



From Executive Director, Kate Hoepke:

Dear Members and Friends:

As we enter the new year, the staff and I would like to share with you an inspiring poem that reminds us of what's important. The poem *Hokusai Says* was written by Roger Keyes, an art historian and curator of Japanese art as well as a poet. His poem is a translation of what he thinks the prolific artist, Katsushika Hokusai (1760-1849), was trying to say in his paintings. It was a gift to me from Sarah Goldman and I'm delighted to pass it on to you.

Love,

Hokusai Says

Hokusai says Look carefully.
He says pay attention, notice.
He says keep looking, stay curious.
He says there is no end to seeing.

He says look forward to getting old.
He says keep changing,
you just get more who you really are.
He says get stuck, accept it, repeat yourself
as long as it's interesting.

He says keep doing what you love.
He says keep praying.
He says every one of us is a child,
every one of us is ancient,
every one of us has a body.
He says every one of us is frightened.
He says every one of us has to find a way to live with fear.

He says everything is alive -
shells, buildings, people, fish, mountains, trees.

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New Members in December

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Wood is alive.
Water is alive.
Everything has its own life.
Everything lives inside us.
He says live with the world inside you.

He says it doesn't matter if you draw, or write books.
It doesn't matter if you saw wood, or catch fish.
It doesn't matter if you sit at home and stare at the ants on your verandah or the shadows of the trees and grasses in your garden.

It matters that you care.
It matters that you feel.
It matters that you notice.
It matters that life lives through you.

Contentment is life living through you.
Joy is life living through you.
Satisfaction and strength are life living through you.
Peace is life living through you.

He says don't be afraid.
Don't be afraid.
Look, feel, let life take you by the hand.
Let life live through you.



Did You Know? Holiday Schedule

The San Francisco Village office reopens from a holiday break on January 3rd. We wish everyone a peaceful and joyous entry into 2022! The SFV office will be closed on Monday, January 17, for Martin Luther King, Jr. Day.



Welcome, Baby Hagen!!

Kate became a grandmother (known now as Oma Oak) on November 30, 2021. Welcome to the world (specifically Berlin, Germany), Hagen Franz Michael Thyes!

Annual Member Survey

Your feedback is important! San Francisco Village receives more than half of its funding from the City of San Francisco and private foundations, which require that we demonstrate the impact of membership in people's lives. This survey is

the primary source of data that we use to tell that story.

Please complete by Friday, January 28, 2022. You can mail us a copy of the paper survey we included in this mailing or fill it out online at <https://www.surveymonkey.com/r/SFV2022membersurvey>

Our City funder, the Department of Disability and Adult Services, is asking that 75% of our membership complete this survey. Please help us reach that goal by completing and returning it to us today.

New Volunteer Connect Phone Number

Thanks to improvements in technology, you'll soon see (415) 212-6908 on your caller ID when San Francisco Village volunteers call you. Save it to your contacts as SFV Volunteer Connect!



Our office number remains the same (415) 387-1375.

Note: This only works after being matched with a volunteer. If you haven't been matched yet or have any questions, please call Jill at (415) 387-1375 ext 2.

Community Technology Network (CTN)

Navigating the internet can be confusing and intimidating. Community Technology Network (CTN), a trusted partner of SFV, is offering a unique and valuable five-week training opportunity with your own digital coach.

Here's what you can expect from the Home Connect Program through CTN:

- Assistance in setting up your home internet, from identifying the right plan to connecting with the internet service provider;
- If you don't already have a device, you will be shipped a tablet (Android, not iPad) free of charge;
- A CTN Trainer will connect with you by phone and your basic five-week training will begin;
- Upon completion of your basic training, you will have the option to continue training with a CTN Volunteer Digital Coach.

Contact Jessica Da Silva jessica@sfvillage.org for more information about this program and to see if you qualify.

January Events



Movies with Steve

Tuesdays, January 4, 11, & 18, 1:00 – 4:00 PM

SFV Office, 3220 Fulton St.

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

RSVP required and space limited

Come enjoy a film in the SFV conference room! SFV member and board member Steve Hayashi curates a trio of films every month. This January,

check out three movies all starring Jacques Tati and his character Mr. Hulot. *Mr Hulot's Holiday*, *Mon Oncle*, and *Traffic*.

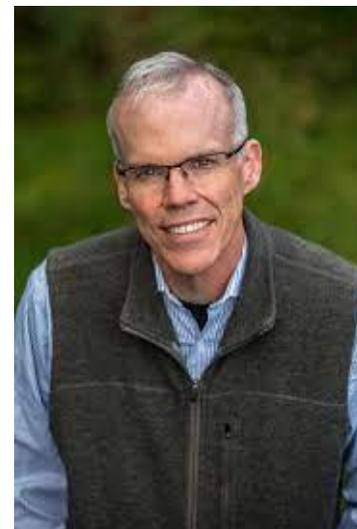
Ashby Village Presents Bill McKibben in Engaging Elders in Climate Action

Sunday, January 9, 2022, 2:00-4:00 PM

Zoom

RSVP to Ashby Village by emailing info@ashbyvillage.org

Since 1989, with his bestseller *The End of Nature*, New Yorker writer and climate visionary Bill McKibben has been at the forefront of inspiring climate action. In 2008, he co-founded 350.org, now a grassroots global network mobilizing millions of young people in the existential crisis of our lifetimes: the survival of humanity.



So far, it's been mostly young people who've spoken out about the climate crisis. But recently, McKibben has focused on engaging an older generation of Americans that might help tip the balance in time.

Bill McKibben will present for the Ashby Village Arts & Culture Series about [Third Act](#), a new national network of elders supporting younger activists. Ashby Village's Elder Action has been invited to become a founding partner and this event is co-sponsored by Village Movement California, the statewide association of California Villages. He promises to inform us how to tap our strengths— our experience, networks, time, and wisdom—for our most valuable legacy: protecting the future of our children, grandchildren and the human species.



Cuba: History, Economics, And Society

Fridays, January 7 & 14, 2:30 – 4:30 PM

Zoom

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

This series started in December and you are welcomed to join at any time

Join Professor-Researcher Hilda Elena Puerta Rodriguez, Ph.D., for a series about Cuba. These sessions will analyze the complexity of life in Cuba today by understanding it's history, economy, and culture. These discussions will be based on serious bibliography and will utilize power point presentations and short documentaries. All opinions are welcome in this open and inclusive series.

Dr. Hilda Elena Puerta Rodriguez has been teaching economics, finance, geopolitics and international studies since 1977 to both undergraduate and postgraduate students. Her teaching career started at the University of Havana and since 2011, she has been teaching at the Tecnológico de Monterrey in Mexico. Her research work is broad and diverse, specializing in issues related to the international economy, international integration and cooperation.

Previous sessions: *Cuba's History (1868-1959, Cuba's History II (1959-2021), and Cuban Economy.* reality.

1/7/22 *Cuban Society: Culture, Art, Religion.*

1/14/22 *Cuban Society II: Music, Dance and Practices.*

CircleTalk

Tuesdays, January 11 – March 15, 10:30 – 11:30 AM

SFV Office, 3220 Fulton St.

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

CircleTalk™ is series of one-hour, guided meetings that are participatory, engaging, and fun. Circle Talk offers a unique curriculum that encourages self-reflection, personal storytelling, and fun activities that create connection and deepen a sense of belonging.



Our motto: *Enter as strangers. Leave as friends,* comes to life as people discover each other in a new way.



1:1 Tech Time

Tuesday, January 11, 5:00 -- 6:00 PM

Zoom or by phone

RSVP requests to jill@sfvillage.org or 415-387-1375x2

Need help with Zoom, your smartphone, a computer or phone app? Do you have a quick question about navigating attachments or filling out forms online? Make a 15- or 30-minute appointment with an SFV volunteer who can walk you

through your questions either via Zoom or by phone. Appointments are limited so get your request in early.

Healthy Living for your Brain and Body: Tips from the latest research

Thursday, January 13, 10:30 – 11:30 AM

Zoom

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

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult – but important – conversations about changes that may be related to dementia.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.





Fine Arts Museums Virtual Tour: There's a Bird in the Museum!

Friday, January 14, 1:00 – 2:00 PM

Zoom

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

We will be looking at some of the many birds whose habitat is the Fine Arts Museums of San Francisco. Two paintings are by an artist who loved to paint birds, flowers, and salt marshes. One print is a mysterious depiction of a bird and a woman. And another bird print, by a beloved Bay Area artist, will

leave us all smiling. We'll also look at birds drawn with quick brush strokes and birds painted with fantastic detail.

Lands End Exhibition At The Former Cliff House

Thursday, January 20, 11:00 AM

Former Cliff House, 1090 Point Lobos Ave

RSVP to (415) 387-1375

or info@sfvillage.org

Space limited, though more tickets available [HERE](#)



In its ongoing commitment to addressing urgent issues through the presentation of art about place, the FOR-SITE Foundation, in partnership with the National Park Service, presents Lands End (November 7, 2021, through March 27, 2022). Curated by FOR-SITE Foundation Executive Director Cheryl Haines, this timely exhibition will be installed in the former Cliff House and brings together work by 27 contemporary artists and collectives from around the globe to reflect on the fragility of the planet's health and its manifold intersections with critical issues, from human rights to racial equity, sustainability, and forced migration.

New commissions and recent works in various media—sculpture, painting, textile, installation, and video—will be presented throughout the dining establishment, which has been temporarily closed since December 2020. Areas typically off-limits to diners are open to all visitors. Artists have activated dining rooms, bar spaces, kitchens, prep areas, and even trash rooms, with the exhibition connecting each space in compelling and unexpected ways. This contemplative labyrinth provides unique encounters with the landmark site, and artists' close explorations of climate, crisis, and ecological sensitivity.

space for differing perspectives, challenge assumptions, affirm lived experiences, and share new resources for social progress, accountability, and growth.

This programming is in partnership with University of San Francisco's Performing Arts & Social Justice Department's Dance in the Community course; a service-learning course designed to familiarize students with the role that dance can play in community engagement. This semester, the course explores what roles intergenerational and dance-based relationships play in combating elder isolation during the Covid-19 pandemic.

Reoccurring Events



Member to Member Coffee Chat

Mondays, January 3 & 31, 10:00 – 11:00 AM

Monday, January 10, 2:00 – 3:00 PM

Zoom

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

Life during a global pandemic can be isolating. Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other.

Bill Haskell, SFV member and board co-chair, will facilitate on January 3, Pat Miller, SFV member, will facilitate on January 10 and Gretchen Addi, board co-chair, on January 31.

Virtual Tai Chi and Qigong

Mondays, January 3, 10, 24, & 31, 1:00 – 1:45 PM

Zoom

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

Tai Chi and Qigong are exercises designed for health of mind and body. This class is currently learning the Chen Style 24 movements. If you don't have any Tai Chi experience, these moves may take longer to learn and understand.



Feel free to join at any time as the moves are broken down and repeated. This class emphasizes improving balance, increasing flexibility and building strength. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Aging Well with Meditation

Wednesdays, January 12, 19 & 26, 11:00 AM – 12:00 PM

Zoom

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

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

Chair Based Tai Chi and Qigong

Thursdays, January 6 – February 24, 2:30 – 3:15 PM

SFV office, 3220 Fulton St, 94118

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

Spaced limited



The in-person Thursday class will focus on the first twelve movements of the Sun Style form. This class is ideal for any experience level, from beginner to seasoned practitioner and will be geared towards those who are unable to stand for long periods. We will offer an in-person standing Tai Chi class in March and April. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Makers & Crafters

Friday, January 7, 2:00 – 3:30 PM

SFV Office, 3220 Fulton St, SF 94118

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

We look forward to gathering for our first meeting of the New Year, flush with creativity. Join our lively group of makers and bring whatever hand craft projects you are working on as well as completed pieces you would like to show off. Those of us who started the macramé project last month will resume knotting away to complete our wall hangings. Everyone is welcome!

Grupo de Conversación en Español

Mondays, January 10 & 24, 11:00 AM – 12:00 PM

Zoom

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

Add a little more Spanish conversation 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!





Let's Play Games

Tuesday, January 11, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

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

The game group is back!! 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!

Listening to Black Voices Forum

Tuesday, January 11, 4:00 PM

Location TBD

RSVP and questions to Sharon Kuester

The Listening to Black Voices Forum invites other SFV members to join our provocative discussions and fun activities. Our next meeting is January 11th at 4:00 pm, in-person location to be determined. We will be discussing *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together* by Heather McGhee. We are also planning to attend the Martin Luther King Day Celebrations in January. There are many options, including the King & Faith Symposium, Liberation Film Festival, a Parade & March from the Caltrain Station to Yerba Buena Park and other events mentioned at <https://www.sftourismtips.com/martin-luther-king-jr-festival-and-parade.html>. Contact Sharon Kuester for more information.



Play Reading Group

Thursdays, January 13 & 27, 4:00 – 6:00 PM

Zoom

Questions to Midge Fox

This play reading group is at capacity. Contact Midge to find out how to start a 2nd group! She even has some books to get you started.

Solo-Agers Circle

Friday, January 14, 10:30 AM – 12:00 PM

Zoom

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

We're happily working our way through the book, *Who will Take Care of Me When I'm Old*, by Joy Loverde. It's available to purchase online (or your local bookstore can order it for you) and the SF library has plenty of copies in print and as an e-book. Prior to January 14, please read up through and including chapter 7 - *Bring Livability Home - Establishing equity, health and safety for all*. (Please come even if you haven't read it all - the discussion will give you good information.) Call Betty Burr with any questions.





Intergenerational Book Club

Wednesday, January 26, 10:00 – 11:00 AM

Zoom

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

Join our intergenerational book club started by volunteer Kiki Couchman. This month the group is reading and discussing

The Good Lord Bird by James McBride.

Street Clean Up: 8th and Fulton

Thursday, January 27, 10:30 AM– 12:00 PM

SFV Office, 3220 Fulton Street

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

If you are tired of walking on food wrappers, cigarette butts, coffee cups, etc. this is your opportunity to do something about it. Vince, a self-described average, previously unengaged citizen, recently founded [Refuse Refuse SF](#). We love the organization and have committed to a monthly cleanup of the neighborhood—we provide pickers, masks, bags, and route.



Want to get started in your own neighborhood? Join us and Vince can help set up a date to organize your neighborhood circle and neighbors!

Join us as we continue the conversation about race. All members are welcome to join, whether you attended earlier sessions or not.



Conversations about Race

Friday, January 28, 11:00 AM –12:15 PM

Zoom

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

Facilitated by Kate Hoepke, Sarah Kent and Jessica Da Silva

Since early 2021, members have been meeting to explore questions about identity, white dominant culture, and racial disparities. We welcome the opportunity to better understand the complexities of an increasingly diverse America and how our unique experience is relevant in the current social discourse.

As a group, we've decided to use the book [So you want to talk about race](#) by Ijeoma Oluo to guide our conversations. For the January meeting, we'll focus on chapter 3 *What if I talk about race wrong?*

Neighborhood Circles

Many of our circles have been gathering virtually and connecting with each other via phone and email. Some circles are starting to meet in person as well. Reach out to Jill Ellefsen to be introduced to your circle leader.

Sunset Circle

Wednesdays, January 5 & 19, 2:30 – 3:30 PM

Zoom

RSVP to Steve Hayashi

Happy New Year and how shall we welcome it with one another in our Sunset Circle? Please join us on Zoom and help us re-imagine our group and its purpose. If you want to submit ideas before then, or let us know why you have taken a vacation from our circle, email Olive. I can collect the comments, anonymously if you like.

LGBTQ Circle

Fridays, January 7, 21, & 28, 1:00 – 2:15 PM

Zoom

RSVP to Bill Haskell

We can share what is going on in our lives--what brings us pleasure, what we are enjoying, and what is positive.

94115+

Friday, January 7, 2:30 PM

RSVP to Lynne Fox or Gayle Geary

We are an enthusiastic and fun group of folks that really enjoy getting together. We encourage more members to join us. We will be happy to send you a Zoom invitation.

94107/94103

Wednesday, January 12, 1:30 – 3:00 PM

Location TBD

RSVP to Eve Menger

We'll be meeting for lunch and conversation.

Neighborhood Circles:

Sunset Circle: 94122/94116

West of Twin Peaks: 94127/94132
St. Francis Wood, West Portal, Forest Hill, Park Merced, Ingleside Terraces, Oceanview, Merced Heights and Ingleside

94110/94134: Bernal Hts /Potrero/ Mission/Visitation Valley/Bayview

94107/94103: South of Market/Mission/ Potrero

94109/94133: Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill

94111/94104/05/08: Financial Dist/ Embarcadero

94112: Excelsior/Ingleside TBD

94114/94131: Castro/Noe Valley/Glen Park

94115: Pacific Heights/Western Addition/ Japantown

94117: Cole Valley/Haight

94118/94129: Inner Richmond

94121: Outer Richmond

94123: Marina/Cow Hollow

LGBT Circle: Citywide

94114/94131

Wednesday, January 12, 3:00 PM

Zoom

RSVP to Heather Solway or Shelley Fernandez

We are continuing to meet via Zoom. Join us!

West of Twin Peaks Circle

Thursday, January 13, 1:00 PM

*** Trattoria da Vittorio, 150 West Portal Avenue ***

RSVP to Roberta Gordon by January 7

Calabrian inspired pizzas and handmade pastas are featured at this cozy eatery.

We request that you have cash to pay your individual bill. We each add 30% to our order which includes tax and tip. Please bring a mask with you as restaurants require wearing one upon entering the restaurant. Bring ID and proof of vaccination as well. We cannot coordinate car-pooling, but we encourage you to invite a friend who drives. We welcome the opportunity to introduce people to The Village!

Tuesday, January 25, 7:00 – 8:00 p.m.

Zoom

RSVP and zoom questions to LeeAnn DeSalles

Our theme will be "What's the best TV show you are watching?"

94117

Friday, January 14, 1:00 – 2:15 PM

Thursday, January 27, 1:00 – 2:15 PM

Zoom

RSVP to Bill Haskell

We can share what is going on in our lives. We can also share what brings us pleasure, what we are enjoying, and what is positive.

Bernal

Saturday, January 15, 7:00 – 8:30 PM

Zoom

RSVP to Joan Miro

We are staying on Zoom, but getting together once in a while to share a meal "out in the world." We continue to share our stories, our challenges and successes with mutual care and concern.

94109/94133

Thursday, January 20, 11:00 AM

Sherith Israel Synagogue, 2266 California St.

RSVP to Bobbie Rothman or Juliet Rothman

Following our theme of exploring religious institutions, we will visit Sherith Israel synagogue on Thursday, January 20. We will meet there at 11 AM and learn about the history of the congregation, the synagogue building, and have a tour. After our visit, we will convene in a nearby restaurant for a light lunch.

94118

Thursday, January 20, 12:30 PM

Karen Franklin's House

RSVP and Questions to Gabie Berliner or Karen Franklin

The 94118 Circle will meet on January 20, 12:30pm, at Karen Franklin's house. BYOL (bring your own lunch!) and desserts and drinks will be provided. Let's celebrate a new year in our lives and what we look forward to.

Save The Dates



Art Salon

Wednesday, February 2, 2:00 – 3:30 PM

SFV Office, 3220 Fulton St, 94118

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

Come show off what you've been creating! We'd love to see paintings, drawings, photographs, needle work, crafts, hear some of your writings, listen to your songs, and more. Let us know what you'd like to share when you RSVP so we can craft a loose plan for the afternoon and create the space to show everything off.

State of the Village

Wednesday, February 23, 1:00 – 2:00 PM

Zoom

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

We hope you can join us for our annual stake holder meeting virtually. We'll share all we've accomplished in the past year and our visions for the future, including our new strategic plan.



San Francisco
Village



Belonging: Art by San Francisco Village Members

Early 2022

SFV office gallery, 3220 Fulton St.

Questions and submission info? Reach out to Sarah Kent at sarah@sfvillage.org or (415) 387 – 1375 ext 3

What does it mean to belong? San Francisco Village artists will take over the office for a gallery exhibit exploring our human need to be a part of something bigger than ourselves.

We invite makers of all experience levels and mediums to submit a piece of work for our first group exhibition. Whether you create something new or find something you created ages ago, we want to hear from you! Please share an image of your ready to hang or display piece and how it fits the theme *Belonging* by mid-February. More details to be announced in early 2022 and questions are always welcome!

Volunteer Support



Request a Volunteer and Volunteer Opportunities

San Francisco Village is an intergenerational community that brings younger volunteers together with older members to learn from and care for each other.

Contact Jill Ellefsen at jill@sfvillage.org or (415) 387-1375 ext. 2 to sign up to receive our twice weekly emails detailing the many volunteer options available to you.

Reach out to Jill for help with:

- grocery shopping and essential errand running
- online shopping assistance
- technology assistance by phone for help with Zoom or any other tech issues
- assistance connecting with your healthcare provider online (Telehealth)
- friendly caller connections
- outdoor gardening

SFV volunteers want to spend time with you!!!

Volunteers often report that they gain more than they give. They're eager to connect, especially during this prolonged period of physical distancing. You'll be doing someone else a favor by requesting their presence for:

- A little outdoor gardening
- A meet-up in a park for a masked walk
- A backyard or front porch visit



Get to know some kind-hearted neighbors you would otherwise not meet!

Due to the COVID-19 pandemic, many of our programs are taking place virtually.
Events are taking place in person.

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.

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.

San Francisco Village
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