



Heritage **Happenings**

Calendar
September 2024

The country of the month is India. The colors are saffron and India green. The cameo mascot is Ganesha. Movies of India will be shown. Dining Services will prepare a spicy Indian dinner.

Publishing Updates and Format Changes

Your *Heritage Happenings* editors are committed to publishing news that is pertinent, topical, and readily digestible by Heritage on the Marina residents. But time-constrained deadlines, timelines, and patched-together formatting methods make for a fraught publishing process.

Simpler to Create and Easier to Read

Time for a change! Out with the old! Bring back the Joy of Writing!

No more print in tiny boxes. No text smaller than 14-point Verdana. No more examples of bad grammar just so text fits in a box. All event information is in a single document. No split between Calendar and Newsletter. Find the day you are looking for: Presto! It's all there: Events, movies, Out & About, birthdays, and everything else—all in one place!

Publish: Calendar Just in Time ~ Newsletter when Ready

The Calendar must be published before the first of the month. The deadline is usually the last Friday of the month to get printed and distributed before the weekend. But Activities is nailing down events until the last moment—requiring updates and page reformatting. Easy Answer:

- Publish the Calendar and everything it needs in one speedily edited and assembled document *before* the first of the month.
- Publish the Newsletter as and when it is complete, edited, and delightful.

What you are reading now is the new version of the Calendar.

Tell us what you think!

Announcements

- New residents Tom King and Val Szigeti moving into apartment 244 M on Wednesday September 4
 - March 25, 2025, will be the centenary anniversary of the opening of Morgan Hall
 - The Dining Services superfood of the month is **nuts!**
 - Don't forget that hairdresser phone numbers and all resident birthdays are listed in the Residents Directory
 - New activities this month are **highlighted in red**
 - Margaret Jocob's niece unveils her Maya Angelou monument on Thursday, September 19 at the SF Public Library. Contact Margaret!
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Sunday, September 1

- 9:00 Jonathan: Hairdressing Appointments: Beauty Salon
 10:00 Episcopal Clergy: Holy Communion Service ~ McGinley Room
 11:00 Sabrina: Stretch and Flex ~ Friendship Hall
 2:00 Movie Committee: Sunday Movie ~ McGinley Room

Queen Bees ~ 2021 ~ 1h 42m ~ Comedy Drama

After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower.

Director: Michael Lembeck ~ Stars: Ellen Burstyn, Jane Curtin

- 3:00 Jeanne: Bingo ~ Friendship Hall

Monday, September 2 ~ Labor Day

- 9:00 Bianca: Morning Stretch Class ~ Fitness Center
 11:45 Rotating Staff: Balance Workout Class ~ Porter Corridor
 Mid-Day Dining Services ~ Labor Day BBQ ~ Dining Room Res Dir
 1:30 Labor Day Matinee Film: *Titanic* with popcorn ~ Friendship Hall
 1:30 Claudia: Meditation Class ~ Cottage
 3:30 Stephen: Neighborhood Walking Group ~ Porter Library
 4:00 Dining Services: Coffee Hour ~ Dining Room

Tuesday, September 3

- 9:00 Claudia: Chair Yoga ~ Fitness Center
9:30 Chip: Out & About ~ Walgreens ~ Divisadero Street
10:30 Mary Liz: Food Committee Meeting ~ McGinley Room
11:00 Jonathan: Better Balance Class ~ Fitness Center
11:15 Out & About Committee: Van Excursion

De Young Museum: The Osher American Art Collection



Anchored by Impressionist and Realist artworks, this exhibition spans 1848 to 1960, featuring painters like Winslow Homer and Georgia O'Keeffe. Following our visit, we'll stay for lunch in this area.

- 11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Roxana: Hand Massage ~ Friendship Hall
3:30 Stephen: Men's Discussion Group ~ Cottage

Wednesday, September 4

- 9:00 Bianca: Morning Stretch Class ~ Fitness Center
10:00 Ivy: Hairdressing Appointments: Beauty Salon
11:00 Jeanne: Introduction to Spanish ~ Friendship Hall
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
2:00 Buck Institute Seminar ~ Friendship Hall

Dr Pankaj Kapali: Eat Your Way to Extra Years, Nutrition, and Healthy Aging



What you eat can also have a significant impact on how long and well you live. Dr Kapali will help us look at food in a new way, providing tips and motivation for how we can eat healthier without sacrificing the foods we love.

- 2:00 Jeanne: Residents Discussion ~ Stucky Library
3:30 Jeanne: Neighborhood Walking Group ~ Porter Library
4:00 Coffee Hour ~ Dining Room

Thursday, September 5

- 9:00 Claudia: Chair Yoga ~ Fitness Center
9:30 Patrick: Art with Elders Class ~ Arts and Crafts Room
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Claudia: Meditation Class ~ Cottage
1:30 Tess: Tech Support ~ Third Floor Perry lounge
2:00 Jeanne: Tea & Chat ~ Friendship Hall
3:00 Special Event ~ Friendship Hall

David Saliamonas: Piano Recital



Paris-based pianist David Saliamonas is as familiar with concert halls as he is with more intimate settings like Heritage on the Marina. His recitals invite lovers of classical music and those who don't necessarily listen to it. David's thoughts on melody & song structure help every listener appreciate the breadth and beauty of the music he plays.

Friday, September 6

- 9:00 Resident-led: Video Workout ~ Fitness Center
11:00 Stephen: Bingo ~ Friendship Hall
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
2:00 Activities Staff: Friday Movie ~ Friendship Hall

The House of Spirits ~ 1993 ~ 2h 26m ~ Period Drama

A humble miner escapes his destiny becoming a wealthy, power-hungry rancher in South America. His strict nature is challenged when his daughter falls in love with a young revolutionary.

Director: Bille August ~ Stars: Meryl Streep, Jeremy Irons

- 3:30 Roxana: Neighborhood Walking Group ~ Porter Library

Saturday, September 7

- 9:30 Jeanne: Sit & Be Fit ~ Friendship Hall
11:00 Jeanne: Reminiscing ~ Friendship Hall
3:00 Margaret: Saturday Shorts ~ McGinley Room

Sunday, September 8

- 9:00 Jonathan: Hairdressing Appointments: Beauty Salon
10:00 YouTube Live: Episcopal Service ~ McGinley Room
11:00 Sabrina: Stretch and Flex ~ Friendship Hall
2:00 Movie Committee: Sunday Movie ~ McGinley Room

Slumdog Millionaire ~ 2008 ~ 2h 0m ~ Drama, Romance

A teenager from the slums of Mumbai becomes a contestant on Indian "Who Wants to be a Millionaire?" When he's accused of cheating, he revisits his past, revealing how he had the answers.
Director: Danny Boyle ~ Stars: Dev Patel, Saurabh Shukla

- 3:00 Jeanne: Bingo ~ Friendship Hall

Monday, September 9

- 9:00 Bianca: Morning Stretch Class ~ Fitness Center
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Claudia ~ Meditation Class ~ Cottage
3:00 Asian Art Museum ~ Friendship Hall (via Zoom)

Debbie Ottman, Docent:**When the Tiger Smoked a Pipe: Art from Korea**

Explore a selection of fascinating objects from the Museum's collection. Renowned for its ceramics and textiles, Korea has also created, adapted, and refined a broad spectrum of art forms, making them a global leader in contemporary art.

- 3:30 Stephen: Neighborhood Walking Group ~ Porter Library
4:00 Dining Services: Coffee Hour ~ Dining Room



Tuesday, September 10

Barbara Anderson Birthday

- 9:00 Claudia: Chair Yoga ~ Fitness Center
9:30 Chip: Out & About ~ Safeway ~ Marina Boulevard
11:00 Jonathan: Better Balance Class ~ Fitness Center
11:15 Out & About Committee: Van Excursion

Cayuga Park & Picnic



Best known for its sculpture gardens, trails, and bustling basketball court, Cayuga Park is a local favorite and San Francisco hidden gem. Remember to bring your bag lunch.

- 11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:00 *Heritage Happenings* Editorial Meeting ~ TBA
1:30 Roxana: Hand Massage ~ Friendship Hall
3:30 Stephen: Men's Group ~ Cottage

Wednesday, September 11

- 9:00 Bianca: Morning Stretch Class ~ Fitness Center
10:00 Ivy: Hairdressing Appointments: Beauty Salon
10:30 Executive Staff: Leadership Meeting ~ Friendship Hall
Heritage on the Marina officers and directors report on accomplishments, issues, and future projects. A Zoom link will be available.

- Mid-Day Special Dining Event ~ Dining Room

Dining Services: Morris Grass Fed Beef Lunch

Dining services will serve a luncheon special of "sliders" crafted from grassfed beef supplied by Joe Morris of Morris Grassfed and son of resident Anne Morris.

- 11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Out & About Committee: Planning Meeting ~ McGinley Room
3:30 Jeanne: Neighborhood Walking Group ~ Porter Library
4:00 Dining Services: Coffee Hour ~ Dining Room

Thursday, September 12

- 9:00 Claudia: Chair Yoga ~ Fitness Center
9:30 Patrick: Art with Elders Class ~ Arts and Crafts Room
11:00 Blood Pressure Clinic ~ Health Center ~ until 1:00
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Claudia: Meditation Class ~ Cottage
2:00 Jeanne: Tea & Chat ~ Friendship Hall
2:00 Activities Committee: Planning Meeting ~ Cottage
3:00 Special Event ~ Morgan Parlor

Kyoko: Harp Performance



Kyoko, a classically trained multi-instrumentalist, moved to the United States from Yokohama, Japan in 1987. Drawn to the healing energy and soothing sound of the harp, she completed an internship at California Pacific Medical Center, playing healing harp music for patients.

Friday, September 13

- 9:00 Resident-led: Video Workout ~ Fitness Center
11:00 Stephen: Bingo ~ Friendship Hall
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
2:00 Activities Staff: Friday Movie ~ Friendship Hall

Muriel's Wedding ~ 1994 ~ 1h 46m ~ Comedy, Romance

Socially awkward Muriel wants nothing more than to get married. Oppressed by her father and ostracized by friends, Muriel meets fellow outcast Rhonda and the two move from small-town Australia to big-city Sydney.

Director: PJ Hogan ~ Stars: Toni Collette, Rachel Griffiths

- 3:30 Roxana: Neighborhood Walking Group ~ Porter Library
5:00 All Residents: Birthday Sing-along ~ Morgan Parlor
5:30 Birthday Committee: Birthday Dinner ~ Dining Room

Saturday, September 14

- 9:30 Jeanne: Sit & Be Fit ~ Friendship Hall
11:00 Jeanne: Reminiscing ~ Friendship Hall
3:00 Margaret: Saturday Shorts ~ McGinley Room

Sunday, September 15

- 9:00 Jonathan: Hairdressing Appointments: Beauty Salon
10:00 YouTube Live: Episcopal Service ~ McGinley Room
11:00 Sabrina: Stretch and Flex ~ Friendship Hall
2:00 Movie Committee: Sunday Movie ~ McGinley Room

Father of the Bride ~ 2022 ~ 1h 57m ~ Comedy, Drama

A father comes to grips with his daughter's upcoming wedding through the prism of relationships within a sprawling Cuban American family.

Director: Gary Alazraki ~ Stars: Andy Garcia, Gloria Estefan

- 3:00 Jeanne: Bingo ~ Friendship Hall

Monday, September 16

- 9:00 Bianca: Morning Stretch Class ~ Fitness Center
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Claudia ~ Meditation Class ~ Cottage
3:30 Stephen: Neighborhood Walking Group ~ Porter Library
4:00 Dining Services: Coffee Hour ~ Dining Room



Tuesday, September 17

- 9:00 Claudia: Chair Yoga ~ Fitness Center
9:30 Chip: Out & About ~ Trader Joe's ~ Bay Street
11:00 Jonathan: Better Balance Class ~ Fitness Center
11:15 Out & About Committee: Van Excursion

Golden Gate Park: Flower Piano



One of the unique events in the Bay Area, Flower Piano transforms San Francisco's Botanical Garden into the city's own *alfresco* concert hall where everyone is invited to play and listen. Remember to bring a bag lunch.

- 11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Roxana: Hand Massage ~ Friendship Hall
3:30 Stephen: Men's Discussion Group ~ Cottage

Wednesday, September 18

- 9:00 Bianca: Morning Stretch Class ~ Fitness Center
10:00 Ivy: Hairdressing Appointments: Beauty Salon
11:00 Jeanne: Introduction to Spanish ~ Friendship Hall
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
2:00 Jeanne: Residents Discussion ~ Stucky Library
3:30 Jeanne: Neighborhood Walking Group ~ Porter Library
4:00 Dining Services: Coffee Hour ~ Dining Room



Thursday, September 19

- 9:00 Claudia: Chair Yoga ~ Fitness Center
 9:30 Patrick: Art with Elders Class ~ Arts and Crafts Room
 10:30 Library Committee: Monthly Meeting ~ Stucky Library
 11:45 Rotating Staff: Balance Workout ~ Porter Corridor
 1:30 Tess: Tech Support ~ Third Floor Perry lounge
 1:30 Claudia: Meditation Class ~ Cottage
 2:00 Jeanne: Tea & Chat ~ Friendship Hall
 3:00 Oktoberfest Happy Hour ~ Friendship Hall

EJ Dieterle: German Polka Accordionist



Don your *lederhosen* (or regular attire) and join us for an authentic Oktoberfest happy hour, replete with *bier* & pretzels, trivia & prizes, and a polka music sing-along. Prost!

Friday, September 20

- 7:00 Dr Maureen Lee: Podiatry Consultations ~ Beauty Salon
 9:00 Resident-led: Video Workout ~ Fitness Center
 11:00 Stephen: Bingo ~ Friendship Hall
 11:45 Rotating Staff: Balance Workout ~ Porter Corridor
 2:00 Activities Staff: Friday Movie ~ Friendship Hall

The Nutty Professor ~ 1963 ~ 1h 47m ~ Comedy

Julius Kelp is an awkward, inarticulate, unattractive college professor who's hopeless with women, but skilled at chemistry. Desperate to impress his student Stella, he concocts a potion to transform him into a new man.

Director: Jerry Lewis ~ Stars: Jerry Lewis, Stella Stevens

- 3:30 Roxana: Neighborhood Walking Group ~ Porter Library
 Evening Dining Services: India-themed dinner ~ Dining Room

Saturday, September 21

- 9:30 Jeanne: Sit & Be Fit ~ Friendship Hall
11:00 Jeanne: Reminiscing ~ Friendship Hall
3:00 Margaret: Saturday Shorts ~ McGinley Room

Sunday, September 22

- 9:00 Jonathan: Hairdressing Appointments: Beauty Salon
10:00 YouTube Live: Episcopal Service ~ McGinley Room
11:00 Sabrina: Stretch and Flex ~ Friendship Hall
2:00 Movie Committee: Sunday Movie ~ McGinley Room

Tea with Mussolini ~ 1999 ~ 1h 57m ~ Comedy, Drama

An orphaned Italian boy is raised amongst a circle of British and American women living in Mussolini's World War II Italy.
Director: Franco Zeffirelli ~ Stars: Maggie Smith, Judi Dench

- 3:00 Jeanne: Bingo ~ Friendship Hall

Monday, September 23

- 9:00 Bianca: Morning Stretch Class ~ Fitness Center
10:00 Homa: Massage Therapy: Cedar Room
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Claudia ~ Meditation Class ~ Cottage
3:30 Stephen: Neighborhood Walking Group ~ Porter Library
4:00 Dining Services: Coffee Hour ~ Dining Room



Tuesday, September 24

Mary Liz Harris Birthday

- 9:00 Claudia: Chair Yoga ~ Fitness Center
9:30 Chip: Out & About ~ Target ~ Geary Boulevard
11:00 Jonathan: Better Balance Class ~ Fitness Center
11:15 Out & About Committee: Van Excursion

Joann Wentker: Tour of Historic Dogpatch



Historically a center for manufacturing, San Francisco's Dogpatch has maintained its status as a hub of food & wine, apparel, furniture, coffee, and letterpress. The epicenter — the American Industrial Center—is a former cannery occupying three city blocks.

Following our tour, we'll stay in the area for lunch.

- 11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Roxana: Hand Massage ~ Friendship Hall



Wednesday, September 25

Gloria Learned Birthday

- 9:00 Bianca: Morning Stretch Class ~ Fitness Center
10:00 Ivy: Hairdressing Appointments: Beauty Salon
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Empower Me Special Event ~ Friendship Hall

Brittany Castillo: The Importance of Staying Hydrated



Brittany Castillo, our resident Occupational Therapist and Therapy Clinic Director, will talk about the importance of staying hydrated for older adults. Brittany has a bachelor's degree in psychology from the University of Georgia and a master's degree in occupational therapy from Brenau University in Gainesville, GA, where she completed a thesis on health literacy

knowledge and actions of OT practitioners who collaborate with older adult clients in outpatient settings.

- 3:30 Jeanne: Neighborhood Walking Group ~ Porter Library
4:00 Dining Services: Coffee Hour ~ Dining Room

Thursday, September 26

- 9:00 Claudia: Chair Yoga Class ~ Fitness Center
9:30 Patrick: Art with Elders Class ~ Arts and Crafts Room
11:45 Rotating Staff: Balance Workout Class ~ Porter Corridor
1:30 SPCA Visit ~ Friendship Hall
1:30 Claudia: Meditation Class ~ Cottage
1:30 Tess: Tech Support ~ Third Floor Perry lounge
2:00 Jeanne: Tea and Chat ~ Friendship Hall
3:00 Stephen: Sing-along ~ Friendship Hall

Friday, September 27

10:00 Council Officers: Resident Council Meeting ~ Friendship Hall

Resident Council Officers will report on accomplishments, issues and future projects. Officers will field questions to pass on to Executive staff.

11:45 Rotating Staff: Balance Workout ~ Porter Corridor

2:00 Activities Staff: Friday Movie ~ Friendship Hall

The Life of Pi ~ 2012 ~ 2hr 7m ~ Fantasy, Adventure

When a storm sinks a freighter carrying an Indian family's zoo animals, their teenage son Pi takes refuge aboard a lifeboat. Unfortunately, Pi is not alone — a fearsome Bengal tiger also shares his boat.

Director: Ang Lee ~ Stars: Suraj Sharma, Irrfan Khan, Tabu

3:30 Roxana: Neighborhood Walking Group ~ Porter Library

Saturday, September 28

9:30 Jeanne: Sit & Be Fit ~ Friendship Hall

11:00 Jeanne: Reminiscing ~ Friendship Hall

3:00 Margaret: Saturday Shorts ~ McGinley Room

Sunday, September 29

9:00 Jonathan: Hairdressing Appointments: Beauty Salon

10:00 YouTube Live: Episcopal Service ~ McGinley Room

11:00 Sabrina: Stretch and Flex ~ Friendship Hall

2:00 Movie Committee: Sunday Movie ~ McGinley Room

Best Exotic Marigold Hotel ~ 2011 ~ 2h 4m ~ Comedy, Romance, Drama

British retirees travel to India to take up residence in the Marigold Hotel, which is far less luxurious than advertised. Nevertheless, India and Marigold residents work their charms in unexpected ways.

Director: John Madden ~ Stars: Judi Dench, Bill Nighy

3:00 Jeanne: Bingo ~ Friendship Hall

Monday, September 30

- 9:00 Bianca: Morning Stretch Class ~ Fitness Center
11:45 Rotating Staff: Balance Workout ~ Porter Corridor
1:30 Claudia ~ Meditation Class ~ Cottage
3:30 Stephen: Neighborhood Walking Group ~ Porter Library
4:00 Dining Services: Coffee Hour ~ Dining Room
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Jonathan Liao, Physical Therapist Assistant



Jonathan Liao has been working in the rehab department at Heritage on the Marina since 2019. He is from New Jersey and moved to San Francisco six years ago after finishing schooling in Pennsylvania. At Heritage he collaborates one-on-one with residents to improve their strength, balance, endurance, and safety in the community. Jonathan likes to stay physically active by playing sports like softball, tennis, snowboarding, and hiking with his dog, Po. Please join him for Better Balance Exercise class at 11 am on

Tuesdays in the Fitness Center.

Better Balance Class

Maintaining balance requires multiple parts of the body to work together. Better Balance Class will focus on exercises for leg and core strength, flexibility, coordination, and stability in various positions, to prevent falls, improve functional mobility, and stay independent.



New Meditation Classes at Heritage on the Marina

Mondays and Thursdays at 1.30 pm in the beautiful cottage



By Claudia Bartsch ~ claudia@claudiabartsch.com

After teaching yoga classes at Heritage twice a week for over two years, I am extremely excited that I am now able to share the powerful practice of meditation. We meet twice a week in the cottage, which in itself has a calming effect.

Meditation is a wonderful way to take care of your mental and physical health. It's a simple practice that can make a substantial difference in how you feel every day. No prior experience is necessary—just come as you are and take the first step towards a more peaceful and centered life. Give yourself the gift of mindfulness and join us for this nourishing experience.

The benefits of meditation are well researched and documented. They include the following:

- **Reduces Stress and Anxiety:** Meditation can help calm the mind and reduce feelings of worry or tension.
- **Improves Focus and Concentration:** Regular practice enhances mental clarity and sharpens cognitive abilities.
- **Promotes Better Sleep:** Relaxation techniques can lead to more restful and quality sleep.
- **Enhances Emotional Well-being:** Meditation helps cultivate a positive outlook, reducing feelings of sadness and promoting a sense of peace.
- **Boosts Physical Health:** Can lower blood pressure, reduce pain, and strengthen the immune system because it helps to release stress

The class includes some very gentle and small stretches to release tension from the body and to prepare your mind for the practice. Easy to follow breathing exercises help to soothe your nervous system and to release mental and emotional tension. From there we explore different approaches to meditation so that you will be able to find the techniques that fit your needs and your personality. Please come and join us!