friendship Hall - DeYOUNG

PRESENTATION: The World of Jane Austen - Art, Fashion and Eligible Gentlemen with Kathryn Zupsic

Join us for a stroll as we explore the world of beloved English author, Jane Austen. We will see paintings that Austen herself would have seen; portraits of ladies, gentlemen, and military officers by famous artists such as Gainsborough and Joshua Reynolds. We will look at trends in fashion, country estates, and how “new money” was changing society You will gain a fresh perspective of Jane Austen’s life and understanding her novels.



Jennifer Arthur	9/11
Mary Liz Harris	9/24
Gloria Learned.	9/25

Daily Activities

Monday	Bianca - Morning Stretch Bianca - Tai Chi Balance Class Walking Group	9:00 Fitness Center 9:45 Fitness Center 11:45 Perry Corridor 3:30 Porter Library
Tuesday	Claudia- Chair Yoga Balance Class	9:00 Fitness Center 11:45 Perry Corridor
Wednesday	Bianca - Morning Stretch Balance Class Walking Group	9:00 Fitness Center 11:45 Perry Corridor 3:30 Porter Library
Thursday	Claudia - Chair Yoga Art with Elders Jon's Balance Class Balance Class Tech Support with Tess	9:00 Fitness Center 9:30 Art Room 11:00 Fitness Room 11:45 Perry Corridor 1:30 3rd Floor Perry
Friday	Exercise Video Balance Class Walking Group	9:00 Fitness Center 11:45 Perry Corridor 3:30 Porter Library

Religious Services in the Chapel

Mass: 1st Friday September 5 at 10:00

Mass: Sunday September 14 at 10:00 - Fr. Joe Nguyen

Holy Communion: Sundays, September 7,21, and 28

Episcopal Eucharist: Sunday September 7 at 10:00, McGinley Room

RESIDENCE AFFAIRS

Leadership Update

Wednesday, Sept. 10 at 10:00 in Friendship Hall

Residents Council

Friday, Sept. 27 at 10:00 in Friendship Hall

Food Committee

Tuesday, Sept. 9 at 10:30 in McGinley Room

Activities Committee

Thursday, Sept. 18 at 2:00 in McGinley Room

Gentlemen's Club

Tuesdays, Sept. 2 and 16 at 3:30 in cottage

Women's Discussion Group

Wednesdays, Sept. 10 and 24 at 2:00 in the Stucky Library

Book Club

Saturday, Sept. 13 at 11:00 am in the cottage

Out and About Committee

Wednesday, Sept. 10 at 1:30 in McGinley Rm.

OUT AND ABOUT SCHEDULE

SEPTEMBER 2025

Sept. 2	Sept. 9	Sept. 16	Sept. 23	Sept. 30
<u>10:00AM</u> Walgreens	<u>10:00AM</u> Safeway	<u>10:00AM</u> Trader Joes	<u>10:00AM</u> Grocery Outlet	<u>10:00AM</u> Dollar Tree
<u>1:15PM</u> The Art of Recology Tour.	<u>1:15PM</u> Fairmont Rooftop Garden.	<u>1:15PM</u> Sausalito Outing & lunch w/ Candy Naughton.	<u>11:15AM</u> The Village at Corte Madera Shopping Center & lunch.	<u>1:15PM</u> Scenic Ride

Friday Movies at 2:00PM in Friendship Hall- September 2025

5 September ~ Hidden Figures ~ 2016. 2h 7m ~ Drama, History

A biographical drama about three brilliant African-American women—Katherine Johnson, Dorothy Vaughan, and Mary Jackson—who worked at NASA as "human computers" during the 1960s Space Race.

Starring: Octavia Spencer, Kevin Costner

Director: Theodore Melfi

12 September ~ Casablanca ~ 1942. 1h 42m ~ Romance, War

A 1942 American war-romance film set in Vichy-controlled Casablanca, Morocco, during World War II, where cynical American expatriate Rick Blaine runs a nightclub.

Starring: Humphrey Bogart, Ingrid Bergman

Director: Michael Curtiz

19 September ~ Postcards from the Edge ~ 1990. 1h 41m ~ Comedy, Drama

The story is a comedy-drama about Suzanne Vale, a substance-addicted actress who, after rehab, must move in with her former-star, champion-drinker mother, Doris. The film, based on Carrie Fisher's semi-autobiographical novel

Starring: Shirley MacLaine, Meryl Streep

Director: Mike Nichols

26 September ~ The Prince of Egypt ~ 1998. 1hr 39m ~ Family, Musical

The story follows Moses, a Hebrew infant who is rescued from the Nile by the Egyptian Queen and raised as a prince and brother to the Pharaoh's son, Rameses. After discovering his true Hebrew heritage, Moses leads his people out of Egyptian slavery, confronting Rameses and parting the Red Sea to free them.

Starring: Val Kilmer, Brenda Chapman

Director: Steve Hickner, Simon Wells

Weekend Friendship Hall Movies

Movies begin at 1:30

Saturday

**September 6- The Cave of the Yellow Dog 2005
Nansal Batchuluun, Batchuluun Urjindor**

September 13- India 2012 Anthony Bourdain*

**September 20 - Mr. Malcolm's List 2022 Zawe Ashton* -
Freida Pinto***

September 27- Beethoven's Eroica 2006 Michael Tilson Thomas*

Sunday

**September 7 - The Time Traveler's Wife 2008 Eric Bana*
Rachel McAdams***

September 14 - Lawrence Welk 2001 Lawrence Welk*

September 21 - Ghana 2012 Anthony Boudin*

**September 28 - The Prestige 2007 Hugh Jackman *
Christian Bale* Scarlett Johansson***

Sunday Matinee in the McGinley Room at 2:00

September 7 Lion (2016) 1 hr 58 min, PG-13 Five-year-old Saroo gets lost on a train that takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, he sets out to find his lost family and to return at last to his first home.

September 14 Black Bag (2025) 1 hr 33 min, R When intelligence agent Kathryn Woodhouse (Cate Blanchett) is suspected of betraying the nation, her husband - also a legendary agent - faces the ultimate test of whether to be loyal to his marriage or his country.

September 21 Peace By Chocolate (2021) 1 hr 35 min, NR After the bombing of his father's chocolate factory, a charming young Syrian refugee struggles to settle into his new small-town life, caught between following his dream and preserving his family's legacy.

September 28 The Friend (2024) 1 hr 59 min, R New York City writer Iris (Naomi Watts) finds her comfortable, solitary life thrown into disarray after her closest friend and mentor (Bill Murray) bequeaths her a Great Dane named Apollo. The huge dog creates practical problems for Iris, from furniture destruction to eviction notices, as well as more existential ones. Yet as Iris finds herself unexpectedly bonding with Apollo, she begins to come to terms with her past and with her own creative inner life.