



## **2025 SPECIAL EVENTS**

**STORYTELLING Monday, August 4 with Katie Morris at 10:00  
in Friendship Hall**

**CORNERSTONE - CAREGIVING Monday, August 4 with  
Cameron Murphy at 3:00 in Friendship Hall. She is the  
Operating Director of Cornerstone Caregiving in San  
Francisco. They are a non-medical in-home care agency  
providing compassionate, personalized care with no  
minimum hour requirements—offering families true flexibility.  
They have a dedicated team of caregivers, and some of the  
caregivers are also CNAs, allowing them to support a wide  
range of client needs. (Example: Transportation  
companionship)**

**BUCK INSTITUTE Wednesday, August 6 at 11:00 in  
Friendship Hall (via zoom)**

**SEMINAR #2 Taking Care of a Man or Woman over Time**

**Dr. James Yurkovich, Chief Innovation Officer, Phenome  
Health. Research Assistant Professor, Buck Institute**

**What is the next seminar about?**

**Physiologically, we are not the same person when we wake up in the morning as we were when we went to bed. Circadian rhythms matter and Dr. Yurkovich is leading an effort to understand how the complex systems that make up our body change throughout the day. (This may have an impact on things like when you should have surgery, for example!) Using an array of technologies and AI to capture an individual's data throughout multiple days. Dr. Yurkovich will explain what these tens of thousands of indicators could tell us about our health.**

**DANCE AND MOVEMENT Wednesday, August 13 with Kayla at 2:00 in Friendship Hall**

**PRESENTATION BY LEGION OF HONOR Monday, August 18 with Maureen Murray at 3:00 in Friendship Hall. Bouquets to Art is one of the most popular and highly anticipated events at the Fine arts Museums of San Francisco. Have you ever wondered how this annual floral celebration got started? This talk will reveal what goes on behind-the-scenes to make this highly successful event happen each year. Learn how talented Bay Area designers use flowers and other natural elements to create dazzling displays inspired by works of art in the museum's collections. Don't miss your chance to get an inside look at this unique event that has become a San Francisco tradition.**

**FYI On Tuesday, August 19, Friday, August 22, Monday, August 25 and Wednesday, August 27 Staff Trainings will be held from 2:00 to 4:00 in Friendship Hall** No other programs on those days

**MUSIC AND MOVEMENT with Allen T on Thursdays, August 21 and August 28 at 10:30 in Friendship Hall**

**SPCA VISIT on Thursday, August 21 at 1:30 in Friendship Hall**

**ASIAN ART MUSEUM PRESENTATION; THE SILK ROAD: Globalization in the Ancient World on Thursday, August 21 at 3:00 in Friendship Hall**

**END OF THE SUMMER, Caribbean Themed HAPPY HOUR Featuring Ashton Craig and His Steel Drum on August 28 at 3:00 in Friendship Hall**



<b>Til Mossi</b>	<b>8/08</b>	<b>Marion Wake</b>	<b>8/15</b>
<b>Erika Coughlin</b>	<b>8/09</b>	<b>Tom King</b>	<b>8/16</b>
<b>Carm Arburua</b>	<b>8/12</b>	<b>Bob Bledsoe</b>	<b>8/18</b>
	<b>Liz Nolan</b>	<b>8/18</b>	

## Daily Activities

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

### Religious Services

Mass: 1st Friday August 1 at 10:00

Mass: Sunday August 17 at 10:00 - Fr. Joe Nguyen

Holy Communion: Sundays, August 3, 10, 24, and 31

Episcopal Eucharist: Sunday August 3 at 10:00, McGinley Room

# **Residence Affairs**

## **Leadership Update**

**Wednesday, August 13 at 10:00 in Friendship Hall**

## **Residents Council**

**Friday, August 29 at 10:00 in Friendship Hall**

## **Activities Committee**

**Thursday, August 21 at 2:00 in the McGinley Room**

## **Gentlemen's Club**

**Tuesdays, August 5 and August 19 at 3:30 in the cottage**

## **Women's Discussion Group**

**Wednesdays, August 13 and August 27 at 2:00 in the Stucky Library**

## **Book Club**

**Saturday, August 9 at 11:00 am in the cottage**

## **Out and About Committee**

**Wednesday, August 13 at 1:30 in the McGinley Rm**

# OUT AND ABOUT SCHEDULE

## August 2025

<u>August 5</u>	<u>August 12</u>	<u>August 19</u>	<u>August 26</u>
<u>10:00AM</u> Walgreens	<u>10:00AM</u> Safeway	<u>10:00AM</u> Grocery Outlet	<u>10:00AM</u> Trader Joes
<u>1:15PM</u> Resident Scenic Ride	<u>1:15PM</u> Viewing the Heart Art Sculpture in S.F. with Katie Loo, Part 2	<u>1:15PM</u> 10 Best viewing spots in the Presidio.	<u>1:15PM</u> The Art of Recology

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

### **1 August \* The Intern \* 2015. 2h 1m ~ Comedy, Drama**

**Tells the story of a 70-year-old widower, Ben Whittaker, who becomes a senior intern at an online fashion company founded and run by Jules Ostin. The film explores themes of intergenerational friendship, mentorship, and the importance of work-life balance.**

**Starring: Robert De Niro, Anne Hathaway**

**Director: Nancy Meyers**

### **8 August \* Grease - 1978. 1h 45m \* Musical, Comedy**

**Tells the story of Sandy, a wholesome exchange student, and Danny, a greaser, who fall in love during a summer romance. They unexpectedly find themselves at the same high school, Rydell High, where they must navigate their differing social circles and rekindle their relationship amidst peer pressure and the challenges of high school.**

**Starring: John Travolta, Olivia Newton-John**

**Director: Robert Kleiser**

### **15 August ~ The Outsiders ~ 1983. 1h 31m ~ Crime, Thriller**

**A coming-of-age film set in 1960s Tulsa, Oklahoma, where a rivalry between two teenage gangs, the working-class Greasers and the wealthy Socs, escalates. The story centers on Ponyboy Curtis, a Greaser, whose life changes when he and his friend Johnny accidentally kill a Soc during a confrontation.**

**Starring: Tom Cruise, Patrick Swayze**

**Director: Francis Ford Coppola**

**22 August \* On Golden Pond - 1981. 1hr 49m - Drama**

**A heartwarming drama about an elderly couple, Norman and Ethel Thayer, who spend their summers at their cottage on Golden Pond. The film explores themes of aging, family relationships, and the complexities of love as the characters navigate their interactions and confront long-standing issues.**

**Starring: Henry Fonda, Katharine Hepburn, Jane Fonda**

**Director: Mark Rydell**

**29 August ~ Pirates of the Caribbean- 2003. 2hr 23m - Action, Drama**

**A swashbuckling adventure film where Captain Jack Sparrow teams up with blacksmith Will Turner to rescue the kidnapped Governor's daughter, Elizabeth Swann, from the cursed pirate crew of Captain Barbossa.**

**Starring: Johnny Depp, Keira Knightly**

**Director: Gore Verbinski**

## **Saturday Movies, Friendship Hall**

**Saturday August 2 at 1:30- The Louvre 2006**

**Saturday August 9 at 1:30- RGB 2018**

**Saturday August 16 at 1:30- Cat Daddies 2022**

**Saturday August 23 at 1:30- A Suitable Boy 2022**

**Saturday August 30 at 1:30- CHURCHILL 2017**

## **Sunday Movies, Friendship Hall**

**Sunday August 3 at 1:30 - Hidden Figures 2015**

**Sunday August 10 at 1:30 - Jersey Boys 2014**

**Sunday August 17 at 1:30 - A Dog's Journey 2019**

**Sunday August 24 at 1:30 - Legal Eagles 2003**

**Saturday August 31 at 1:30 - The Illusionist 2006**

Sunday Matinee in the McGinley Room at 2:00

August 3 Caramel (2007) 1 hr 35 min, rated PG, comedy/romance. A beauty salon in Beirut is a safe haven for five women in this Lebanese romantic comedy. With the support of their friends in their familiar salon, the women search for the answers to questions of life, love and happiness.

August 10 The Englishman Who Went Up a Hill But Came Down a Mountain (1995) 1 hr 39 min, rated PG, romantic comedy starring Hugh Grant. In 1917, two English cartographers visit a small South Wales village to measure what is claimed to be the "first mountain inside of Wales." The villagers are very proud of their "mountain", and are understandably disappointed and furious to find that it is in fact a "hill." Not to be outwitted by a rule (and the Englishmen who enforce it), the villagers set out to make their hill into a mountain, but to do so they must keep the English from leaving before the job is done.

August 17 Spotlight (2015) 2 hr 9 min, rated R, docudrama, winner of two Oscars, starring Michael Keaton and Mark Ruffalo. The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core.

August 24 Mao's Last Dancer (2009) 1 hr 57 min, rated PG, romance/dance. A drama based on the autobiography by Li Cunxin. At the age of 11, Li was plucked from a poor Chinese village by Madame Mao's cultural delegates and

taken to Beijing to study ballet. In 1979, during a cultural exchange to Texas, he fell in love with an American woman. Two years later, he managed to defect, not without some diplomatic conflicts, and went on to perform as a principal dancer for the Houston Ballet and as a principal artist with the Australian Ballet.

August 31 Dead Poets Society (1989) 2h 8 min, rated PG-13, coming-of-age drama. A new English teacher, John Keating (Robin Williams), is introduced to an all-boys preparatory school that is known for its ancient traditions and high standards. He uses unorthodox methods to reach out to his students, who face enormous pressures from their parents and the school. With Keating's help, students learn to break out of their shells, pursue their dreams and seize the day.