



2025

Special Events

**Instrumix, Elevating Seniors' Lives through Music and Movement
Making exercise fun and engaging (low impact, sitting or standing)
Thursday, May 1 at 2:00 in Friendship Hall**

**Presentation Q and A with Comcast
Thursday, May 1 at 3:00 in Friendship Hall**

**Katie Morris Writing Workshop
Monday, May 5 at 10:00 in Friendship Hall**

**Mariachi San Francisco Performs for Cinco de Mayo
Monday, May 5 at noon in the Dining Room**

The Battle of Puebla: The French invasion of Mexico in 1861 followed a period of economic hardship and debt default by the Mexican government. France, led by Napoleon III, sought to establish a puppet state in Mexico. The Battle of Puebla, fought in the city of Puebla on May 5, 1862, saw the Mexican army, led by General Ignacio Zaragoza, defeat the French forces, despite being outnumbered and outgunned. This victory was a significant morale boost for the Mexicans and a symbol of their resistance to foreign intervention.

**Instrumix Music and Movement
Wednesday, May 7 at 2:00 in Friendship Hall**

**Music and Movement with Alan (gentle impact)
Thursday, May 8 at 10:30 in Friendship Hall**

**Mothers Day Happy Hour with Hipsteria
Thursday, May 8 at 3:00 in Friendship Hall**

**David Peritz (via zoom) *Trump's Tariffs and Walls: The Cost of Decoupling America from the World Order It Built*
Monday, May 12 at 3:00 in Friendship Hall**

**Presentation: Parkinson's Research with Aaron Daley
(Rescheduled from April)
Wednesday, May 14 at 3:00 in Friendship Hall**

**Presentation by BEST HOSPICE, Cherry Gonzalez
Thursday, May 15 at 3:00 in Friendship Hall**

**Katie Morris Writing Workshop
Monday, May 19 at 10:00 in Friendship Hall**

**Asian Art Museum (zoom) The Language of Flowers in Asian Art
Monday, May 19 at 3:00 in Friendship Hall**

Since ancient times, flowers have been cultivated in gardens and represented in art, symbolizing both human and divine qualities. This program focuses on some of the most celebrated varieties- lotus, plum and cherry blossoms, chrysanthemum, tulips and roses - and the messages they convey.

**Disaster Preparedness with Roy Poydessus
Tuesday, May 20 at 2:00 in Friendship Hall**

Initially an aircraft mechanic, Roy spent 7 years as a firefighter with EMT and Heavy Rescue Certifications, then 5 years as a fire inspector and another five years as an Lieutenant for Fire Prevention. He retired after 17 years of service.

**Music and Movement with Alan (gentle Impact)
Thursday, May 22 at 10:30 in Friendship Hall**

**Pine Park Presentation: Health Insurance Options.
Thursday, May 22 at 3:00 in Friendship Hall**

Jennifer Miller, broker from Connie Health, will present an educational program about Medicare, HMOs, Medicare Advantage, and other health insurance options.

**Memorial Day Programs
Monday, May 26 in Friendship Hall**

Wreath Laying at Arlington Cemetery Livestreaming at 8:00

20 min. Documentary: *Tribute to American Soldiers* at 1:30

Special Movie Matinee: *Flags of Our Fathers* (2006) at 2:00

Sing-along with Stephen
Thursday, May 29 at 3:00 in Friendship Hall

Daily Activities

Monday	Bianca-Morning Stretch/Tai Chi	9:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Walking Group	3:30	Porter Library
Tuesday	Chair Yoga with Claudia	9:00	Fitness Center
	Balance Class	11:45	Porter Corridor
Wednesday	Morning Stretch with Bianca	9:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Walking Group	3:30	Porter Library
Thursday	Chair Yoga with Claudia	9:00	Fitness Center
	Art With Elders	9:30	Art Room
	Jonathan's Balance Class	11:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Tech Support with Tess	1:30	3d Floor Perry
Friday	Exercise Video	9:00	Fitness Center
	Balance Class	11:45	Porter Corridor
	Walking Group	3:30	Porter Library

Religious Services

Roman Catholic Services at 10:00 in the Chapel

Mass: Friday, May 2

Mass: Sunday, May 11

Holy Communion: Sundays, May 4, 18, 25

Episcopal Eucharist: Sunday, May 4 at 10:00 in the McGinley Room



Residence Affairs

Leadership Update

Wednesday, May 14 at 10:00 in Friendship Hall

Food Committee

Tuesday, May 13 at 10:30 in the McGinley Room

Residents Council

Friday, May 30 at 10:00 in Friendship Hall

Groups/Clubs/Activities

Activities Committee

Thursday, May 8 art 2:00 in the Cottage

GentleMen's Club

Tuesdays, May 6 and May 20 at 3:30 in the Cottage

Women's Discussion Group

Wednesday, May 14 and May 28 at 2:00 in the Stucky Library

Book Club

Saturday, May 10 at 11:00 in the Cottage

Out & About Committee

Wednesday, May 14 at 1:30 in the McGinley Room



Stela Voyles	5/01	Betty Dowell	5/12
Elizabeth Jordan	5/09	Shirley Ertola	5/18

Birthday celebration Friday, May 9 at 5:00 in Morgan Hall

Out & About

Tuesday, May 6	10:00	Walgreens
	11:15	San Francisco Zen Center

Tuesday, May 13	10:00	Grocery Outlet
	1:15	Legion of Honor: Wayne Thiebaud Exhib.
Tuesday, May 20	10:00	Target/ Trader Joe Stonestown
	1:15	Tour of Florence Avenue Sebastopol
Tuesday, May 27	10:00	Dollar Tree
		Resident Scenic Tour of San Francisco

- Movies -

Friday Matinee at 2:00 in Friendship Hall

May 2 Mother's Day (2016) 1 h 58m

Sandy is a stressed-out, single mom who learns that her ex-husband is marrying a younger woman. Her friend Jesse is a fitness freak who doesn't tell her parents that she has a family. Bradley is a widower who's trying to raise two daughters on his own, while Miranda is too busy with her career to worry about having children. When their respective problems start coming to a head, the Mother's Day holiday takes on a special meaning. Stars: Jennifer Aniston, Kate Hudson, Julia Roberts

May 9 Monster-in-Law (2005) 1h 41m

Charlotte is smitten when she meets Dr. Kevin Fields . So when Kevin pops the question after they start dating, Charlotte happily accepts. But she soon realizes that Kevin's mom, Viola, is not quite thrilled to have a new family member. Viola, a newscaster, has just lost her job and is feeling rather attached to Kevin, so she regards Charlotte as her new competition -- and will apparently do anything to make her son call off the wedding. Stars: Jennifer Lopez, Michael Vartan, Jane Fonda

May 16 Mildred Pierce (1945) 1h 51m

When Mildred Pierce's wealthy husband leaves her for another woman, Mildred decides to raise her two daughters on her own. Despite Mildred's financial successes in the restaurant business, her oldest daughter, Veda,

resents her mother for degrading their social status. In the midst of a police investigation after the death of her second husband, Mildred must evaluate her own freedom and her complicated relationship with her daughter.

Stars: Joan Crawford, Jack Carson, Ann Blythe

May 23 First Wives Club (1996) 1hr 43m

Reunited after the death of a mutual friend, three former college pals wind up joining forces to exact revenge on their two-timing exes. Stars: Goldie Hawn, Diane Keaton, Bette Midler

May 30 Mermaids (1990) 1hr 50m

Fifteen-year-old Charlotte Flax is tired of her wacky mom moving their family to a different town any time she feels it is necessary. When they move to a small Massachusetts town and Mrs. Flax begins dating a shopkeeper, Charlotte and her 9-year-old sister, Kate, hope that they can finally settle down. But when Charlotte's attraction to an older man gets in the way, the family must learn to accept each other for who they truly are. Stars: Winona Ryder, Cher, Bob Hoskins, Shristina Ricci

Saturday Movies at 1:30pm in Friendship Hall

May 3 About a Boy (2002) 1h 41m

Will, a rich, child-free and irresponsible Londoner in his thirties in search of available women, invents an imaginary son and starts attending single parent meetings. As a result of one of his liaisons, he meets Marcus, an odd 12-year-old boy with problems at school. Gradually, Will and Marcus become friends, and as Will teaches Marcus how to be a cool kid, Marcus helps Will to finally grow up. Stars: Hugh Grant, Rachel Weisz

May 10 Little Women (2019) 2h 15m

In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together. Stars: Saoirse Ronan, Emma Watson, Florence Pugh

May 17 Cat and Dog Tales (2020) 2h 2m

The "Cat and Dog Tales" documentary explores the fascinating history and science behind the human relationships with cats and dogs. It examines how these animals were domesticated, what makes them unique

companions, and delves into the science of their behaviors and interactions with humans.

May 24 The Roosevelts (2014) 1hr 5m

The Roosevelts: An Intimate History, weaves the stories of Theodore, Franklin and Eleanor Roosevelt, three members of one of the most prominent and influential families in American politics.

Sunday Movies at 1:30 in Friendship Hall

May 4 An American in Paris (1951) 1h 55m

Jerry Mulligan is an American ex-GI who stays in post-war Paris to become a painter, and falls for the gamine charms of Lise Bouvier. However, his paintings come to the attention of Milo Roberts, a rich American heiress, who is interested in more than just art. Stars: Gene Kelly, Leslie Caron

May 11 Elizabeth Windsor (2022) 1h 30min

Elizabeth Windsor tells the story of the girl who was never supposed to be Queen. Elizabeth Windsor tells the story of the girl who was never supposed to be Queen. Born the first daughter of 'the spare', the Duke of York, Princess Elizabeth's life was destined to be nothing more than a bit part in the privileged shadows of the British Royal family. But with the sudden decision by her uncle, Edward VIII, to give up the throne for the woman he loved, Elizabeth's fate was clear.

May 18 Miss Pettigrew 2008. 1h 32m

It's 1939 and governess Guinevere Pettigrew finds herself out of work and on the bread line. Middle-aged and running out of options, Miss Pettigrew takes an uncharacteristic gamble when, after being refused work at an employment agency, she steals the details of a juicy assignment and pursues the job herself. Stars: Frances McDormand, Amy Adams, Lee Pace

May 25 Friendly Persuasion (1956) 2hr 17m

The patriarch of a peace-loving Quaker family, Jess Birdwell, begins to question his pacifist values when the Civil War moves toward his close-knit Indiana community. Meanwhile, Jess's daughter, Mattie, is in love with a soldier, and her brother, Josh, contemplates picking up arms to defend his home lest he be considered a coward. As Confederate forces draw nearer, the Birdwells must make some difficult, life-altering decisions. Stars: Gary Cooper, Anthony Perkins

Sunday Matinee in the McGinley Room at 2:00

May 4 The Last Rifleman (2023) 1h 39 m

Artie Crawford, a World War II veteran living in a care home in Northern Ireland, has just lost his wife. On the 75th anniversary of the D-Day landings in Normandy, Artie decides to secretly escape his care home and embarks on an arduous but inspirational journey to France, to pay his final respects to his best friend and find the courage to face the ghosts of his past. Stars: Pierce Brosnan

May 11 Like Water For Chocolate (1992) 1h 45m

On an early 20th century Mexican ranch, Tita and Pedro fall in love, but their marriage is forbidden by tradition. Mother Elena sees Tita's role as her caretaker for life. Tita's heart breaks when her mother offers Pedro her sister instead of her. He accepts Elena's decision just to live near Tita. The situation creates tension in the family, and Tita's powerful emotions begin to surface in fantastical ways through her cooking. As the years pass, unusual circumstances test the enduring love of Pedro and Tita.

May 18 Fried Green Tomatoes (1991) 2h 10 m

Evelyn, an ordinary housewife, visits a nursing home and befriends an old lady, Ninny. Together, they bond over stories from the past about two intrepid women of the Whistle Stop Cafe. Stars: Kathy Bates, Jessica Tandy, Mary Stuart Masterson

May 25 Random Harvest (1942) 2 h 6 m

An amnesiac World War I veteran falls in love with a music hall star, only to suffer an accident, which restores his original memories but erases his post-war life. Stars: Ronald Coleman, Greer Garson