



Heritage Happenings

December 2022

Special Events

Decorate the Christmas Tree with Patti Gallagher.

Unwrap ornaments at 9:30, decorate the tree at 10:30.

Enjoy refreshments and holiday music.

Thursday, December 1 in Morgan Hall

Two Volunteer Opportunities:

Make Christmas Cards for Little Brothers-Friends of the Elderly

Monday, December 5 at 10:30 in Friendship Hall

Little Brothers-Friends of the Elderly is a national network of non-profit volunteer-based organizations committed to relieving isolation and loneliness. They offer people of good will the opportunity to join the elderly in friendship and celebration of life.

Holiday Giving Tree

Supporting San Francisco seniors in need with Little Brothers-Friends of the Elderly; how to participate making their holiday bright.

1. Take a red envelope from the tree in the Porter Library.
2. Indicate on the sign-in sheet which envelope # you took.
3. Read the contents; it will tell you the name, age and gift preference of your senior in need.
4. Purchase the gift (no more than \$30).
5. Wrap your gift and attach the original label to it (if giving a gift card, please put it in a holiday card with an envelop).
6. Bring the gift to Jeff's office by Wednesday, December 14.
7. HOTM will mail your gift to the senior you selected.

Thank you for your generosity!

Concert by the Amabile Piano Duo: Domi Oh and John Fisher

Tuesday, December 6 at 3:00 in Morgan Hall

This program will include Bach's Toccata and Fugue in E Minor and Chopin's Barcarolle in F-Sharp Major.

Workshop! Make and decorate a mini-Christmas tree

Wednesday, December 7 at 10:30 in Friendship Hall

Mary Linde will present the new Pet Policy

Thursday, December 8 at 10:30 in Friendship Hall

Pianist Ian Scarfe Classical Performance

Thursday, December 8 at 3:00 in Morgan Hall

Golden Gate Boys Choir and Bellringers – Music for Advent and Christmas

Sunday, December 11 at 3:30 in Friendship Hall

Holiday Concert: Soloists of St Luke's Episcopal Church Choir

Monday, December 12 at 3:00 in Friendship Hall

Come hear the group led by Music Director and rising organ star Joy-Leilani Garbutt. The music will warm your heart and spark your holiday spirit with old classics and a few new beautiful selections. Wear your favorite holiday sweater!

Resident and Board Holiday Party

Wednesday, December 14 at 5:30-7:30

Early dinner is available in Friendship Hall at 4:45 by reservation-only, 20 places available.

"There are two ways of spreading light; to be the candle or the mirror that reflects it." Edith Wharton

Songbirds Holiday Performance

Thursday, December 15 at 2:00 in Morgan Hall

The **Songbirds** is a part of the Childrens Theater Association and serves as an outreach to the community. The group was formed in 1994 from the CTA membership and is composed of ladies who volunteer their time to sing together in three- and four-part harmony. All music is memorized and professionally presented in twice a year performances.

The Grand Follies Return with Their Spectacular Performance!

Monday, December 19 at 3:00 in Friendship Hall

Holiday Music from Around the World by the Seasonal Strings Trio

Thursday, December 22 at 3:00 in Friendship Hall

Merry Christmas Holiday Sing-along and Social

Saturday, December 24 at 3:00 in Friendship Hall

David Peritz (in Person) Decoding the 2022 Election Results

Monday, December 26 at 3:00 in Friendship Hall

What happened and what it means for the future of American electoral politics.

New Year's Eve Bingo and Party

Saturday, December 31, 7:00-9:00 in Friendship Hall

Dress to impress and toast the New Year!

REGULAR PROGRAMS

Catholic Mass - Distribution of Communion

Sundays at 10:00 in the Chapel

Episcopal Eucharist live-streamed from the National Cathedral in Washington D.C.

Sundays at 9:30 in the McGinley Room

Christmas services to be announced

Professor Peritz' Lectures to continue

Tuesdays at 3:00 on Channel 998

Emotional Support Group with Jeanne DeMeio

First and third Wednesdays at 2:00 in the Stucky Library

Painting Class with Instructor Yvette Brown

Thursdays at 9:30 in the Arts and Crafts Room

We have a great Art with Elders teacher and a room full of supplies. Come and enjoy creating art!

Tech Support with Tess Goldman

Thursday, December 3, 8 and 15 in the third floor sitting Room

Please sign up in the Dining Room.

SPCA Visit with Fonzi, a Mixed Terrier favorite

Thursday, December 22 at 1:30 in Friendship Hall

Saturday Shorts with Margaret Jacobs

December 3, 10, 17 at 3:00 in the McGinley Room

Out & About Destinations

During December, all 9:00 trips have been moved to 10:15.

Christmas Lights tours each Tuesday in December, plus one in January, at 5:00 The dates are: 12/6, 12/13, 12/20, 12/27, 1/3.

Dec 6	Dec 13	Dec 20	Dec 27
10:15 Walgreens	10:15 Trader Joe's	10:15 Target	10:15 Safeway
12:30 Muir Woods	1:00 Sutro Park Scavenger Hunt	1:00 Holiday decorations Fairmont Hotel	1:00 Scenic ride Health Center



12/12 Margaret Jacobs
12/12 Sheila Moore
12/13 Sisko (Sisi) Luopajarvi
12/17 Betty Dy
12/21 Lucia Dugliss
12/29 Rita McEvoy

The birthday celebration will be Dec. 9

Exercise and Relaxation Classes

Note: Bianca Lee will be offsite 12/25 – 12/30. Activities Staff will cover classes. No Total Body Workout Exercise Class on 12/27.

Strength Training with Bianca Lee Mondays, Wednesdays & Fridays 9:00. Video Class 12/25-12/30 Fitness Center	Tai Chi with Bianca Lee Mondays (except 12/26) 9:45 Fitness Center
Balance Class with Activity Staff Monday to Friday 11:45 Porter Hallway	Total Body Workout /Karina Tuesdays (video 12/27) 10:30 Fitness Center
Meditation with Stephen Mondays and Thursdays 1:00 Cottage	Walking Group Wednesdays 1:00 Meet in Porter Library
Coffee and Chat Hour Mondays and Wednesdays 4:00 to 5:00 Dining Room	Yoga with Claudia Bartsch Thursdays 9:00 Fitness Center

Announcements

Podiatry Update: Starting December 9, Dr Maureen Lee will come on the second Friday of the month. Also, effective January 2023, her private rates will be \$75 for an initial visit and \$60 for follow-up visits.

We have 5 complimentary tickets to see **Smuin's Christmas Ballet** on Wednesday, December 21, at the Yerba Buena Center for the Arts. Transportation will be arranged. Look for the sign-up sheet in the Dining Room.

Do you have 30 minutes to give on Christmas Morning? There are very few residents living in the Health Center now. A brief visit would be a lovely Christmas gift. Come between 10:00 and noon and bring some holiday cheer!

Menorah



During Hanukkah, Jews light eight candles, one each day. Each candle represents a 'mitzvah' – a good deed. One mitzvah is 'tzedakah', meaning *righteousness*, a moral obligation to give to the needy, whether we feel moved to do so or not, whether we have wealth or not. As the well-crafted appeals crowd

our mailboxes and emails, playing on our sentiments, the ideal of 'rightness', that is required throughout the year, replaces the tradition of giving charity at special times of the year.

But the menorah has nine candles. The ninth is called the shamash, meaning helper, which is lit first and then used to light the other candles, a reminder of our obligation to always help others.

Library Corner

Some new acquisitions—not necessarily newly published

Michelle Obama, *The Light We Carry: Overcoming in Uncertain Times* (2022) [920]

P. D. James, *The Children of Men* (1998) [823.914 Large Print]

Joshua Foer, *Moonwalking with Einstein: The Art and Science of Remembering Everything* (2011) [153.1]

Andrew Ross Sorkin, *Too Big to Fail: The Inside Story of How Wall Street and Washington Fought to Save the Financial System from Crisis—and Themselves* (2009) [330.973]

Nicholas Sparks, *The Wedding* (2003) [813.54F]

Nigel Poor, *This Is Ear Hustle* (2021) [365.973]

Lisa Genova, *Remember: The Science of Memory and the Art of Forgetting* (2021) [153.1]

Jhumpa Lahiri, *The Namesake*, (2003) [813.54 F]

Umberto Eco, *The Island of the Day Before* (1995) [853.91 F]

Some gentle reminders:

Please sign out any books you want to take

Please sign in any books you return

Please put returned books in the designated box

Please do not reshelve books

Please put donated books in the designated box

Suggestions? Questions? Contact a Library Committee member:

Yvonne Benedict [t](#)

Pam Fischer

Judith Goff

Gene Graham

Kay Narron

Email: library@heritage.groups.io

"Books are a uniquely portable magic."
Stephen King





JONATHAN WONG - HERITAGE HAIR STYLIST CHINESE OPERA SINGER

Jonathan was part of the cast when his traditional Chinese Opera group performed a version of "Titanic" on Sunday, November 13 at the 500-seat Great Star Theatre in Chinatown. His part was Zhou Yu, a Chinese military general. Not only does Jonathan sing in the opera but he does his own makeup. We wouldn't know you, Jonathan.

Martha Nell Beatty



Do other Religions Celebrate Christmas?

Many Buddhists still celebrate Christmas. Buddhists believe Christ's teachings not only compliment those of Buddha, but that Jesus is a "Bodhisattva", which is one who forgoes their own benefit to help others and has compassion, kindness and love for all beings. Because of these reasons, many Buddhists see Jesus as a blessing to the earth and have no problems celebrating his birth. This differs from Christian belief as Buddhists recognize the Jesus as a man and teacher, but not the Messiah.

Many Muslims feel that by celebrating, or even acknowledging the Christmas holiday, they are going against their monotheistic belief. Jesus, is a revered prophet in Islam.

Movies

Fridays In Friendship Hall at 2:00

December 2 -- The Sound of Music - 1965 Musical

Stars: Julie Andrews, Christopher Plummer

December 9 – Miracle on 34th Street - 1947 Comedy

Stars Edmund Gwenn, Mureen O'Hara, John Payne

December 16 – Home Alone - 1990 Comedy

Stars: MacCauley Culkin, Joe Peschi

December 23 – Scrooge - 1970 Musical

Stars: Albert Finney

December 30 – It's a Wonderful Life - 1946 Drama

Stars James Stewart, Donna Reed, Lionel Barrymore

Sundays in the McGinley Room at 2:00

December 4 – Coda - 2021 Drama

Stars: Emilia Jones, Maria Matlin, Troy Katsur

December 11 – The Power of the Dog - 2021 Drama

Stars: Benedict Cumberbatch, Kirsten Dunst, Jesse Piemons

December 18 – House of Gucci – 2021 Drama

Stars: Lady Gaga, Adam Driver, Al Pacino

December 25 – no film

Saturday, December 7 – I'm No Angel – Comedy

Stars: Mae West, Cary Grant

at 7:00 in the McGinley Room

Screening of Wesley Ruggles' I'M NO ANGEL (1933)

Saturday, December 10 at 7:00 in the McGinley Room

"This film is quintessential Mae West – sexy, smart, and thoroughly beguiling. West also wrote the screenplay, with a story that vindicates her character Tira's naughty reputation by exposing the patriarchal hypocrisy of her many male suitors. A very young Cary Grant is her deliciously romantic co-star, but the picture is Mae's all the way, a sassy, Sparkling illustration of why she was one of the most powerful women in Hollywood."



ST FRANCIS WOOD A SAN FRANCISCO STREET CAR SUBURB



It was the Twin Peaks Tunnel, which was dedicated in 1917, that made it possible for Street Car Suburbs to be developed west of the tunnel. St Francis Wood was one of these residential parks. In June, 2022, it was added to the National Register of Historic Places. So far, it is the only garden neighborhood in San Francisco to be on the list.

This is a community, where I grew up and then in another home my husband and I raised our children. Carm Arburua and Linda Hanley also spent part of their younger days there.

The development of the Woods, which I have always known it called, was part of nation- wide Garden City and City Beautiful movements. Between 1905 and 1926, there were 36 proposals for such districts in San Francisco. The major ones that were realized because of the tunnel were St. Francis Wood, Forest Hills and Ingleside Terraces. The only previous development in these areas was a racetrack atop Ingleside Terraces.

It was Duncan Mc Duffie of Mason Mc Duffie who conceived and oversaw the development of the Woods. He put together a team that included John Galen Howard, dean of the architectural department at UC Berkeley, who was responsible for the public architectural features, and the Olmstead brothers, sons of the famed designer of Central Park, who planned the landscaping. Howard brought in Henry Gutterson, who worked under him at UC. Gutterson approved the design of every home for 40 years until his death in the 1950s.

If a house was built without his approval, it had to be torn down at the owner's expense. There were eventually 143 architects for the development; Gutterson designed 86. Altogether there were approximately 650 homes.

Although the beginning concept was to build homes in the Italian Classic style, it was decided to allow all styles of architecture. In the block I lived in on Santa Monica Way, Gutterson designed homes that were Dutch Colonial, English Country and Italian Classic.

The original plan called for one community garage, an idea that was

quickly abandoned. The compromise was to require garages to be at the rear of the 50-foot properties, which were twice the size of the usual San Francisco lot. Homes were also to be built 20 feet back from the street. Plans that did work out included having all utilities underground, strips of trees and shrubs between the curbs and the sidewalks. There were several parks as well as two tennis courts and a playground. The goal was to make the area as pristine and verdant as possible.

Early advertisements for the Woods also promised ocean views (true for

The homes on the hills), a Mediterranean climate (not true) and a central location (questionable). The only significant change that has been made to St. Francis Wood since its inception was the 1950s widening of Portola Drive, which borders one side of the area. Some homes had to be demolished, some moved, and a few torn down. Some had their lots reduced.

As with other residential parks, there were covenants excluding "Africans, Japanese, Chinese or any persons of

Mongolian descent." Currently, the residents are comprised of 45% white and 45% Asian. Only single-family homes were permitted. No apartments, no commercial development, no schools, no churches.

One of the advertisements stated, "The restrictions of St. Francis Woods are



2000 Monterey Boulevard
Year Built: 1927
Architect: Charles F. Strothoff

Linda Hanley's Home



Martha Nell Beatty's Home

a shield permanently protecting and stabilizing and increasing the land values. They ward off the blighting effect of stores, flats, and apartments. They deny entrance to undesirable neighbors and ugly and inharmonious houses.”



50 Santa Clara Avenue
Year Built: 1925
Architects: Masten and Hurd
Carm Arburua's Home

The historic designation will require any future projects or changes to go through a thorough, expensive process. It could well exempt the Woods from conforming to local process. It could well exempt the Woods from conforming to local and state laws, which attempt to add more housing to residential neighborhoods. The original covenants have been changed, and there are no longer racial exclusions. Nevertheless, those who oppose the designation say that the designation status will exclude those who cannot afford single family homes. The question could be: should theInnate integrity of a planned residential neighborhood be impacted by new buildings that don't conform to the original purpose?

Martha Nell Beatty

December Special Events

12/1	Thu	10:30	Morgan Hall	Unwrap Xmas Tree Ornaments
12/1	Thu	10:30	Morgan Hall	Decorate Xmas Tree with Patti
12/5	Mon	10:30	Friendship Hall	Xmas Card Making for Seniors
12/6	Tue	3:00	Morgan Hall	Amabile Piano Trio
12/7	Wed	10:30	Friendship Hall	Mini Xmas Tree Workshop
12/8	Thu	10:30	Friendship Hall	Pet Policy with Mary Linde
12/8	Thu	3:00	Morgan Hall	Pianist Ian Scarfe
12/9	Fri	5:00	Morgan Hall	Birthday Party and Sing-along
12/11	Sun	3:30	Friendship Hall	Golden Gate Boys Choir
12/12	Mon	3:00	Friendship Hall	St. Luke's Soloists
12/14	Wed	5:30		Resident & Board Party
12/15	Thu	2:00	Morgan Hall	Songbirds Holiday Performance
12/19	Mon	3:00	Friendship Hall	Grand Follies
12/22	Thu	1:30	Friendship Hall	SPCA Visit with Fonzi

12/22	Thu	3:00	Friendship Hall	Music Around the World
12/24	Sat	3:00	Friendship Hall	Holiday Sing-along and Social
12/26	Mon	3:00	Friendship Hall	David Peritz Lecture
12/31	Sat	7:00	Friendship Hall	Bingo and New Year's Eve Party

