



San Francisco Village

Monthly Newsletter

March 2020

From Executive Director, Kate Hoepke:

Dear Members and Friends:

As I write this letter in late February, I am delighting in the early spring that seems to surprise me every year. Although I've lived in northern CA for more than 30 years, I still marvel at the flowering trees and jasmine scents that remind me I'm not in Michigan anymore!

March also marks Sarah Kent's return from maternity leave; now the proud mama of two young red-headed boys, Rowan and Finnegan. We're thrilled that you're back, Sarah! At the same time, we say goodbye to Rachel Lanzerotti and Camille Clay who stepped in and kept programs on track without a hitch. Their joyful partnership is a beautiful illustration of the love San Francisco Village creates.

We're sad to say goodbye to Sara Roliz, Operations and Advancement Manager, who has provided SFV with some much-needed operational infrastructure. Thank you, Sara, and best wishes in your future endeavors!

About a year ago, Jessica Da Silva joined the team as Wellness Coordinator. She works closely with the staff at the ACE Unit (Acute Care for the Elderly) CPMC Mission Bernal Campus to enroll recently discharged patients in a 90-day SFV membership, in order to provide a smooth transition from hospital to home. This is a benefit available to ALL members, regardless of what hospital you use. So, if you're planning a hospitalization or preparing for a discharge, call Jessica for some care coordination, such as volunteers, referrals and moral support. In fact, we're offering a tour of the ACE Unit on March 5, complete with lunch. Be sure to RSVP!

Hope to see you soon!

Warm regards,
Kate



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Did You Know?



International Day of Happiness

March 20th is a globally celebrated international day of happiness! What makes us happy is when we get to see you. So please send in your RSVPs for our March programs coming up.

Golden Gate Park Celebrates 150 Years

The city is currently celebrating the park's sesquicentennial and has set up a year full of events. For a full listing of activities, visit <https://www.goldengatepark150.com/events>.

Maintaining Healthy Habits

With cold and flu season still lingering, don't forget to take care of yourself with regular handwashing, as well as disinfecting frequently used items such as remote controls, doorknobs, cell phones, coffee makers, and other home surfaces, plus replace your sponges when possible.

Volunteer Opportunities

San Francisco Village offers numerous volunteer opportunities year-round, supporting both office operations and members across the city. We'd love to have you join the crew! Contact Jill Ellefsen at jill@sfvillage.org to sign up to **receive our twice weekly emails** detailing the many volunteer options available to you through San Francisco Village.



If you are already a subscriber to the Volunteer Request and Member Information e-Bulletin but have not gotten one lately, please check your email's junk or spam folder. If you believe it's landing there, let us know and we'll help get it back in your inbox. If you are not a subscriber yet, what are you waiting for? Email jill@sfvillage.org to be added to the twice weekly informational bulletin (SFV members and volunteers only, please). Thank you!

Newsletter Mailing

Friday, March 27th, 1:30-2:30pm

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Every month, San Francisco Village seeks a handful of volunteers to prepare the newsletters for mailing. The tasks are fairly simple – stuffing, labeling, stamping and sealing envelopes – but with a small staff, we would not be able to get them done on our own. If you are interested and able to help with the mailing, please let us know! We are grateful for your support.

March Events



Maintaining Mobility

Tuesdays, March 3, 10, 17, 24 & 31, 10:00 – 11:30am
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

We practice movements of everyday life such as walking steadily and confidently through a crowded room, reaching, getting up and down from a chair or other low surface, turning direction, taking stairs and anything else that concerns you. As you learn more efficient ways of moving, you will also find yourself moving with more grace and pleasure. We use techniques from many physical disciplines: physical therapy, Feldenkrais, martial arts. This makes the class a lot of fun.

Penny Sablove is a physical therapist who specializes in improving the mobility of seniors. She developed senior programs to improve balance, gait, agility, endurance and strength for over 20 years and has developed programs for Kaiser Permanente and Osher Livelong Learning Institute. She is also a 5th degree black belt in the Japanese martial art of Aikido and has also adapted the art for seniors and people with disabilities.

Luncheon & Tour of the New CPMC ACE (Acute Care for the Elderly) Unit

Thursday, March 5, 12:00 – 2:00pm
1st Floor Conference Room, 3555 Cesar Chavez Street
RSVP to (415) 387-1375 or info@sfvillage.org

California Pacific Medical Center (CPMC) has a new, specialized hospital care unit for older adults. Located at the Mission Bernal Campus, the Acute Care for the Elderly (ACE) Unit has interdisciplinary teams that create personalized care plans to help shorten patient stay and improve mobilization. Join us for lunch and a private tour of the unit led by Dr. Wendy Zachary, Medical Director of the ACE Unit, and Sara Cohen, ACE Unit Clinical Nurse Specialist. This program is now accepting RSVPs.



DeYoung Free Ticket Friday!

Tickets Limited
Friday, March 6, 9:30am - 5pm
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387 – 1375 or info@sfvillage.org

For those of you who missed our previous tour of the de Young exhibit **Soul of a Nation**, you still have this chance to see it before it goes away on March 15th. Entry begins at 9:30 am and lasts all day. Please RSVP and then [stop by the Village to pick up your tickets prior to or on the day March 6th.](#)

This internationally acclaimed exhibition, organized by Tate Modern, celebrates art made by Black artists during two pivotal decades when issues of race and identity dominated and defined both

public and private discourse. The de Young's presentation includes a focus on Bay Area artists whose work promoted personal and cultural pride, collective solidarity and empowerment, and political and social activism.

Film Fest: Phenomenal Women

Fridays, March 6 & 13, 1:00 – 3:00pm

SFV, 3220 Fulton St. at 8th Ave.

RSVP to 415-387-1375 or info@sfvillage.org

March 6th: Mrs. Judo: Be Strong, Be Gentle, Be Beautiful with Guest speaker Dr. Shelly Fernandez

The film, documents the life-long journey of Keiko Fukuda's decision to defy thousands of years of tradition, choose her own path, and become Judo history's only woman to attain the pinnacle 10th degree. Ms. Fukuda was a living link to her sport's formation. Her grandfather Fukuda Hachinosuke was a Japanese samurai and jujitsu credited with inventing Judo.



After the film, SFV member, Dr. Shelley Fernandez, will share her experiences living with Ms. Fukudo, running the Soko Joshi Judo Club in Noe Valley and founding a foundation focused on teaching self defense and Judo to women and girls. Dr. Fernandez served for 8 years on the National Board of N.O.W., where she also served as President and started the first battered women's shelter in the U.S.



March 13: Harriet

Based on the thrilling and inspirational life of an iconic American freedom fighter, HARRIET tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history

Presentation: Falling Less but Enjoying It More

Tuesday, March 10, 1:00 – 2:30pm

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387 – 1375 or info@sfvillage.org

Learn about a wonderful new program in the Netherlands that teaches older adults how to fall. And then in March and April you can do the 5-week program!



Using videos of participants in the Netherlands, Penny Sablove, PT, will describe this program as well as the impressive research findings about its effectiveness. On top of being effective, it's a lot of fun. Participants practice falling skills on very soft mats several feet thick, starting from sitting and progressing gently to falling from a standing position. The course includes skills of navigating very realistic, everyday obstacles safely – cracks in the sidewalk, slippery surfaces, stones that shift underfoot, etc.

SFV members who have participated in previous Falling Less programs will be present to describe their experience and answer questions. Penny Sablove, PT, received training in the Netherlands and is certified in this Dutch method.

For a fuller description of the program, see the January 2nd 2018 article in the New York Times: <https://www.nytimes.com/2018/01/02/world/europe/netherlands-falling-elderly.html>



GG Park – How to See a Bird in the Botanical Garden

Hosted by SFV Member, Linda Grant

Wednesday, March 11, 10:00am – Noon

San Francisco Botanical Garden (Free for SF residents, please bring ID)

Meet at the bookstore inside the 9th Ave. entrance

RSVP to (415) 387-1375 or info@sfvillage.org

Do you want to spend more time in the beautiful outdoors and make new friends? Those are two of SFV member Linda Grant's favorite parts of birding! Linda has been an avid Bay Area bird watcher since college. Spend the morning with other SFV members and volunteers in the Botanical Garden and learn how to find birds by sight and sound. Linda will bring field logs and share tips about how to clue into the birds that are all around us. Bring your binoculars and open your ears and eyes to this beautiful habitat! Don't forget to bring your own sun protection, layered clothing for potentially cool weather and water.

Hearing Better with New Technologies

Wednesday, March 11, 1:30 – 3:30pm

SFV, 3220 Fulton St. at 8th Ave

RSVP to (415) 387-1375 or info@sfvillage.org

Hearing technology is changing rapidly, and hearing devices are more advanced than ever. With today's new technologies, there are functions that can make your day-to-day life easier, such as rechargeable batteries, hearing apps on your phone, and connecting to your TV or external remotes. Come out and learn from Jessie Johnson about the latest advancements in hearing technology and options available for you.



Jessie Johnson has been working for the Hearing and Speech Center of Northern California for 19 years. She delivers educational presentations throughout the community on hearing healthcare. Jessie provides compassionate and knowledgeable service to our clients, and helps people understand their insurance process and how to advocate for themselves.



Downsizing & Rightsizing

Friday, March 20, 1:00 – 2:30pm

SFV, 3220 Fulton St. at 8th Ave

RSVP to (415) 387-1375 or info@sfvillage.org

Lessons, Strategies, and Resources Learned in Over a Half-Decade of Downsizing/Rightsizing Myself and Others.

This workshop will help you answer the following:

- What is rightsizing and what are the benefits?
- How to begin rightsizing.
- What is your motivation? What is your vision?
- Some common obstacles and how to overcome them.
- Ways to determine the market value of your possessions and places to donate/sell.

Presented by Claudia Kraehe, certified member of The National Association of Senior Move Managers (NASMM)

After serving as Executor for two family estates, Ms. Kraehe began assisting SF seniors with decluttering, staying in place, moving, and estate clearouts. The daughter of a librarian and an historian, Ms. Kraehe values preserving what is important even as one seeks to downsize. She has a special interest in books, coins, and collections of all kinds and has spoken on the subject of downsizing/rightsizing at senior centers and places of worship in SF. Ms. Kraehe is the owner of Step By Step Downsizing and holds an MFA degree from the University of Oregon.

The Use of Indigenous Carvings for Healing and Problem-solving

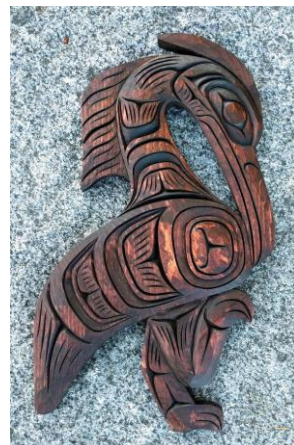
With Dr. Leslie Gray of Woodfish Institute

Monday, March 23, 2:00 – 4:00pm

SFV, 3220 Fulton St. at 8th Ave

RSVP to (415) 387-1375 or info@sfvillage.org

This experiential seminar will be a brief introduction to the use of fetish carvings for the restoration of personal power. Although most cultures have at some time employed power objects, their usage in Native America has been uninterrupted and is alive and vibrant today. You may already be aware of the popular Zuni fetishes which are valued both as healing tools and as art.



In this class we will work with tiny traditional stone carvings to acquire insight into the ingenious use of consciousness for problem-solving that has been cultivated and refined among aboriginal cultures world-wide. Please note that there will be brief periods of drumming with a handheld drum during the workshop. Prior to attending, participants are encouraged- but not required- to lightly reflect upon a dilemma or "stuck place" they would like to approach in a novel way.

Dr. Leslie Gray is a Native American Clinical Psychologist with a private practice in San Francisco. She teaches Native American Studies, Consciousness Studies, and Ecopsychology at numerous universities; and she offers popular workshops locally and internationally. Leslie is the founder/director of The Woodfish Foundation (www.woodfish.org) and is currently Vice President of The Association for Transpersonal Psychology. Leslie has spent many years learning from indigenous healers and elders cross-culturally, and her work is a unique blend of Indigenous and Western perspectives.



Stroke Risk Reduction, Prevention & Treatment

Wednesday, March 25, 2:00 – 3:30pm

SFV, 3220 Fulton St. at 8th Ave

RSVP to (415) 387-1375 or info@sfvillage.org

Learn more about stroke in an informal discussion regarding types of stroke, risk factor reduction, prevention and treatment. Since Stroke is the fifth leading cause of death in the United States and is

a major cause of serious disability for adults, the best action is prevention. Stroke treatment has made great advances and continues to change rapidly.

BEFAST –Recognize Signs of Stroke

- **Balance:** Does the person have a sudden loss of balance?
- **Eyes:** Has the person lost vision in one or both eyes?
- **Facial droop:** Does the person's smile or face look uneven?
- **Arm/Leg:** Weakness/loss of sensation may be seen in an arm or leg.
- **Speech:** slurred, inappropriate words, or unable to speak.
- **Time is critical – call 911**

Presented by Ann Bedenk RN, a stroke coordinator with the CPMC Comprehensive Stroke Program since 2006. As a comprehensive stroke program, CPMC is able to provide expert stroke care for a large region of Northern California.

Spanish Film Showing

All About My Mother / Todo sobre mi madre (1999)

Monday, March 30th, 1-3:30pm

SFV, 3220 Fulton St. at 8th Ave

RSVP to (415) 387-1375 or info@sfvillage.org



Come celebrate Women's history month with us! We will watch *Todo sobre Mi Madre* (1999): Young Esteban wants to become a writer and also discover the identity of his second mother, a trans woman, carefully concealed by his mother Manuela. This drama is written and directed by Spanish master Pedro Almodovar. Starring Penelope Cruz and Cecilia Roth. The movie will be shown in Spanish with English subtitles. Discussion to follow after film.



Dance Generators – Movement Series

Saturdays, March 28, April 11 & April 25, 11:00am – 12:30pm

Koret Health & Recreation Center, 2130 Fulton St Entrance at corner of Parker & Turk

RSVP to (415) 387-1375 or info@sfvillage.org

RSVP Required for USF building security at least 48 hours in advance

Join the University of San Francisco's Intergenerational Dance Company, *Dance Generators*, for movement workshops that will go back and forth between creative movement and reflective dialogue. Connect with University students, professional dance artists, and other older adults from the community! Wear clothing that is comfortable to move in and any kind of supportive footwear you prefer.

Recurring Events

Grupo de Conversación en Español

Mondays, March 2 & 16, 11:00am – 12:00pm

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Add a little more conversation in Spanish to your life! This group, led by members, is aimed at intermediate speakers and those who speak fluently; there will be no formal instruction. Not sure if your Spanish is up for it? Check it out!



Makers & Handcrafters

Mondays, March 2 & 16, 1:30 – 3:00 pm

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

We invite handcrafters and makers of all kinds (knitters, crocheters, weavers, beaders, applique, needlepoint, etc.) to join us every first and third Monday of the month to work on personal projects and share ideas and skills. For the next month or so, we will have a beading table set up with a beautiful selection of donated beads and all of the materials to make earrings, bracelets and necklaces.

Aging Well with Meditation

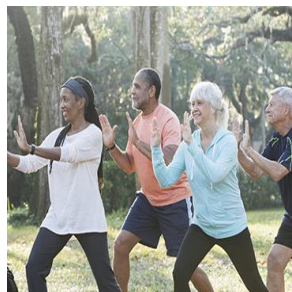
Wednesdays, March 4, 11, 18 & 25, 11:00am – 12:00pm

SFV, 3220 Fulton St. at 8th Ave.

No RSVP required. All levels of experience are welcome.

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation – paying attention purposefully and non-judgmentally in the present moment – is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. The group is led by Rachel Lanzerotti, IAYT-Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group.

Note: In March, meditation will be led by Terre Passero.



Follow Me for an Afternoon of Tai Chi and Qigong

Thursdays, March 5, 12, 19 & 26, April 2, 9, 16, 23 & 30, 2:30 – 3:15pm

SFV, 3220 Fulton St. at 8th Ave.

RSVP to 415-387-1375 or info@sfvillage.org

Practice Tai Chi to improve your balance, help with arthritis, and increase your energy. Learn from an instructor who uses the stepwise method— watch me, follow me, and let's do it together. These 9 sessions will include skills of

Qigong discipline, the perfect blend of Tai Chi and Qigong. This program holds the endorsement of many leading organizations, including the CDC, Arthritis Foundation, Administration on Aging, and American College of Sports Medicine. For more information visit <https://taichiforhealthinstitute.org/>. Led by Caroline Lew, a Certified Instructor from Tai Chi for Health Institute. All levels welcome.

Play Reading Group

Thursday, March 12, 4pm

150 Lombard St., Telegraph Landing Club Room

RSVP to Midge Fox at (415) 984-0613.

We will read *The Happy Journey* by Thornton Wilder. This can be found in *24 Favorite One Act Plays* edited by Bennett Cerf and Van H. Cartmell. Newcomers welcome.



The SF Village Players – Theatre Group

Thursdays, March 12 & 26, 12:30 – 2:30pm

Join THE SF VILLAGE PLAYERS! Come workshop live performance concepts and ignite your inspiration! Through the process of play making, we will manifest fellowship around ideas and questions, cross genres and delve into a variety of theatrical forms. Come nurture your curiosity. This is a brave space primed for creative risk taking. Actors, writers, dancer, poets, dreamers...all are welcome! Taught by local theatre maker Evan Johnson!

Sing-a-Long

Tuesday, March 17, 1:30 – 3:00pm

SFV, 3220 Fulton St. at 8th Ave.

RSVP to 415-387-1375 or info@sfvillage.org

If you would like to sing popular oldies you grew up with, please come to SFV and lend your voice to an informal sing-a-long group. This month, in honor of St. Patrick, share with us your favorite Irish songs. Join member and piano player Larry Zabo, who has played at The Fairmont Hotel, San Francisco Yacht Club, and many private parties over the last 40 years. Before retiring, Larry had a checkered career in mental health, politics, and philanthropy; however, music has always been the thing that sustains and gives him joy in his life. You might even discover new tunes to move you and groove you!



Solo Agers

“You’ve Got to Have Friends” with Patrick Arbore

Friday, March 13, 10:30am – 12pm

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Patrick Arbore will review recent research on the significant benefits that friendships provide for middle-aged and older adults. As the founder of the *Friendship Line* at the Institute on Aging, he will offer his insights into the life-saving consequences of connections. As we age, sharing, exchanging resources, and emotional support are critical, especially during crises, such as divorce or ill health. Allowing ourselves to receive help is an important protection against loneliness.

Discussion Group

Friday, March 20, 2:30 PM

Home of SFV member, Eva Auchincloss

RSVP to eva3auch@gmail.com



A lively discussion group continues to meet once a month, usually on Fridays toward the end of the month. Contact Eva Auchincloss for more details about the next meeting which will include conversation on current affairs (local, statewide and national). FYI, Eva sends out a reminder to those who have attended in the past so it keeps going. Come on over! All members welcome.



Let's Play Games

Thursday March 26, 1:30 – 3:00pm

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or info@sfvillage.org

Plain and simple - let's have fun! We play cards and board games and love when you introduce us to a new game. Join us!

Paper Collage Making

Friday, March 20, 10:30am – 12:30pm

SFV, 3220 Fulton St. at 8th Ave

RSVP to (415) 387-1375 or info@sfvillage.org



Take paper and images chosen by choice or chance and cut, tear, and glue them into a unique work of art. No experience necessary; we are all artists. Dennis Treanor, an SFV member, has worked in art for nearly sixty years and taught art and ceramics for his entire working career, and continues to do so in his retirement.



Book Group

Monday, March 23, 4pm

RSVP to Brooke Anderson at (415) 672-2437

Call for location

We will be discussing *Fury* by Salmon Rushdie. If you are interested in joining the group, please contact Brooke Anderson at the number above.

Neighborhood Circles

Check out our listing of all circles and contact Jill Ellefsen if you'd like to join, jill@sfvillage.org. Please feel free to extend an invitation to a friend to "dip their toe" into the Village by participating in a neighborhood circle or SFV event. If he/she is further interested in membership, please contact Jill.

Bernal, Potrero, Mission, Bayview, 94110, 94107, 94134
Castro, Noe Valley, 94114
Cole Valley, Haight, 94117
Financial Dist., Embarcadero, 94111, 94104, 94105, 94108
Inner Richmond, 94118, 94129
Marina, Cow Hollow, Pacific Heights, Western Addition, 94123, 94115
Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill, 94109, 94133
Outer Richmond, 94121
SOMA, Hayes Valley, Opera Plaza, 94102, 94103
Sunset, 94122, 94116
Twin Peaks, Diamond Hts., Glen Park, Excelsior, Ingleside, 94131, 94112
West of Twin Peaks, 94127, 94132
LGBT Circle – citywide
Solo Agers' Circle – citywide

94123

Come Tuesday, March 24th for a gathering at Eva's house for 94123 members where speaker, Isaac Macieira-Kaufmann (grandson of Sally) will make a presentation on the Parnassus Funds. Contact Eva Auchincloss at eva3auch@gmail.com or call 415-563-7519.

94117

The 94117 Neighborhood Circle (Haight-Ashbury / Cole Valley) will next meet on Friday, March 13th, from 2-4 pm. For this get-together, we have decided to leave the agenda open. We find topics arise during our monthly conversations. We will enjoy getting to know each other better and sharing what we have done over the past month - our pleasures, challenges and insights. This get-together will be at the home of Karen and David Crommie. For location details, contact Bill Haskell at bhaskell@sonic.net, or 415-661-2670. Or contact Jill Ellefsen at jill@sfvillage.org, or 415-387-1375 x 2.

94109/94133

Continuing our exploration of the diverse communities in our city, our group will be visiting the Museum of Russian Culture, which is located in San Francisco's Russian Center on Sutter Street, on Wednesday, March 25th at 1pm. We will hear a presentation about the four waves of Russian immigration into our city, the relationships between them, and the Russian experiences before, during, and after their immigration to San Francisco. Before our visit, we'll go to a Russian deli to sample some of the community's delicious lunch favorites. Please contact Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu.

94121

San Francisco Village members and friends from 94121 and beyond continue to meet at various venues around our zip code. Please call Patricia Kaussen at 415-387-7299 if you wish to join 10 to 15 friendly neighbors and friends sharing in some convivial and scintillating conversation. We meet about every 4 to 6 weeks.

Sunset Circle

Our next meeting will be on Wednesday, March 18th, from 2:30-4pm at Olive's place as usual. Thanks to Nancy Zinn, we will have a guest speaker for our March meeting. Teri Dowling has worked for the San Francisco Department of Public Health for over 40 years. Retired in 2018 she still continues to work several days a week on special projects for the Department's Emergency Preparedness and

Response Branch. She also stays active in her home county, Marin, where she currently serves as a Commissioner on the Marin Commission on Aging and is Co-Chair of the Aging Action Initiative. Please RSVP to Olive at 415-566-1149 or to olvestories@gmail.com. It will be a real help to know how many will gather for this special meeting for setting up the room.

LGBTQ Circle

This month we will be meeting on Friday, March 20th from 1-2:30pm. Always the third Friday of each month at SFV. Our own Bill Haskell will lead a discussion around the topic *The Uniqueness of Being Gay* which will include both male and female perspectives. Come and lend your voice to this participatory discussion. Please RSVP to jill@sfvillage.org or 415-387-1375 x2.

94102/94103

Join us on Wednesday, March 18, from 3-5 at Max's Opera Plaza Cafe, 601 Van Ness Avenue for beverage/snack to chat about the films we have recently seen and recommendations for future discussion. At the conclusion of each meeting we will select 2 movies to discuss at our next get together. Similar to a book club we watch movies independently and meet up to discuss. Everybody welcome. RSVP to Persis at painey@comcast.net or call 415-776-5036.

Bernal Circle

We will meet on Saturday, March 21st, 7:00pm, at Joan and Manny's. Please contact Joan Miro for location and info at 415-285-6919 or joanmiro@mindspring.com.

West of Twin Peaks Circle

Thursday, March 5th - Exhibition: Violins of Hope, A Journey of Heroism, Healing, and Humanity

A free exhibit of unique survivors of the Holocaust...the Violins of Hope. These violins were found and reconstructed by a father and son in Tel Aviv. The violins are currently on tour in the Bay Area. Join us for lunch before seeing the exhibition. Meet at Max's Opera Cafe, 601 Van Ness Avenue at 11:30am; then we'll head to the War Memorial Building, 401 Van Ness Avenue at 1pm. RSVP to Phyllis Scaduto at either pscadut@hotmail.com or 415-731-1569. Please make your own arrangements to hear the concerts.

Tuesday, March 10 – Happy Hour, 3:00 to 6:00 p.m., Sunset Reservoir Brewery Company, 1735 Noriega Avenue. RSVP: Phyllis Scaduto, 415 731-1569 or pscadut@hotmail.com.

Thursday, March 26 - Fort Mason Center for the Arts. Lunch at 1pm at Greens Restaurant offering innovative vegetarian cuisine, 2 Marina Blvd. A, Fort Mason Center. Please bring cash. Reservations for lunch need to be made by March 20, contact Roberta Gordon via email or text. Then at 3pm, join the docent discussion and tour at the Museo Italo Americano, 2 Marina Blvd. Fort Mason Center. The exhibit features the Italian immigration from Italy to California and a selection of lithographs, sculptures, sketches, and works on paper by Beniamino Bufano. RSVP to Roberta Gordon, 415 823-7819 or robertatnt@comcast.net.

Around Town

First Ladies and Women's Rights

Wednesday, March 25, 7-8:30pm. Merced Branch Library, 155 Winston Dr., 94132. Scholars Patricia Southard and Elizabeth Thacker-Estrada discuss the progress and backlash experienced by the women's movement and the expansion and contraction of the office of first lady beginning with Betty Ford in 1974 and ending with Melania Trump in 2020. A special note... Pat Southard is a cherished SFV member!

Fraud Scams, No Thank you Ma'am!

Come to a forum for the LGBTQ community on how to avoid elder abuse. Thursday, March 5, 9:30-1, LGBT Community Center, 1800 Market St. Light refreshments will be served.

Cosmic Elders Theatre Ensemble

Mission Arts Center Wednesdays, 10:30 – 11:30 am. The Cosmic Elders Theatre Ensemble is open to anyone 55 and older who is looking to join a troupe of committed, fun-loving thespians. This group will meet weekly to workshop performance ideas, culminating in a theatrical showcase. Writers, dancers, singers, actors, comedians. All are encouraged to join!

Community Health Resource Center (CHRC)

The CHRC is a non-profit organization that provides a range of beneficial health education programs including nutritional guidance, social work counseling, educational lectures, and more. They have ongoing support groups such as the Cancer Buddy Program, Stroke Survivor, and Coping with Cancer. For more info about the groups, call the CHRC at 415-923-3155 or ask SFV staff for a flyer.

150-foot Observation Wheel – Coming Soon!

An illuminated 150-foot wheel is among the attractions being planned for Golden Gate Park's 150th anniversary in 2020. The wheel will provide riders with sweeping views from the ocean to downtown San Francisco and is a wonderful experience to share with kids and grandkids. Opening day is slated for April 4th. The wheel will include 36 fully enclosed, climate-controlled gondolas that each seat six passengers. The 12-minute ride will be \$18, or \$12 for seniors and children under 13. Rides will be free during the April 4th park-wide celebration, which is exactly 150 years after the California Legislature created Golden Gate Park.

Hidden Discounts

While many San Francisco establishments provide senior rates, they may not always market that option widely. Here's a brief list of places offering varying discounts off your final total: **Rite Aid**, **Clipper Card** (accepted on all SF Muni vehicles, BART, AC Transit, Caltrain, SamTrans, VTA, and Golden Gate Transit and Ferry), **Cinemark/Century Theaters**, **Rainbow Grocery**, **Museum of the African Diaspora**, **The Exploratorium**, **The Beat Museum**, **The Legion of Honor**, and many more! Don't forget to ask wherever you go – restaurants, excursion sites, and stores across town.

Save The Date!

April 1 & 15 - Technology Forum: Take the Dread Out of Tech, with Tim

Would you love to take the dread out of tech? Studies show that the effective use of technology improves our overall quality of life! SFV volunteer Tim McShane leads this introductory forum where we share our tech challenges, discover common pain-points, and discuss possible solutions. This workshop will continue bi-monthly on Wednesdays; the content for each class will be based on member feedback relating to tech learning.

Tim McShane has an MS in Computer Science. He worked in aerospace for a brief period. He then worked in the tech industry for thirty-five years selling computers to companies such as Pacific Bell, Safeway, Chevron and McKesson. Upon retirement, he worked for non-profits helping people find jobs by teaching courses in basic computer skills which included Windows, Word, Excel, Internet and E-mail. Join us at SFV from 1-3pm. **Now accepting RSVPs.**

April 5 - Dementia Caregivers Wellness Day

A day of wellness for family and friends who care for a loved one with dementia: Family caregivers are invited to participate in various wellness related activities that can help boost your resilience and sustain your wellness. The day will offer four sessions, during which you'll have a chance to experience different ways to practice self-care. You will leave feeling energized, relaxed, and inspired to pursue one or more of these practices throughout the year.

San Francisco Village is a sponsor of this collaboration between the Presence Care Project and Zen Caregiving Project along with the Ray Dolby Brain Health Center and Family Caregiver Alliance, with donations in kind by two restaurants and respite grants from the Alzheimer's Association. Register at <https://www.eventbrite.com/e/dementia-caregiver-wellness-day-2020-tickets-90544919291>

April 9 - Spring Fling

Our annual celebration for members and volunteers will be held at San Francisco Village late afternoon of April 9th. Come for food, fun, friends, and more!

How to Support SFV Year-Round



AmazonSmile - When you shop on AmazonSmile, the AmazonSmile Foundation will donate a portion of the purchase price of eligible products to the charitable organization of your choice, in this case, San Francisco Village. Start at <https://smile.amazon.com/ch/26-1300020>. Happy shopping & thank you!

Community Thrift Store – This store accepts donations on behalf of San Francisco Village, sells the items, and then shares the proceeds with us. Many thanks to all of you whose closets have been cleaned out and who have named SFV the beneficiary. Please keep us in mind when you drop your used and well-loved items off at Community Thrift Store, 623 Valencia St. Let them know our reference number for donations is **122**.



Please note that the programs and events listed in this newsletter are offered to members of San Francisco Village. To learn more about registering for membership, please contact Jill Ellefsen (listed below).

San Francisco Village welcomes people of all cultures, faiths, genders, orientations, abilities, and ages. Should you have any questions, requests, or concerns, don't hesitate to contact us.

You can find our staff at the emails below or by calling our main line (415-387-1375) and then selecting the corresponding extension.

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