**HOTM January 2023 Programs**

Special Programs & Events:

* Monday, January 9th at 3 pm in Friendship Hall:

Urinary Tract Infections (UTIs)

* The top 3 ways to prevent UTIs
* Common and less obvious symptoms to notice
* Treatments such as cranberry, estrogen and antibiotics
* Consequences of untreated UTIs
* Impact of Covid-19 on UTI and antibiotic stewardship

Presented by Pine Park Health Chief Medical Officer, Dr. Kendell Cannon and Enrollment Director, Elizabeth Breen

* Monday, January 16th at 3 pm in Friendship Hall:

What is Hospice by Dr. Carla Perissicitto and Gracia Trejo, MSS from Vitas Hospice Health Care

* Thursday, January 19th at 3 pm in Friendship Hall:

Afternoon Tea with Music performance by Frank Cefalu

* Wednesday, January 25th at lunch time in the DR:

Superfoods “Citrus” with Dietician, Devin

* Thursday, January 26th at 3pm in Friendship Hall:

Karaoke Happy Hour with Stephen

*Come enjoy some wine and cheese while singing your favorite tunes….*

* Monday, January 30th at 3 pm in Friendship Hall:

Nutrition Talk “Calcium & Bone Health”

with Dietician, Devin

**Exercise & Relaxation Classes:**

|  |  |
| --- | --- |
| Strength Training with Bianca Lee  Mondays, Wednesdays & Fridays  9:00  Fitness Center | Tai Chi with Bianca Lee  Mondays  9:45  Fitness Center |
| Balance Class with Activity Staff  Monday to Friday  11:45 am  Porter Hallway | Total Body Workout with Karina  Tuesdays  10:30 am  Fitness Center |
| Meditation with Stephen  Mondays and Thursdays  1:00 pm  Cottage | Cottage Exercise Class with Stephen  Monday-Friday  9:30 am  Cottage |
| Coffee & Chat Hour  Mondays and Wednesdays  4:00 to 5:00  Dining Room | Yoga with [Claudia Bartsch](https://www.claudiabartsch.com)  Thursdays  9:00 am  Fitness Center |

**Regular Programs:**

**Sunday Catholic Mass-Distribution of Communion**

Sundays at 10:00 am in the Chapel

**Thursdays at 9:30 am in the Arts & Crafts Room:**

Art class with Yvette from Art with the Elders Program

**Thursday Tech Support with Tess Availability**:

*Sign up sheets in the main dining*

1/5

1/12

1/19

1/26

**Friday 2 pm Movie matinees in Friendship Hall:**

1/6- His Girl Friday. 1940. Cary Grant, Rosaland Russell

1/13- A Room with a View. 2007. Timothy Spall, Elizabeth McGovern

1/20- A Star is Born. 1954. Judy Garland, James Mason

1/27- Willy Wonka. 1971. Gene Wilder, Jack Albertson

**Saturday Shorts with Margaret Jacobs:**

**SPCA (Pet Therapy) Visits in Friendship Hall:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Volunteer/Pet Owner** | **Type of Dog** | **Date of Visit** | **Time** |
| Vivienne Shi | Goose - Great Pyrenees | Thursday, January 05, 2023 | 1:30pm |
| Suzanne Epstein | Fonzie - Terrier Mix | Thursday, January 12, 2023 | 1:30pm |
|  |  | Thursday, January 19, 2023 | 1:30pm |
|  |  | Thursday, January 26, 2023 | 1:30pm |
| Vivienne Shi | Goose - Great Pyrenees | Thursday, February 02, 2023 | 1:30pm |
| Suzanne Epstein | Fonzie - Terrier Mix | Thursday, February 09, 2023 | 1:30pm |

**Emotional Support Group with Jeanne Demeio in the Stucky Library at 2 pm on the 1st & 3rd Wednesday of the Month:**

1/4 & 1/18

**OUT & ABOUT SCHEDULE:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date: 1/3/23** | **Date: 1/10/23** | **Date: 1/17/23** | **Date: 1/24/23** | **Date: 1/31/23** |
| **9am**  **Walgreens**  **10:15am**  **49-mile Drive**  **1:00pm**  **Cayuga Park Tree Statues** | **9am**  **Safeway**  **10:15am**  **Cable Car Museum**  **1:00pm**  **Musee Mecanique** | **9am**  **Target**  **10:15am**  **Scrap** | **9am**  **Trader Joes**  **10:15am**  **Architectural Viewing: Schools**  **1:00pm**  **Conservatory of Flavors** | **9am**  **Grocery Outlet & Marco Polo Ice Cream**  **1:00pm**  **HC residents Scenic Drive** |

Other announcements:

Heritage on the Marina now has a contract with **Chem Dry North America** to offer discounted prices for Residents to have their **apartment carpet deep cleaned**. Please see below for pricing. Please contact Karina Tapia, Director of Social Service & Life Enrichment for further assistance #415-202-0135.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SERVICE** **DESCRIPTION** | **SF Price \*Price** | | | |
| Natural VI - Hot Carbonating Extraction **Small Studio** **Apartment** 10.5x15 | | 157.5 |  | $110.25 |
| Natural VI - Hot Carbonating Extraction **One Bedroom Apartment** 11.5x15 | | 175 |  | $122.50 |
| Natural VI - Hot Carbonating Extraction **Two Bedroom Apartment** 1 living 11x13  2 room bedroom 11.5x15 15 x11 | | 473 |  | $331.10 |
| \*In order to lock in these discounted prices, Chem Dry must do a minimum of $175.00 worth of business on campus on the same day.  This means that for Studio and One BR apartments, there must be at least two apartments scheduled on the same day to get this pricing. | | | | |