🕥 San Francisco Village

Monthly Newsletter

From Executive Director, Kate Hoepke:

Dear Members and Friends:

This month marks the 14th anniversary of San Francisco Village. In the past few newsletters, I've written about our measurable growth: 500 members, 250 non-members volunteers, 60+ programs per month. The data certainly tells an expansive story that affirms we're onto something!

More difficult to quantify are the results of the heart: the culture of care that has

grown up during the past decade and a half. Trusted relationships at vulnerable times that impact people's lives in profound ways. A member escorting another member to a series of dental surgery appointments. A group of friends rallying around a woman recovering from a botched hospital procedure. A telephone support program that ensures connection for dozens of people started during the pandemic. A member calling the office to let us know another member is suffering from debilitating depression.

At the heart of this culture of care is the courage of older adults reaching out to ask for what they need and being met. No small thing! There are lots of societal and ingrained barriers that prevent us from asking for the help we need. Over the years I've heard variations on the following: I feel ashamed to admit I can't take care of it myself. I've always been able to figure things out on my own. Asking for help might make me look weak. In my family, we were taught to keep our lips sealed – no one needs to know our business. I'd rather be the giver than the receiver. See yourself in any of these? I do.

It's part of our American culture to think we have to be self-sufficient, and all buttoned up about it. Bootstraps and rugged individualism. But social science proves the opposite: the human condition is one of interconnectedness and interdependence. We need each other for our mutual survival. Rugged individualism turns out to be a bill of goods, sold to us for hundreds of years, in order to separate us from one another. Easier to dominate people that way.



In This Issue:

New Members in December Robert Reinhard 94114 Willia Rodgers 94132 Michelle Minolli 94127 Barbara Aspelin 94112 Sarah Thompson 94110 Daniel Raskin 94110 Sandra & Roy Nakagawa 94116 Susan Pollack 94117 **Richard & Ann Lanzerotti** 94115 Judith Boyajian 94131 Apryl Williams 94132 Diane Miller 98502 Linda Allan 94110

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As a community of nearly 1000 people, built on prosocial values like empathy and reciprocity, I'm curious what we can do to change the culture of dominance and despair to a culture of connection and care. It's a wider stance in the world, rooted in years of experience and imagination. At SFV, we know a thing or two about modeling possibilities for relationships that benefit the greater good. Let's pair that knowledge with courage and imagination to extend our hand in both directions, giving and receiving, to enrich our community, one act of kindness at a time.

I'm excited about what we will create together in the new year!

Kate

Did You Know? Holiday Office Closures

The San Francisco Village office will be closed January 2 and January 16.

In Memorium



Don Heyneman, Ph.D., a founding member of San Francisco Village, recently died at the age of 97. Don was a fourth generation San Franciscan, a scientist, an environmentalist, and a beloved husband and father.

He touched family, friends, colleagues, students and acquaintances with his kindness, warmth, humor, humility and commitment to making our world a better place. His gentle and self-effacing manner, usually with a slightly mischievous smile, put everyone at ease. His insatiable curiosity about and intense love of nature led him to pursue

a career in the natural sciences, to seek adventures focused on natural history around the world, and to enjoy a lifelong passion for birding. Don had a talent for making possible the fulfillment of

dreams for many lives that he touched as teacher, advisor, mentor and father. He is survived by his loving wife, Louise, another founding member of SFV, and a large family. A Memorial Service will take place at 10:30am on Saturday, February 18, 2023 at the First Unitarian Universalist Society of San Francisco, 1187 Franklin Street, San Francisco, 94109. A Celebration of his Life and reception will follow. For Zoom or other information contact <u>thedonaldheynemans@gmail.com</u>

Upcoming Events

Play Mah Jongg Monday, January 9, 2:00 – 4:00 PM *SFV office, 3220 Fulton St, 94118* RSVP to (415) 387-1375 or <u>info@sfvillage.org</u>

Mah Jongg is a game of skill and chance like no other. Bring your card and get ready to play! We'll set up a few tables for those who know how to play—please bring a Mah Jongg set if you have one



since we don't have one at the office. Let us know when you're registering if you'll be playing Chinese or American Mah Jongg.



San Francisco Public Library at Home

Wednesday, January 11, 12:00 – 1:00 PM ^Hybrid: In person at SFV Office, 3220 Fulton, and on Zoom[^]

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

With an internet connection, you can access free e-books, streaming movies and more with your SFPL library card. The virtual library is open 24 hours a day! Library staff will show you how to get started with some of SFPL's many

free resources, including Kanopy and Libby. They'll also discuss gems like free access to New York Times digital and Consumer Reports. No library card? No problem, we can help.

Weekend Walking Group: Planning Session Thursday, January 12, 10:30 – 11:30 AM ^Hybrid: In person at SFV Office, 3220 Fulton, and on Zoom^ RSVP to (415) 387-1375 or info@sfvillage.org

Let's explore neighborhoods of SF together! This is a planning meeting for monthly, Saturday afternoon walks in 2023. We want to include as many ideas from as many parts of the city as possible. Paths should be level and well paved. Access by public transportation preferred. Coffee destinations a boon. These are walks, not tours. You don't have to be an expert, you just need to share your favorite jaunt!





SF Symphony

Davies Symphony Hall, 201 Van Ness Ave. RSVP to (415) 387-1375 or <u>info@sfvillage.org</u> Tickets limited & will be emailed through the SF Symphony portal

The San Francisco Symphony has generously donated a few tickets to the performances listed below and we're thrilled to share them with you! A small group of members will be seated together for each performance. What a lovely opportunity to connect over your love of live music.

Thursday, January 12, 2:00 PM Elim Chan Conducts Tchaikovsky Sunday, January 15, 2:00 PM Chamber Music Sunday, January 22, 2:00 PM Robin Ticciati Conducts Mahler

Fine Arts Museums Virtual Tour: Sculpture in America Friday, January 13, 1:00 – 2:00 PM Zoom RSVP to (415) 387-1375 or info@sfvillage.org

Art in America is most often associated with painting. However, for this zoom tour we are going to look at American sculpture. We will explore



how sculpture in America draws from all sorts of backgrounds and subject areas.



Paper Collage

Wednesday, January 18, 1:00 – 2:30 PM *SFV Office, 3220 Fulton St, 94118* RSVP to (415) 387-1375 or <u>info@sfvillage.org</u>

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 60 years and taught art and ceramics for his entire working career, and continues to do so in his retirement. This workshop happens every other month—come once, occasionally, or regularly!

Asian Art Museum Virtual Tour: Lunar New Year Friday, January 20, 1:00 – 2:00 PM Zoom RSVP to (415) 387-1375 or <u>info@sfvillage.org</u>



Lanterns and couplets. Dragons and oranges. Red envelopes and housecleaning. Learn about the

fascinating and colorful traditions, and the symbolic foods which enrich the celebration of the Lunar New Year throughout Asian cultures.

January 22nd on the Gregorian calendar marks the beginning of the year of the Water Rabbit, year 4721 on the Chinese calendar.

Learn more about what this means and how is it celebrated.



MoAd Virtual Tour: The New Black Vanguard: Photography between Art and Fashion Monday, January 23, 3:00 – 4:00 PM Zoom RSVP TO (415) 387-1375 or <u>info@sfvillage.org</u> This program is rescheduled from November

Last fall, the Museum of the African Diaspora (MoAD) presented the first and only West Coast exhibition of *The New Black Vanguard: Photography between Art and Fashion*. This exhibition highlights the

work of 15 contemporary fashion photographers—from London to Lagos, New York to Johannesburg—whose images present radically new perspectives on the medium of photography and art, race and beauty, gender and power.

Curated by renowned New York critic and curator Antwaun Sargent and organized by Aperture, New York, the exhibition includes over 100 select works from groundbreaking artists, including Campbell Addy, Arielle Bobb-Willis, Micaiah Carter, Awol Erizku, Nadine Ijewere, Quil Lemons, Namsa Leuba, Renell Medrano, Tyler Mitchell, Jamal Nxedlana, Daniel Obasi, Ruth Ossai, Adrienne Raquel, Dana Scruggs, and Stephen Tayo, as well as images created by other young artists contributing to this movement.

The work of this international community of Black photographers has been widely viewed in traditional lifestyle magazines from *Vogue* to *Allure*, numerous ad campaigns for Dior, Jimmy Choo, and other top brands, and within museums, reinfusing the contemporary visual vocabulary around beauty and the body with new vitality and substance.

Staying Safe Online

Tuesday, January 24, 3:00 – 4:00 PM Zoom RSVP TO (415) 387-1375 or info@sfvillage.org

Safety on the internet is an issue that impacts everyone. It's important to understand how to protect:

- Your personal and financial information
- Yourself, from internet-based predators
- Yourself, from internet-based financial scammers



All of which can affect your emotional health and well-being. Come and learn in this interactive session. Feel free to bring examples of questionable emails or texts to the session for further investigation and assessment.

Danielle Deibler is the co-founder and CEO of MaverlousAI, a natural language technology start-up that explores bias and misinformation in online media and leads the threat intelligence practice at the global nonprofit Quad9. She has decades of experience in Internet security, networking, machine learning and artificial intelligence.



Home Repair and Maintenance Workshop Tuesday, January 31, 11:00 AM – 12:00 PM ^Hybrid: In person at SFV Office, 3220 Fulton, and on Zoom^

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

Learn how you can repair simple things around your house. Consider monthly, seasonal, and annual maintenance plans. Determine if the repairs are DIY: doit-yourself, or if you need to call a handy person or a licensed specialist.

Diana Carey has owned Spotlight Home Improvement Services for eight years, serving San Francisco and the Bay Area. Diana also owned a tile setting company in San Francisco in the 1980's. Throughout her many years working in the remodeling business both commercially and residentially, she found that many clients asked her similar "how to repair" questions. Diana has found that empowering her clients to do simple home repairs gives her a sense of caring and giving back to her community.

Somatic Movement for Spine Mobility Wednesday, February 1, 2:00 – 3:00 PM Zoom RSVP to (415) 387-1375 or info@sfvillage.org

Somatic movement methods are mind-body methods that use gentle and slow movement, mental imagery, breath, and touch to promote body awareness, and more efficient and expressive movement.



During this class we will focus on spine mobility and posture. We will practice exercises to explore the range of motion, sensory awareness, and movement in the space of the torso and pelvis. For this class you will need a space where you can stand and move the arms freely, and walk front/back, and side to side. Please have available a steady chair and bring an elastic band. All levels of experience are welcome for this group class by zoom.

The group is led by Diana Lara, a Registered Somatic Movement Educator, who holds a M.S. in Kinesiology from SFSU. She is a long-time dancer, and teacher of movement and somatics for older adults. Diana currently teaches Somatics and tai chi for arthritis at On Lok 30th Street Senior Center. For more information about Diana go to her website. <u>www.dianalara-somatics.com</u>

Recurring Events



Let's Play Games

Tuesday, January 3, 1:00 – 3:00 PM *SFV office, 3220 Fulton Street* RSVP to (415) 387-1375 or info@sfvillage.org

The game group is back to meeting the first Tuesday of every month. Let's have fun! We play cards and board games and love when you

introduce us to a new game. We are especially looking for Scrabble players so let us know when you RSVP if that's what you want to play.

Member to Member Coffee Chat

Wednesday, January 4, 10:00 – 11:00 AM Monday, January 23, 10:00 – 11:00 AM Zoom RSVP to (415) 387-1375 or <u>info@sfvillage.org</u> Note: You need to send in new RSVPs every month



Life during a pandemic can be isolating. Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other. Thank you to our board and member facilitators and all attendees for creating this virtual coffee hour!



Makers and Crafters

Friday, January 6, 2:00 – 3:30 PM *SFV office, 3220 Fulton St, 94118* RSVP to (415) 387-1375 or <u>info@sfvillage.org</u>

Join our lively group of makers and bring whatever hand craft and creative projects you are working on as well as completed pieces you would like to show off. If you would like to learn how to knit or crochet we have needles, yarn and 1:1 instruction you need to get started. Some participants are presently creating scarfs and hats for a winter donation to a women's shelter &/or the unhoused in SF. Everyone is welcome to join, no

matter what your craft or art form is. Note: The deadline to drop off completed scarves for our annual scarf donation to a Women's Shelter is 1/15.

Virtual Social Hour

Saturdays, January 7, 14, 21, & 28, 5:00 – 6:30 PM Zoom RSVP to Leslie Stafford



Informality is the theme---if you are TARDY---come anyway! And, if you have over-scheduled yourself, and need to depart early---no worries!

Bring your favorite tipples and nibbles, get comfy, and we'll chat and check-in with fellow San Francisco Village members and, perhaps, some volunteers and youngsters as well. We look forward to lively discussions on a wide range of topics including whatever YOU would like, from personal updates to the silly or serious--- limited only by your imagination!



Female LGBTQ+ Circle

Mondays, January 9 & 23, 11:00 AM – 12:30 PM Zoom RSVP to (415) 387-1375 or <u>info@sfvillage.org</u>

In exploring new ways to meet the needs of our LGBTQ community, female and female identifying members of San Francisco Village are invited to join us for a gay "women's only" circle. During this hour, each person will have a chance

to share a bit about themselves and explore future plans for this newly formed group. We would love to see you there! This group will not replace the ongoing LGBTQ circle that meets 2x month. Open to all members and volunteers that identify as female LGBTQ+.

Tai Chi and Qigong

Mondays, December January 9, & 23, 1:00 – 2:00 PM Zoom

Monday, January 30, 1:00 – 2:00 PM *Rochambeau Playground, 238 25th Ave* If rain, the class will meet virtually on Zoom.

Thursdays, January 5, 12, 19, & 26, 2:30 – 3:30 PM *SFV office, 3220 Fulton St, 94118*

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



Tai Chi and Qigong are exercises designed for health of the mind and body. The Monday virtual class on Zoom will practice the Chen Style form with 24 movements through the end of January. Beginning in February, the sequence will change to focus more on wellness with more simple movements. The Monday class usually starts with a question of the day, and then begins with warm-up exercises before focusing on Tai Chi movements. You are welcome to participate in just the warm-up exercises if you find it hard to follow the Tai Chi movements. The in-person Thursday class will focus on the first twelve movements of the Sun Style form.

Feel free to join at any time as the movements are broken down and repeated. Both classes will emphasize improving balance, increasing flexibility and building strength. Participants can practice standing or sitting. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Movies with Steve

Mondays, January 9 & 23, 1:00 – 3:30 PM *SFV Office, 3220 Fulton St, 94118* RSVP to (415) 387-1375 or <u>info@sfvillage.org</u>

Join us in the theatre, aka SFV conference room, for movies curated by member and board member Steve Hayashi.

I/9 Beat the Devil (1953) Humphrey Bogart, Jennifer Jones, Gina Lollobrigida, Robert Morley, Peter Lorre

1/23 American Graffiti (1973) Ron Howard, Richard Dreyfuss, Cindy Williams, Harrison Ford

Intergenerational Book Club

Thursday, January 12, 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. Our book for Thursday, January 12 will be *Lincoln in the Bardo* by George Saunders. We will be reading *Trust* by Hernan Diaz for our Wednesday, February 8th meeting.





Solo-Agers Circle

Friday, January 13, 10:30 AM – 12:00 PM Zoom RSVP to (415) 387-1375 or <u>info@sfvillage.org</u>

We gather to provide support for the journey of solo aging as well as problem solving together. Members decided our January topic will be

continuing to talk about money, especially solutions to some of the worries we expressed last month.

The Page and the Stage

Tuesdays, 1/17, 1/31, 2:00 – 3:30 PM *SFV office, 3220 Fulton St, 94118* RSVP to (415) 387-1375 or info@sfvillage.org

We're a playreading/discussion group who meet a couple of times a month, Tuesdays, 2-3:30 at the Village office located at 8th Ave. and Fulton. Read aloud (or not), talk a lot (or not), and enjoy



your fellow members interested in the page and the stage. We welcome your voice. Drop a note to Barbara Scrafford for more information and the title of the next play on our schedule.



Aging Well with Meditation

Wednesdays, January 18 & 25, 10:00 – 10:45 AM 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 mediation – 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. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group. 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.

Defending Our Democracy

Friday, January 20, 10:00 - 11:00 AM Zoom RSVP to (415) 387-1375 or info@sfvillage.org



The Defending Democracy Group's November 18th meeting

included a review and evaluation of the midterm election results, which reaffirmed that the majority of Americans voted to uphold democracy and their constitutional rights.

However, elections were not quite over. The post-midterm election period continued with a significant nationwide get-out-the-vote effort for Georgia's critically important Senate runoff election held on December 6th. SFV members participated in these actions, working with the nationwide Third Act movement and its partner organizations, Activate America, the Civics Center and Third Act's new SF Bay Area Working Group.

Sen. Raphael Warnock's win in this runoff election has given Democrats a simple majority in the Senate, providing them a cushion in trying to pass bills, assuring committee control and eliminating procedural hurdles to get the Senate's business done. Senate Majority Leader Chuck Schumer said the win already had a buoying effect for Senate Democrats.

As we begin a promising new year, we will review the implications of the election results in preparation for the 2024 presidential election. We will also get our partner organizations' perspectives and plans for 2023. Please join us to find out how you can get involved, to continue upholding and defending our democracy.



SFV Climate Action Group

Thursday, January 26, 10:00 - 11:00 AM Zoom RSVP TO (415) 387-1375 or info@sfvillage.org

Join us as we continue the crucial work needed to save our planet - for the current generation, for generations to come, and for all forms of life. We will learn about and participate in actions promoted by national environmental organizations such as Third Act and Elders Climate Action, and their local working groups. We are collaborating on actions with older adults all across the US.

We will discuss Third Act's National Day of Action, set for Tuesday, March 21, 2023. This will be a high point of Third Act's campaign to pressure the four biggest banks in the US —Chase, CitiBank, Wells-Fargo Bank, and Bank of America—to stop financing the fossil fuel industry. We will talk about local activities being planned and ways we can get involved. Thousands of Third Actors have taken the pledge to close their accounts and cut up their credit cards from these four big banks if they don't stop lending money to the petro-chemical companies that are destroying our climate.

In addition, we will learn about progress being made on our own Plastics Labeling Project to promote the accurate labeling of all plastic products. We will discuss collaborations in the works with the University of San Francisco, and SF State University. Stay informed about what is happening to combat the climate crisis and learn how you can join the effort. We welcome new ideas.



San Francisco Village Book Club Monday, January 23, 4:00 PM Zoom RSVP to Sharon Kuester

Reach out to Sharon to find out what our next book is. Please join us!

Neighborhood Circles

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

LGBTQ Circle

Fridays, January 6 and 20, 1:00 – 2:15 PM Zoom If you are not already on the LGBTQ Circle master list, 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. We can also share any challenges we are facing.

94115+ Circle

Friday, January 6, 1:00 PM *Perry's, 1944 Union Street* RSVP to Lynne Fox or Gayle Geary

Join us for a lively and fun lunch at Perry's!

94121 Circle

Friday, January 6, 2:00 PM *de Young Museum Cafe* RSVP to Judi Iranyi or Carol Rothman

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 Inaleside 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 LGBTQ Circle: Citywide

Join us for conversations, and coffee or lunch. Think about how to reconnect with old friends, how do you go about it?

94107/94103 Circle

Wednesday, January 11, 1:30 – 3:00 PM *La Mar at Pier 1 ½ on the Embarcadero*

Thursday, January 26, 4:00 PM *Scoma's, Al Scoma Way*

RSVP to Eve Menger

We'll meet for lively conversation and Peruvian food on 1/11 and a surviving the holidays happy hour on 1/26–don't forget to RSVP!

Sunset Circle Thursdays, January 12 & 26, 4:30 – 5:30 PM Zoom RSVP to Steve Hayashi

Join us for one biography meeting and one check-in meeting.

94117 Circle Friday, January 13, 1:00 – 2:15 PM Zoom

Thursday, January 26, 1:00 – 2:15 PM *In person, location TBD* Proof of vaccination required

RSVP to Bill Haskell

The 94117 Circle meets twice a month, once on zoom and once in person. The actual date and location of this in-person meeting will be decided at the first meeting on 1/13. The in-person meeting location will be sent to members on the 94117 master list. We can share what is going on in our lives – what brings us pleasure, what we are enjoying, and what is positive. We can also share any challenges we are facing.

94109/94133 Circle

Wednesday, January 18, 10:30 AM *3rd Baptist Church, 1399 McAllister Street* RSVP to Bobbie Rothman or Juliet Rothman

Continuing our theme of visiting religious institutions in San Francisco, our circle will be visiting the 3rd Baptist Church, at 1399 McAllister Street, on Wednesday, January 18th. Our visit will begin at 10:30 a.m. We will learn about the history of the church and the Baptist movement, tour the church, and then join their senior group for a delightful lunch. We will also meet and learn from Reverend Amos Brown, a well-known civil rights advocate. Please join us!

94118 Circle

Wednesday, January 18, 12:00 PM *Cafe Coco, 4201 Geary Boulevard* RSVP and Questions Karen Franklin

We'll meet for lunch and conversation. Please reach out to Karen for details.

West of Twin Peaks Circle

Friday, January 20, 1:00 p.m. *Trattoria da Vittorio, 150 West Portal Avenue* RSVP by January 13 to Roberta Gordon

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

We request that you have cash to pay your individual bill. We all add 30% (5% more if a special SF tax is added) to our order which includes tax and tip. Please bring a mask with you as restaurants may require wearing one upon entering the restaurant and bring ID and proof of vaccination.

Bernal Circle

Saturday. January 21, 7:00 PM RSVP to Joan Miro

We will continue sharing our stories and offering support to each other during these difficult times, along with some much-needed laughter.

Save the Dates



Art Salon

Wednesday, February 8, 2:00 – 3:00 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.

State of the Village

Wednesday, February 15, 1:00 – 2:15 PM Zoom RSVP to (415) 387-1375 or <u>info@sfvillage.org</u>



We hope you can join us for our annual stake holder meeting, held virtually again this year.



Mount Tamalpais College

Thursday, March 2, 12:30 – 1:30 PM Zoom RSVP TO (415) 387-1375 or info@sfvillage.org

For nearly 25 years, Mount Tamalpais College—formerly known as the Prison University Project and Patten University at San Quentin has provided a world-class higher education to students who are incarcerated at San Quentin State Prison. In 2022, they were granted Initial Accreditation by the Accrediting Commission for Community and Junior Colleges. They are an academic institution unlike any other in the U.S: an independent liberal arts college specifically

dedicated to serving incarcerated students.

The mission of Mount Tamalpais College is to provide an intellectually rigorous, inclusive Associate of Arts degree program and College Preparatory Program, free of charge, to people at San Quentin State Prison; to expand access to quality higher education for incarcerated people; and to foster the values of equity, civic engagement, independence of thought, and freedom of expression.

This life changing program is run entirely by volunteer instructors and tutors from some of the Bay Area's most prestigious colleges and universities. It could be you – come and learn more!

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 weekly emails detailing the many volunteer options available to you.

Reach out to Jill for help with:

- shopping and errand assistance
- technology assistance
- outdoor gardening

- friendly caller connections and/or walking partners
- and more!

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.

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

is a membership organization designed with, by and for older San Franciscans and the extended community that champions them.

Mission

We operationalize love for elders in an ageist society by mobilizing the power of intergenerational relationships and mutual support.

Vision

We envision a future in which people of all ages, races, cultures and abilities work together to create communities of belonging and in so doing, model possibilities for relationship and connection that benefit the greater good.

What We Value

Intersection of Health Care and Social Care • Eldership • Intergenerational Relationships Co-Creation • Equitable Community • Self-Reflection • Humility • Spontaneity

San Francisco Village

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