

Friday Movies at 2 pm in Friendship Hall

5 April ~ Troy ~ 2004 ~ 2h 43m

An adaptation of Homer’s great epic, the film follows the assault on Troy by the united Greek forces and chronicles the fates of the men involved.

12 April ~ The Buddy Holly Story ~ 1978 ~ 1h 54m

The story of the life and career of the early rock and roll singer, from his meteoric rise to stardom, to his marriage and untimely death.

19 April ~ Zorba the Greek ~ 1965 ~ 2h 20m

An uptight English writer traveling to Crete, on a matter of business, finds his life changed forever when he meets the gregarious Alexis Zorba.

26 April ~ The Pirate ~ 1948 ~ 1h 42m

A girl is engaged to the local rich man, but meanwhile she has dream about the legendary pirate Macoco. A traveling singer falls in love with her and to impress her he poses as a pirate.

Sunday Movies at 2 pm in the McGinley Room

7 April ~ Whale Rider ~ 2003 ~ 1h 41m ~ Drama, Family

A contemporary story of love, rejection and triumph as a young Māori girl fights to fulfill a destiny her grandfather refuses to recognize.
Director: Niki Caro ~ Stars: **Keisha Castle-Hughes**, Witi Ihimaera

14 April ~ The Holdovers ~ 2023 ~ 2h 14m ~ Comedy, Drama

A cranky history teacher at a prep school is forced to remain on campus over the holidays with a grieving cook and a troubled student with no place to go.
Director: Alexander Payne ~ Stars: Paul Giamatti, **Da’Vine Joy Randolph**, Dominic Sessa

21 April ~ Oddball ~ 2015 ~ 1h 36m ~ Adventure, Family

The true story about an eccentric chicken farmer and his granddaughter who train his mischievous dog Oddball to protect a wild penguin sanctuary from fox attacks and in the process tries reunites his family and save their seaside town.
Director: Stuart McDonald ~ Stars: Shane Jacobson, Coco Jack Gillies

28 April ~ The Grass is Greener ~ 1960 ~ 1h 45m ~ Comedy, Drama, Romance

Victor and Hilary have guided tours in their English mansion. A US oil tycoon "bumps" into Hilary during a tour and charms her, while Hattie pursues Victor.
Director: Stanley Donen ~ Stars: Cary Grant, Deborah Kerr, Robert Mitchum, Jean Simmons

Academy Awards and Nominees in **bold**

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




Heritage Happenings
Calendar
April 2024

Announcements		Birthdays	
<p>This month—as part of this year’s Around the World program—we celebrate Greece.</p> <ul style="list-style-type: none">• Allen Ysidro: Line Dancing with Grecian Influences• George Mylordos: Greek Trivia & Bouzouki• Movies: <i>Troy</i> & <i>Zorba the Greek</i>• Dinner with Greek Cuisine• <i>Heritage Happenings</i> in the blue and white of the Greek flag and the god Hermes blowing his trumpet as the masthead cameo		<p>Harry Copeland 1 April</p> <p>Margaret Johnson 2 April</p> <p>Monique Kaufman 7 April</p> <p>Bernie Burke 8 April</p> <p>Birthday Dinner 12 April</p>	

Tuesday Out & About Excursion Schedule				
2 April	9 April	16 April	23 April	30 April
<p>9:30</p> <p>Walgreens</p> <p>Divisadero St</p> <p>11:15</p> <p>Japantown</p> <p>Cherry Blossoms are in bloom.</p> <p>Lunch nearby or bring bag lunch.</p>	<p>9:30</p> <p>Trader Joe’s</p> <p>Bay St</p> <p>10:30</p> <p>Irish Coffee at The Buena Vista café</p>	<p>9:30</p> <p>Target & Geary Blvd</p> <p>10:30</p> <p>Filoli House & Gardens in Woodside.</p> <p>Lunch at the café or bring bag lunch.</p>	<p>9:30</p> <p>Safeway</p> <p>Marina Blvd</p> <p>10:30</p> <p>Tilden Park, Berkeley Hills.</p> <p>Tour the area.</p> <p>Bring bag lunch.</p>	<p>9:30</p> <p>10:00-2:00</p> <p>Graton Resort & Casino, Rohnert Park.</p>

Around the World ~ Celebrating a country every month with dinners & events							
January	Italy	April	Greece	July	France	Oct	Germany
February	China	May	Mexico	August	Spain	Nov	Thailand
April	Ireland	June	Caribbean	September	India	Dec	El Salvador

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 Harry Copeland 9:00 Strength Training FC 9:45 Bianca: Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 3:00 David Salimonas: Piano Concert MP 3:30 Walking Group PL 4:00 Coffee Hour DR	2 Margaret Johnson Out & About Day 9:00 Claudia: Yoga FC 9:30 Morning Stretch FH 1:30 Roxana: Hand Massage 3:30 Men’s Group CO	3 9:00 Strength Training FC 11:00 Simon Melov: Exercise: Longevity Magic Bullet FH 11:45 Balance Class PC 2:00 What’s Up! SL 2:00 Tarkan Guidur: SF Recology FH 3:30 Walking Group PL	4 Tech Help w/Tess 9:00 Claudia: Yoga FC 9:30 Art with Patrick AR 10:30 Allen Ysidro: Line Dancing with Greek Influence FH 11:45 Balance Class PC 1:30 Meditation CR	5 10:00 Father Arturo First Friday Mass CH 11:45 Balance Class PC 2:00 Movie Troy FH 3:30 Walking Group PL	6 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with MargaretJ MR
7 Monique Kaufman 10:00 Episcopal Service MR 11:00 Stretch & Flex FH 2:00 Movie <i>Whale Rider</i> MR 3:00 Bingo FH		8 Bernie Burke 9:00 Strength Training FC 9:45 Bianca: Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 3:00 Mary Mead: Asian Art Museum Masterpieces FH 3:30 Walking Group PL 4:00 Coffee Hour DR	9 Out & About Day 9:00 Claudia: Yoga FC 9:30 Morning Stretch FH 1:30 Roxana: Hand Massage	10 10:30 Town Hall Meeting FH 9:00 Strength Training FC 11:45 Balance Class PC 1:00 Activities Mtg CO 1:30 Out & About Meeting MR 1:30 Spanish Class FH 2:00 What’s Up! SL 3:30 Walking Group PL	11 Tech Help w/Tess 9:00 Claudia: Yoga FC 9:30 Art with Patrick AR 11:45 Balance Class PC 1:30 Meditation CR 1:30 Teddy & David: SPCA Visit FH 3:00 Gardening Workshop with Margaret M & Jeanne FH	12 7:00 Dr Lee podiatry BS 11:45 Balance Class PC 2:00 Movie <i>The Buddy Holly Story</i> FH 3:30 Walking Group PL 5:00 Birthday Sing-along 5:30 Birthday Dinner DR	13 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with Margaret J MR
14 10:00 Episcopal Service MR 11:00 Stretch & Flex FH 2:00 Movie <i>The Holdovers</i> MR 3:00 Bingo FH		15 9:00 Strength Training FC 9:45 Bianca: Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 3:30 Walking Group PL 4:00 Coffee Hour DR	16 Out & About Day 9:00 Claudia: Yoga FC 9:30 Morning Stretch FH 1:30 Roxana: Hand Massage 2:30 Video: SFHS 1906 Earthquake FH 3:30 Men’s Group CO	17 11:00 Heritage History FH 11:45 Balance Class PC 3:00 George Mylordos: Greek Happy Hour Trivia/Bouzouki FH 4:00 Coffee Hour DR	18 Tech Help w/Tess 9:00 Claudia: Yoga FC 9:30 Art with Patrick AR 3:00 Brenda Schuman: The Sonic Forest & Oboe Recital FH 4:30 Happy Hour MP 5:30 Annual Board of Directors Dinner DR	19 11:45 Balance Class PC 2:00 Movie Zorba the Greek FH 3:30 Walking Group PL 5:30 Greek Dinner	20 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with Margaret J MR
21 10:00 Episcopal Srvce MR 10:00 Father John: Catholic Mass CH 11:00 Stretch & Flex FH 2:00 Movie <i>Oddball</i> MR 3:00 Bingo FH		22 9:00 Strength Training FC 9:45 Bianca: Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 3:00 Ian Scarfe: Piano Concert MP 3:30 Walking Group PL 4:00 Coffee Hour DR	23 Out & About Day 9:00 Claudia: Yoga FC 9:30 Morning Stretch FH 1:30 Roxana: Hand Massage FH	24 9:00 Strength Training FC 11:00 Spanish FH 11:45 Balance Class PC 2:00 What’s Up! SL 3:30 Walking Group PL 4:00 Coffee Hour DR	25 Tech Help w/Tess 9:00 Claudia: Yoga FC 9:30 Art with Patrick AR 11:45 Balance Class PC 1:30 Meditation CR 2:00 Tea & Chat FH 3:00 Angela Lee: Cello Concert & Happy Hour FH	26 10:00 Residents Council Mtg FH 11:45 Balance Class PC 2:00 Movie <i>The Pirate</i> FH 3:30 Walking Group PL	27 9:30 Sit & Be Fit FH 11:00 Reminiscing FH 3:00 Saturday Shorts with Margaret J MR
28 10:00 Episcopal Service MR 11:00 Stretch & Flex FH 2:00 Movie <i>The Grass is Greener</i> MR 3:00 Bingo FH		29 9:00 Strength Training FC 9:45 Bianca: Tai Chi FC 11:45 Balance Class PC 1:30 Meditation CR 3:00 Alfred Escoffier: Irving Penn at the de Young FH 3:30 Walking Group PL 4:00 Coffee Hour DR	30 Out & About Day 9:00 Claudia: Yoga FC 9:30 Morning Stretch FH 1:30 Roxana: Hand Massage FH	<div>Heritage Happenings is published monthly by residents and team members at Heritage on the Marina.</div> <div>All content is placed in the public domain and may be freely shared.</div> <div></div> <div><h1>Heritage Happenings</h1><h2>April 2024</h2><p>Green: birthday event</p><p>Red: see Special Events in the newsletter</p><p>Blue: events in the Around the World program</p></div>			