



2025

SPECIAL EVENTS

**BUCK INSTITUTE Wednesday, July 2 at 11:00 in Friendship Hall
Seminar #1 From the Lab to the Clinic: What We are learning in
Buck Clinical Trials**

What is the next seminar about? Do you want to participate in a clinical trial that is investigating interventions for healthy aging, or just find out how what we are learning can help you live longer? Either way, you'll want to hear what Dr. Stubbs has to say. She'll share some of the results of our early studies and tell us what's coming next.

**PLANTING SUCCULENTS WITH JEANNE on Wednesday, July 2
and Wednesday July 16 at 1:30 in Friendship Hall.**

**FIRST LIGHT HOSPICE PRESENTATION on Thursday, July 2
at 3:00 in Friendship Hall**

CELEBRATE 4th of July



**MUSIC BY IAN SCARFE on Monday, July 7 at 3:00 in Morgan
Parlor**

**Cinema Club Film COCO BEFORE CHANEL (2009) on
Tuesday, July 8 at 2:00 in Friendship Hall**

**MUSIC AND MOVEMENT with Allen T on Thursday, July 10
and Thursday, July 31 at 10:30 in Friendship Hall**

**HAPPY HOUR WITH STEPHEN AND MARGARET on Thursday,
July 10 at 3:00 in Friendship Hall**

**CREATIVE STORY TELLING WITH KATIE MORRIS at 3:00 on
Monday, July 14 at 10:30 in Friendship Hall**

**THE HISTORY OF GOLDEN GATE PARK discussed by Steve
Johnson from SF Park and Recreation on Monday, July 14 at
3:00 in Friendship Hall**

**FRENCH WINE & CHEESE PAIRING with Stephen on
Wednesday, July 16 at 3:00 in Friendship Hall (signup sheet
will go out)**

**SPCA will visit on Thursday, July 17 at 1:30 in Friendship
Hall**

**SING ALONG WITH STEPHEN AND MARGARET on Thursday,
July 17 at 3:00 in Friendship Hall**



FLOWER ARRANGING on Monday, July 21 at 11:00 in Friendship Hall

STEPHEN SHERILL, District 2 Supervisor, San Francisco Board of Supervisors will speak on the issues faced by the city and the District followed by questions from the audience on Wednesday, July 23 at 3:00 in Friendship Hall

LEGION, 100: ORIGINS AND ARCHITECTURE, a De Young Presentation with Virginia Ernster on Thursday, July 24 at 3:00 in Friendship Hall

SING ALONG WITH STEPHEN. AND MARGARET on Thursday, July 31 at 3:00 in Friendship Hall



Enid Leff	7/05	Midge Mansouri	7/15
Katherine Conley	7/15	Gary Skootsky	7/22
Patrick Alexander	7/27		

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 Perry 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 Perry 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 Perry Library

Religious Services

Mass: 1st Friday July 4 at 10:00

Mass: Sunday July 13 at 10:00 - Fr. Joe Nguyen SJ

Holy Communion: Sundays, July 6, 20, and 27

Episcopal Eucharist: Sunday July 6 at 10:00, McGinley Rm.

Residence Affairs

Leadership Update

Wednesday, July 9 at 10:00 in Friendship Hall

Food Committee

Tuesday, July 8 at 10:30 in McGinley Rm.

Residents Council

Friday, July 25 at 10:00 in Friendship Hall

Groups/Clubs/Activities

Activities Committee Thursday, July 24 at 2:00 in the McGinley Room

Gentlemen's Club

Tuesdays, July 1 and July 15 at 3:30 in the cottage

Women's Discussion Group

Wednesdays, July 9 and July 23 at 2:00 in the Stucky Library

Book Club

Saturday, July 12 in the cottage at 11:00 am

Out and About Committee

Wednesday, July 9 at 1:30 in the McGinley Rm

OUT AND ABOUT SCHEDULE

July 2025

<u>July 1</u>	<u>July 8</u>	<u>July 15</u>	<u>July 22</u>	<u>July 29</u>
<u>10:00AM</u> Walgreens	<u>10:00AM</u> Safeway	<u>10:00AM</u> Target	<u>10:00AM</u> Trader Joes	<u>10:00AM</u> Dollar Tree
<u>1:15PM</u> The Conservatory of Flowers	<u>1:15PM</u> Viewing the Heart Art sculptures in S.F. with Katie Loo	<u>11:15AM</u> Roy's Redwood Preserve in Marin. We will stay for lunch in the area.	<u>11:15AM</u> Let's tour Petaluma. We will stay for lunch in the area.	<u>1:15PM</u> Scenic ride in S.F.

Friday Movies at 2:00 PM in Friendship Hall 2025

July 4 ~ Mr. Smith goes to Washington ~ 1939. 2h 9m ~ Comedy,

**Tells the story of Jefferson Smith, a naive but idealistic youth leader appointed to the U.S. Senate. He clashes with corrupt politicians who are more interested in personal gain than the public good. Smith, with the help of his secretary, attempts to expose their front doing through a filibuster, highlighting themes of integrity, democracy, and the struggle against political corruption. Starring: James Stewart, Claude Rains, Jean Arthur
Director: Frank Capa**

11 July ~ Guilty by Suspicion ~ 1991. 1h 45m ~ Thriller, Drama

Tells the story of David Merrill, a successful film director who is unexpectedly targeted by the House Un-American Activities Committee (HUAC) for alleged communist ties. Despite not being a communist, he refuses to cooperate by naming names, leading to a blacklisting that disrupts his career and personal life. Starring Robert de Niro, Annette Bening, Director: Irwin Winkler

18 July Forrest Gump - 1994. 2h22min. Comedy, Romance

**The history of the United States from the 1950s to the '70s unfolds from the perspective of an Alabama man with an IQ of 75, who yearns to be reunited with his childhood sweetheart. Starring: Tom Hanks, Sally Field.
Director: Robert Zemeckis**

**25 July ~ The Towering Inferno ~ 1974. 2hr 45m ~ Action, Drama A dedication ceremony at a newly built, state-of-the-art skyscraper in San Francisco that turns into a deadly inferno due to faulty wiring. The film follows the efforts of a fire chief and the building's architect to rescue hundreds of party guests trapped on the upper floors. Starring: Paul Newman, Steve McQueen, Faye Dunaway
Director: John Guillermin**

Saturday Movies at 1:30pm in Friendship Hall- July 2025

5 July ~ The Freedom Writers~ 2007. 2h 3m ~ Drama

Hillary Swank, Patrick Dempsey

12 July ~ The Roosevelts ~ 2014. 1h 54m ~ Documentary

Director: Ken Burns

19 July ~ Broadway Melody ~ 1940. 1h 42m ~ Musical, Comedy

Fred Astaire, Eleanor Powell

26 July ~ Travel: Paris & Loire ~ 2015. 2hr 40m

Host: Rick Steves

Sunday Movies at 1:30pm in Friendship Hall- July 2025

6 July ~ Boys Town ~ 1938. 1h 47m ~ Drama, Melodrama

Spencer Tracy, Mickey Rooney

13 July ~ Roman Holiday ~ 1953 – 1h 58min ~ Comedy, Romance

Gregory Peck, Audrey Hepburn

**20 July ~ The Private life of Sherlock Holmes ~ 1970. 2h 5m ~
Comedy, Thriller**

Billy Wilder, Christopher Lee

27 July ~ The Great Bear ~ 2011. 1hr 15m ~ Family, Adventure

Oliver Lambert

Sunday Matinee in the McGinley Room at 2:00

July 6 Midnight in Paris (2011) 1hr 34m, PG-13

Written and directed by Woody Allen. While on a trip to Paris with his fiancée's family, a nostalgic screenwriter (Owen Wilson) finds himself transported back to the 1920's every day at midnight.

July 13 Twelve O'Clock High (1949) 2 hr 12 m, Not rated

In WWII, A tough-as-nails general (Gregory Peck) takes over a B-17 bomber squadron suffering from low morale and whips them into shape.

July 20 Good Will Hunting (1997) 2 hr 6 m, R (frequent foul language)

A wayward young man (Matt Damon), who is a janitor at MIT, has a gift for math but needs help from a psychology professor/therapist (Robin Williams) as he grapples with his past trauma and personal issues. Ben Affleck plays his best friend.

July 27 12 Angry Men (1957) 1 hr 36 m, unrated

A single juror (Henry Fonda) in a murder trial prevents a jury from reaching a hasty decision, causing turmoil and dissension in the jury room.