**May Programs & Events**

**Roxana Lara (Assistant Director of Resident Life)**

**May 1st – *Instrumix a new program! (Low impact sitting or***

***Standing)***

**Elevating Seniors' Lives Through Music and Movement**

**​Our program is designed to revolutionize the well-being of senior residents, making exercise fun and engaging.**

**2pm, Friendship Hall again on May 7th!**

**May 1st- *Presentation Q&A with Comcast***

***3pm, Friendship Hall***

***May 5th* & May 19th - *Katie Morris writing workshop.***

***10am, Friendship Hall***

**May 5th – *Mariachi San Francisco* *to perform.***

***In the Dining room at 12pm for lunch***

***In honor of Cinco de Mayo***

The **Battle of Puebla** also known as the **Battle of May 5** ([Spanish](https://en.wikipedia.org/wiki/Spanish_language): *Batalla del 5 de Mayo*) took place on 5 May 1886 during the [second French intervention in Puebla, Mexico](https://en.wikipedia.org/wiki/Second_French_intervention_in_Mexico). French troops under the command of [Charles de Lorence](https://en.wikipedia.org/wiki/Charles_de_Lorencez) repeatedly failed to storm the forts of Loreto and Guadalupe situated on top of the hills overlooking the city of Puebla, and eventually retreated to [Orizaba](https://en.wikipedia.org/wiki/Orizaba) in order to await reinforcements. Lorence was dismissed from his command, and French troops under [Élie Frédéric Forey](https://en.wikipedia.org/wiki/%C3%89lie_Fr%C3%A9d%C3%A9ric_Forey) would eventually [take the city](https://en.wikipedia.org/wiki/Siege_of_Puebla_(1863)), but the Mexican victory at Puebla against a better equippedforce provided patriotic inspiration to the Mexicans.

**May 8th & 22nd - *Music & Movement w/ Allen***

***(Gentle Impact) 10:30, Friendship Hall***

**May 8th - *Mother’s Day Happy Hour w/ Hipsteria***

***3pm, Morgan Parlor***

***May 12th – (Via Zoom) David Peritz Presentation-***

***“Trump’s Tariffs & Walls: The Cost of Decoupling***

***America from the World Order it built.”***

***3pm, Friendship Hall***

***May 14th - Presentation: Parkinsons Research w/***

***Aaron Daley (rESCEDULED FROM aPRIL)***

***3PM, fRIENDSHIP HALL***

***mAY 15TH - PRESENTATION by Best HOSPICE,***

***Cherry gonzalez 3PM, FH***

***May 19th – Presentation-***

***Asian ART MUSEUM (via Zoom) the***

***Language of flowers in Asian Art***

Discover the expressive power of flowers in the arts and cultures of Asia through objects from the Asian Art Museum’s permanent collection. Since ancient times, flowers have been cultivated in gardens and represented in art; their properties have come to symbolize both human and divine qualities. Our program focuses on some of the most celebrated flower varieties — lotus, plum blossom, cherry blossom, chrysanthemum, tulip, and rose — and the messages they convey.

**3pm , FH**

***May 20th* - Presentatation Disaster Preparedness w/ Ray Poydessus**

**Ray started his adult life as an aircraft mechanic and then transitioned into his Firefighting Career.**

**He joined the San Francisco Fire Department in 1993.  During his 7 years as an active-duty Firefighter, Ray retained his Firefighter 1 and II Certifications, EMT Certificate and is Heavy Rescue Certified.**

**Ray then transitioned into Fire Inspector for the San Francisco Fire Department for the next 5 years, inspecting new and existing life safety construction projects.**

**He then became a Lieutenant for Fire Prevention for the San Francisco Fire Department for the next 5 years.**

**Ray retired from the Fire Department after 17 years of service. Now, in his free time he enjoys playing golf with his family.**

***May 22nd-* Pine Park Presentation – Health Insurance**

**Options Jennifer Miller, broker from Connie Health, to do educational presentation regarding Medicare, HMOs, Medicare Advantage, and other health insurance options.**

***May 26th* – Documentary: Tribute to American Soldiers**

***May 26th* - Special Matinee: Flags of Our Fathers (2006)**

***May 29th* – Sing a long w/ Stephen.**

**3pm, FH**