

Friday Movies at 2 pm in Friendship Hall

5 January ~ *The King & I* ~ 1956 ~ 2hr 13m
Set in 1862, the musical film tells the story of British schoolteacher Anna who is hired by the King of Siam as part of an initiative to modernize the country.

12 January ~ *Callas Forever* ~ 2002 ~ 1hr 56m
Aging opera singer Maria Callas (Fanny Ardant) tries to make a comeback by performing in a production of Bizet's "Carmen."

19 January ~ *Il Postino: The Postman* ~ 1994 ~ 1hr 48m
An exiled Cuban poet Pablo Neruda arrives on a tiny Italian isle, there's so much new mail that Mario, an unemployed, uneducated layabout, is hired as a postman. His job is to deliver Neruda's daily mail. He soon becomes a student of the poet.

26 January ~ *Cinema Paradiso* ~ 1988 ~ 2hr 4m
Young Salvatore Di Vita discovers the perfect escape from life in his war-torn Sicilian village: the Cinema Paradiso movie house, where projectionist Alfredo instills in the boy a deep love of films.

Sunday Movies at 2 pm in the McGinley Room

7 January ~ *Out of Sight* ~ 1998 ~ 2h3m
Unlikely romance between a bank robber (George Clooney) and a federal marshal (Jennifer Lopez), who meet as he is just escaping prison. Don Cheadle and Steve Zahn bring comedy and director Steven Soderbergh brings his eye for setups and payoffs.

14 January ~ *Barbie* ~ 2023 ~ 1h46m
Directed by Greta Gerwig, starring Margot Robbie as Barbie and Ryan Gosling as Ken. Barbie and Ken are seemingly having the time of their lives in the perfect Barbie Land. However, a personal crisis causes Barbie to question her life and she and Ken go to the real world on a journey of self-discovery.

21 January ~ *Seabiscuit* ~ 2003 ~ 2h20m
In the midst of the Great Depression, a businessman (Jeff Bridges) coping with the tragic death of his son, a jockey with a history of brutal injuries (Tobey Maguire) and a down-and-out horse trainer (Chris Cooper) team up to help Seabiscuit, a temperamental, undersized racehorse. At first the horse struggles to win, but eventually Seabiscuit becomes one of the most successful thoroughbreds of all time and inspires a nation at a time when it needs it.

28 January ~ *World's Fastest Indian* ~ 2005 ~ 2h7m
New Zealander Burt Munro (Anthony Hopkins), spent years perfecting his classic Indian motorcycle. The year is 1967. Burt takes his bike to Utah's salt flats. He attempts the impossible, to set a new world's record for speed.

Please see the Friendship Hall program calendar for additional activities. Calendars are available from the Activity department.



Heritage Happenings
Calendar
January 2024

Announcements	Birthdays	
Happy New Year! This year we begin the <i>Around the World</i> program. Every month we will celebrate one country. its food and culture. This month we celebrate Italy! Please join us on January 19th at 5:30 for delicious Italian food and live music in the main Dining Room and on January 24 at 3:00 we will host an Italy-themed happy hour in Friendship Hall. Check the calendar for other Italian fun-filled activities in green . <i>Viva Italia, arrivederci!!!</i>	Pam Fischer	1/04
	Kay Narron	1/04
	Michelle Jackson	1/17
	Linda Hanley	1/22
	Maureen Perron	1/24
	Lillemor Leichum	1/26
	Theo Armour	1/28
	Birthday Dinner	1/12

Tuesday Out & About Excursion Schedule				
2 December	9 December	16 December	23 December	30 December
9:30 Walgreens	9:30 Safeway	9:30 Target	9:30 Trader Joe's	9:30 Dollar Tree




Karina Tapia
Director of
Resident Life

Dear Karina
On behalf of all the residents of the Heritage on the Marina we would like to wish you all the best in your future employment. You will certainly be missed by our community. Thank you for all the work you did at the Heritage in the administration and scheduling of activities. We all appreciated your efficiency, patience, understanding and hard work. In the future and if time permits do come back and visit us again. You will always be welcome here.

Sincerely,
Patrick Alexander, President Residents Council, and
the Residents of the Heritage on the Marina

Out & About sign-up sheets are located in the dining room. Schedule is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Arts & Crafts Room CH Chapel CO Cottage CR Cedar Room DR Dining Room FC Fitness Center FH Friendship Hall GR Garden Room MP Morgan Parlor MR McGinley Room PL Porter Library SL Stucky Library	1 9:00 Strength Training FC 9:45 Tai Chi FC 11:00 New Year's Eve Reminiscing FH 11:45 Balance Class PC 4:00 Coffee Hour DR	2 Out & About Day 9:30 Morning Stretch FH 10:30 Total Body Workout FC 1:30 Hand Massage FH 3:00 Bingo FH 3:30 Men's Group CO	3 9:00 Strength Training FC 11:00 Heritage History FH 11:45 Balance Class PC 2:00 What's Happening SL 3:30 Walking Group PL 4:00 Coffee Hour DR	4 Kay Narron & Pam Fischer Bday 9:00 Yoga FC 9:30 Art with Elders AR 11:00 History of Amalfi Coast FH 11:45 Balance Class PC 3:00 First Light Home Care Presents FH	5 11:45 Balance Class PC 2:00 Yoga FC 2:00 Movie <i>The King and I</i> FH 3:30 Walking Group PL	6 11:00 Reminiscing with Jeanne FH 1:30 Movie <i>Madeline</i> FH 3:00 Saturday Shorts with Margaret MR
7 10:00 Episcopal Service MR 11:00 Stretch & Flex FH 1:30 Opera <i>Aida</i> by Verdi FH 2:00 Movie <i>Out of Sight</i> MR 3:00 Bingo FH	8 9:00 Strength Training FC 9:45 Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 3:00 Asian Art: Exploring Japan's Art FH 3:30 Walking Group PL 4:00 Coffee Hour DR	9 Out & About Day 9:30 Morning Stretch FH 10:30 Food Committee MR 10:30 Total Body Workout FC 1:30 Three Tenors FH 3:00 Bingo FH	10 9:00 Strength Training FC 10:30 Town Hall Mtg FH 11:45 Balance Class PC 1:00 Life Enrichment Meeting GR 1:30 Out & About Mtg MR 3:00 Leaning Tower of Pisa FH 3:30 Walking Group PL	11 Tech Help w/Tess 9:00 Yoga FC 9:30 Art with Elders AR 11:00 History of Italy FH 11:45 Balance Class PC 1:30 SPCA visit FH 2:00 Mary Linde, CEO: Strategic Plan FH	12 Birthday Dinner 7:00 Dr Lea podiatry BS 11:45 Balance Class PC 2:00 Yoga FC 2:00 Movie <i>Callas Forever</i> FH 3:30 Walking Group PL 5:00 Birthday Sing-Along MR 5:30 Birthday Dinner DR	13 11:00 Reminiscing with Jeanne FH 1:30 Movie <i>The Wizard of Oz</i> FH 3:00 Saturday Shorts with Margaret MR
14 11:00 Stretch & Flex FH 1:30 Matinee: City Lights FH 2:00 Movie <i>Barbie</i> MR 3:00 Bingo FH	15 9:00 Strength Training FC 9:45 Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 3:00 David Peritz: 2024 Election Preview FH 3:30 Walking Group PL 4:00 Coffee Hour DR	16 Out & About Day 9:30 Morning Stretch FH 10:30 Total Body Workout FC 3:00 Bingo FH 3:30 Men's Group CO	17 Michelle Jackson Bd 9:00 Strength Training FC 11:00 Heritage History FH 11:45 Balance Class PC 2:00 What's Happening SL 3:00 Roman Cuisine FH 3:30 Walking Group PL 4:00 Coffee Hour DR	18 Tech Help w/Tess 9:00 Yoga FC 9:30 Art with Elders AR 10:30 Spiritual Hour FH 11:45 Balance Class PC 3:00 John Odell: Elmer & Virginia FH	19 11:45 Balance Class PC 2:00 Yoga FC 2:00 Movie <i>II Postino</i> FH 3:30 Walking Group PL 5:30 Italian Dinner and Live Music FH	20 11:00 Reminiscing with Jeanne FH 1:30 Movie <i>Ninotchka</i> FH 3:00 Saturday Shorts with Margaret MR
21 10:00 Catholic Mass CH 11:00 Stretch & Flex FH 1:30 Matinee: NYAD FH 2:00 Movie <i>Seabiscuit</i> MR 3:00 Bingo FH	22 Linda Hanley Bday 9:00 Strength Training FC 9:45 Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 3:00 SF Library presentation FH 3:30 Walking Group PL 4:00 Coffee Hour DR	23 Out & About Day 9:30 Morning Stretch FH 10:30 Total Body Workout FC 1:30 <i>Eternal Pompeii</i> FH 3:00 Bingo FH	24 Maureen Perron Bd 9:00 Strength Training FC 11:00 Spanish FH 11:45 Balance Class PC 3:00 Italian Happy Hour FH 4:00 Coffee Hour DR	25 Tech Help w/Tess 9:00 Yoga FC 9:30 Art with Elders AR 11:45 Balance Class PC 1:30 SPCA visit FH	26 Lillemor Leichum Bd 10:00 Resident Council FH 11:45 Balance Class PC 2:00 Yoga FC 2:00 Movie <i>Cinema Paradiso</i> FH 3:30 Walking Group PL	27 11:00 Reminiscing with Jeanne FH 1:30 Movie <i>Verdi Rigoletto</i> FH 3:00 Saturday Shorts with Margaret MR
28 Theo Armour Bd 11:00 Stretch & Flex FH 1:30 Dancing with the Birds FH 2:00 Movie <i>The World's Fastest Indian</i> MR 3:00 Bingo FH	29 9:00 Strength Training FC 9:45 Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 3:00 <i>Insomnia</i> FH 3:30 Walking Group PL 4:00 Coffee Hour DR	30 Out & About Day 9:30 Morning Stretch FH 10:30 Total Body Workout FC 1:30 Hand Massage FH 3:00 Bingo FH	31 9:00 Strength Training FC 11:00 Heritage History FH 11:45 Balance Class PC 3:00 <i>Wines of Italy</i> FH 3:30 Walking Group PL 4:00 Coffee Hour DR	<div>  <h1>Heritage Happenings January 2024</h1> <p>Activities subject to change</p> <p>Activities in red: see special events in the newsletter</p> <p>Activities in green: part of the <i>Viva Italia</i> Around the World program</p> </div>		

