



San Francisco Village

Monthly Newsletter

September 2020

From Executive Director, Kate Hoepke:

Dear Members and Friends:

As we approach autumn of this astonishing year, I find myself exhausted, short on patience and close to tears. What an extraordinary confluence of events: a global pandemic, racial injustice uprisings across the country, the worst California wildfires on record, overt internal threats to our democracy, and the most consequential presidential election in history.

One of these would be enough to bring us to our knees, but all together?

Sequestered in my Oakland apartment with the windows sealed during a heat wave, I'm left to wonder what we are being prepared for.

The Buddhist scholar and deep ecologist, [Joanna Macy](#), has called it the Great Turning. *A global awakening to the dis-ease of our planet, our love of life and the revolution that can heal our world.* Joanna says, "The most remarkable feature of this historical moment is not that we are on the way to destroying our world—we've actually been on the way quite a while. It is that we are beginning to wake up, as from a millenia-long sleep, to a whole new relationship to our world, to ourselves, and to each other." The only way through, she says, is to feel the grief.

It has been my experience, and that of some favorite poets, that feeling the grief is a prerequisite for a reimagined future. Joy and hope live on the other side. The tears that come out of the blue are my soul's way of signaling me to pay attention. Wake up to injustice. Bear witness to what is happening. Acknowledge what is lost. Imagine the possibilities. Demand a more equitable future.

This month, San Francisco Village staff and board members will begin working with a consultant to explore our organizational identity and values as they relate to racial justice, equity and inclusion. We are committed to identifying barriers, blind spots, and biases that unwittingly keep us stuck in a hierarchy of privilege. We intend for this



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New Member In August

Kaye Anderson-Buckle,
94121

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inquiry to influence all aspects of SFV: communications, programming, outreach and marketing, member and volunteer recruitment, member satisfaction, and long-term strategic planning. We look forward to bringing this transformational work to all of you as it unfolds.

Beginning this month, we're delighted to offer a new program called *Out of Frame*, an intergenerational dialogue about racial equity using dance, storytelling, and theater arts. All minds, bodies, and creeds welcome. Also this month, learn about forest bathing, a simple yet powerful way to care for ourselves by reconnecting with nature, even from a computer screen. In response to several member requests, Sarah has arranged for a presentation from the YMCA about volunteering to support school-age children during this period of remote learning. And don't miss Elaine Elinson, renowned author and beloved SFV writing coach, who will help us celebrate the 100th anniversary of the 19th Amendment. Thank you, Sarah, for your big-hearted, creative approach to our community's well-being!

Stay well. Try a new program. Ask Jill to connect you with a young volunteer who will call you once in a while. It's FUN!

Love,

Kate

Did You Know?



Vote!

The November 3rd Election Day is approaching and we want to remind all of you to exercise your constitutional right to vote! This year, [all California residents](#) registered to vote will receive a vote-by-mail ballot. If voting by mail, please make sure your envelope is signed, since only signed envelopes are counted. Voters can still vote in-person if they choose to. Polling places are expected to be accessible, secure, and

safe.

More info about elections here: <https://www.sos.ca.gov/elections/upcoming-elections/general-election-november-3-2020/>

Essential Trip Card

The City of San Francisco is now offering the [Essential Trip Card](#) program for residents 65+. The program allows residents to get discounted taxi rides for essential trips such as grocery shopping or medical visits. For every \$6 you load on your card, you will receive a \$30 value, up to a monthly maximum value of \$60. Simply call 311 to apply.





RSVPs Needed!

Now that all of our connections are virtual, RSVPs are necessary for you to receive the log on information. We request you RSVP at least 24 hours before a program to give staff time to respond. We try our best to accommodate last minute decisions, but it's not always possible.

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. Before COVID 19, volunteers of all ages responded to requests for help with a ride to a medical appointment, assistance with laundry or grocery shopping, technology troubleshooting, a friendly conversation, or our monthly mailings.



Since sheltering-in-place began in mid-March, we have on-boarded more than 100 volunteers eager to support their older neighbors who are at higher risk of infection. It's a humanitarian response motivated by empathy and civic love. A testimonial to the character of younger generations who understand that we're all connected, and our future depends on working together. Our members continue to support each other as they are able.

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, (no contact delivery)
- 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!

September Events



Out of Frame

Introduction: Tuesday, September 1, 11:00 AM –12:00 PM
6 week series: Thursdays, September 17 – October 22, 12:30 – 1:30 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

Join theater maker Evan Johnson (Place in Place!), dance maker Liv Schaffer (University of San Francisco/Dance Generators), and a cohort of young activists as we consider

what role art making plays in the face of racial and social justice. Using a variety of starting points, we will attempt to make sense of this national crisis by initiating an intergenerational dialogue about racial equity through embodied expression, storytelling, and project-based exploration.

This intergenerational workshop series will guide participants through creative activities, personal contemplations, and group conversations that recognize inherent racial biases, address racial equity, and celebrate Black brilliance. Learn more at the introduction session on September 1 and meet the team of creative guides and young activists participating, then sign up for the six-week series to participate!

All minds, bodies, and creeds welcome.

Longevity Explorers Circle

Tuesday, September 1, 2:00 -- 3:30 PM

If not already on the Longevity Explorers email list, please RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link

Join an intimate group to discuss solutions to the challenges of growing older. The group will be facilitated by Dr. Richard Caro, co-founder of TechEnhanced Life, PBC & Longevity Explorers which focus on the intersection of healthcare, aging, and technology. Find out about new products that can help postpone the day when growing older starts to get in the way of living life to the fullest. Share your ideas about what works and what does not work well with others from your community and members of other circles. Add your ideas and hear from your peers about “solutions someone needs to develop.”





San Francisco Village Players: Play in Place!

Thursday, September 3, 11:00 AM – 12:30 PM

This series started in July and you can join at any time
RSVP to (415) 387-1375 or info@sfvillage.org to receive the
Zoom link

What does it take to build a new world? How can we use what
we already have?

SF Village is thrilled to announce an all new workshop with theatre maker and teaching artist Evan Johnson! Log-on and join a supportive group of performance makers. We're going to dive into on-camera acting techniques, character development, and ensemble devised play-making, all from the comforts of home. We will explore the power of sharing stories, inspiration, and creativity. Through games, poetry, creative movement, and improvisation, we will form connections, trace our paths to the here and now, and explore new avenues of self-expression and creation. Through a series of co-created projects, participants will harness enthusiasm and build relationships through the art of making, developing and refining original remote performances. All workshops and rehearsals will be held on Zoom. Open to all levels.

Tai Chi and Qigong

Part 1: Thursdays, September 3, 10, 17, & 24, 2:30 – 3:15 PM

Part 2: Mondays, September 14, 21, & 28, 1:00 – 1:45 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the
Zoom link



Tai Chi and Qigong (Part 1) - Stand or Sit

Tai Chi and Qigong are exercises designed for health of mind and body. Practice the first six basic movements of the Sun Style form. No experience necessary and you are welcome to join at any time as the moves are broken down and repeated. The emphasis is on improving balance, increasing flexibility and building strength. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.

Tai Chi and Qigong (Part 2)

This is a continuation of Sun Style Tai Chi and the movements are more advanced which involve more movements and turning with the hands, legs, feet and body. If you have physical limitations, please let the instructor know and adjustments can be made to the exercises. You do not need to know Part 1 and are welcome to join at any time. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.

Creative Spark + Ruth's Table: Art Workshop Series

Friday, September 4, 11:00 AM – 12:00 PM

This series started in August and you're still welcome to join
RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link
and telephone number

Using self-reflection, drawing, poetry, and collage, this series of three workshops aims to encourage artists of all ages to spark your imagination, encourage experimentation and play, and celebrate our authentic selves through the act of making.



September 4: Image of Self. I am a work of art and I deserve to be seen. A portrait is a deeply personal depiction of self and can reveal our identity, individuality, and story.

Suggested Materials: A mix of everyday and recycled materials (i.e. cardboard rolls, colored paper, magazines), tape or glue, colored pencils or markers, scissors.



Creating a Safe Digital Footprint

Tuesday, September 8, 2:00 – 3:00 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the
Zoom link and telephone number

Concerned about the increased risk around cyber fraud that may impact you and your loved ones?

We live in an increasingly digital world where everything is conducted online. This has led to an increase in scammers stealing people's online information, which enables them to defraud people and steal money from them. Family members of the recently deceased are also vulnerable. Questions to be addressed include:

- How do we identify potential scammers online?
- What can we do to protect ourselves?
- If a family member dies or becomes incapacitated, why is it important to clean up their digital accounts and identities?
- How do we manage and clean up our digital identities?

Maria Pienaar currently serves on the Board for Cyber Security startup iCrypto (USA), and she previously served on the Board of Directors of The Number Porting Company (South Africa). She is a Founding Partner of Blue Label Ventures, whose portfolio focuses on investments in Digital Health, IOT, Cyber Security, and Fintech (including Insurance Tech). She has worked in many international markets including the US, South Africa, Mexico, Brazil, and the UK.

Aging Well with Meditation

Wednesdays, September 9, 23 & 30, 11:00 AM – 12:00 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number



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.



Solo-Agers Circle

Thursday, September 10, 10:30 -- 11:30 AM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

The pandemic has taught us that even though we can't plan ahead for everything, it's vital to plan for what we can! We will begin with the end in mind - planning ahead for your ultimate passing - in order to make things easier for friends and family. Pre-planning allows your loved ones to know your wishes without having to guess. Katherine Santini, from Neptune Society, will cover what to consider when putting a plan in place: when to create it, what should it include, the benefits and alternatives. An SFV member, who just completed a plan with Katherine, commented that she now has greater peace of mind. For more information, contact Betty Burr.

Play Reading Group

Thursdays, 4:00 PM

RSVP to Midge Fox for Zoom link

9/10 - *In the Shadow of the Glen* by John M. Synge

9/24 - *Cathleen Ni Houlihan* by William Butler Yeats



Member to Member Coffee Chat

Mondays, September 14, 21, & 28, 10:00 – 11:00 AM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link

Life during Covid-19 can leave us uncertain, wondering what decisions feel safe, as parts of society open and close in reaction to infection rates.

This session is an informal member-to-member chat to give us an opportunity to connect with each other, share our experiences, and learn from each other. Facilitated by Gretchen Addi, SFV board

co-chair, Barbara Kivowitz, SFV member and board member, and Bill Haskell, SFV member and board co-chair.

Grupo de Conversación en Español

Mondays, , September 14, 21, & 28, 11:00 AM – 12:00 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link

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!



Open Death Conversation

Tuesday, September 15, 11:00 AM – 1:00 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

Join us in an Open Death Conversation to discuss and explore the many aspects of death and dying. Becoming more comfortable and intimate with our own mortality allows us to look at life, and our relationships with others, through new eyes. People from all backgrounds attend with no agenda other than to generate meaningful, energetic conversation free from judgment.

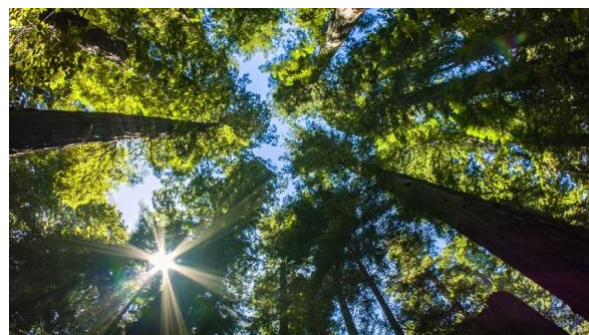
Facilitated by Amanda Coggin through the Zen Caregiving Project (formerly known as Zen Hospice). Amanda discovered Zen Caregiving Project through a mindfulness grief group and became a volunteer caregiver in 2011, and later joined its staff as Volunteer Coordinator until 2014. She completed Clinical Pastoral Education training at the UCSF Medical Center and UCSF Benioff Children's Hospitals in 2016-2017 and recently returned to UCSF as a staff chaplain.

Forest Bathing

Friday, September 18, 10:30 – 11:30 AM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

Although forest bathing has been around for decades, there has been a significant spotlight on this practice in recent years as it becomes more widely known and studied. From the outer fringes of alternative healthcare to a major touchstone of preventative care, forest bathing has become a highly sought-after approach to wellness. Empirically proven benefits include reduced stress, lowered blood pressure, enhanced immune functioning, increased creativity, increased cognitive ability, improved mood, increased ability to focus, increased energy level, improved sleep, and a greater sense of wellbeing.



Join Hana Lee Goldin for a virtual forest bathing presentation which will explore the history and

science of this ancient practice enjoying a modern resurgence, including key forest bathing activities that you can take with you anytime you step outside into the natural world. Hana is the founder of [The Sacred Wilds](#), a forest therapy practice serving the Bay Area and Los Angeles County. She is a certified forest bathing guide, trained by the Association of Nature and Forest Therapy Guides and Programs. She also has her Master's degree in Library and Information Science from the School of Communication and Information at Rutgers University, and has combined this unique skill set to establish [The Forest Library](#).



Makers & Crafters: Show and Tell

Monday, September 21, 2:00 -- 3:00 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

Calling all visual artists and crafters! We'll join together on Zoom for a "show and tell" session. It's time to get that favorite creation or current project and use your camera to show it to the group. No camera for your computer or ipad? Get

descriptive to tell the group about your project on the phone.

How We Won the Vote: California Women and the Fight for Suffrage in the Golden State

Tuesday, September 22, 1:00 – 2:00 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

This month, we celebrate the Centennial of the Nineteenth Amendment granting women the right to vote across the United States. Did you know that California women fought for and won that right almost a decade earlier?



Join Elaine Elinson, author of the award-winning *Wherever There's a Fight: How Runaway Slaves, Suffragists, Immigrants, Strikers and Poets Shaped Civil Liberties in California* for an illustrated presentation about the courageous women who led the suffrage campaign in San Francisco and throughout the state. Their stories will surprise and inspire you in this crucial election year!



SF Public Library during COVID 19

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

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

The San Francisco Public Libraries are closed, but that doesn't mean there aren't resources available! Learn about borrowing books, accessing films, virtual events, and other opportunities to utilize the number one public library system in the country.

Support School Aged Youth: Volunteer with the YMCA

Friday, September 25, 10:00 – 11:00 AM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

With schools announcing distance learning for the fall, the Y is partnering with local school districts to offer morning, afternoon and full-day in-person academic and enrichment support at locations across the Bay Area. Learn more about how to volunteer and support the youth in our community.



This informative program needs at least 10 people to take place. If we don't have enough RSVPS, interested members will be connected to YMCA volunteer coordinators.



Discussion Group

Friday, September 25, 2:00 PM

RSVP to Eva Auchincloss for Zoom link

We will discuss current events. Members and guests welcomed. FYI, Eva sends out a reminder to those who have attended in the past so it keeps going. Come on over! All members welcome.

Explore the DeYoung Permanent Collection: Connections

Tuesday, September 29, 10:00 – 11:00 AM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

This tour of objects from the permanent collection at the deYoung, will connect traditional native cultures with contemporary American art. Art from Africa will be compared with art from African American artists, art from Asia will be connected to works by Asian American artists, and art from native American people will be compared and connected with art produced in contemporary times in North America.



Neighborhood Circles

Many of our circles have been gathering virtually during Shelter in Place and connecting with each other via phone and email. Reach out to Jill Ellefsen to be introduced to your circle leader. Please note, this list of events is not complete due to the challenges of a newsletter deadline during COVID-19. Your circle leader will be keeping you up to date about virtual get togethers!

94123

Contact new circle leaders Sally Kaufmann Cowan or Jean Halvorson for more information.

Zoom Meetings, TBA

Walking Wednesdays Make a point of getting out of your house or apartment on Wednesdays at 1 PM to visit one of us (from a distance and with a mask, of course!) in our garages and gardens. Stop, say hello, and/or wave as you pass. Call or email Jean or Sally for addresses. We look forward to seeing you!

LGBTQ Circle

Fridays, September 4, 18 & 25, 1:00 – 2:30 PM

RSVP to Bill Haskell for Zoom link

For these get-togethers, we will share what is going on in our lives in this challenging time. We will also share what brings us pleasure, what we are enjoying, our coping mechanisms, and what is positive.

Sunset Circle

Wednesdays, September 9 and 23, 2:30 – 3:30 PM

Sunset Circle is reconnecting through Zoom with lively conversation. We are learning how important it is to see, hear and encourage one another. A theme or a question will be sent out before each meeting. If you are not on our list, you are welcome to join us by sending a registration to Steve Hayashi.

94118

Thursdays, September 10 & 24, 3:00 PM

RSVP to Gabie Berliner or Karen Franklin.

We've been having lively Zoom get togethers! Circle members will get the Zoom login information by email. Who knows, we might continue this after the SIP order is lifted in addition to our coffee shop gathering!

West of Twin Peaks Circle

Neighborhood Circles:

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

Thursday, September 10, 4:00 – 5:00 PM

Wednesday, September 30, 4:00 – 5:30 PM

Contact LeeAnn DeSalles for zoom information

Join us for Happy Hour on 9/10--a time to check in and share your concerns and resources.

On 9/30, we'll have a discussion of Ballot Propositions. Bring your voters handbooks and recommendations to share. If our voters handbooks have not arrived in the mail by the 30th, we will reschedule.

94117

Friday, September 11, 2:00 – 3:30 PM

Thursdays, September 24, 1:00 – 2:00 PM

RSVP to Bill Haskell for Zoom link

For these virtual get-togethers, we can share what is going on in our lives during this challenging time. We can also share what brings us pleasure, what we are enjoying, our coping mechanisms, and what is positive.

Bernal

Saturday, September 12, 7:00 – 8:30 PM

RSVP to Joan Miro for Zoom information

We continue to enjoy seeing each other and sharing our stories.

94114

Wednesday, September 16, 3:00 PM

Walking Group TBA

RSVP to Heather Solway

We are continuing to meet via Zoom. Join us!

In addition, Heather and Mae have been leading afternoon safe distanced walks on Sanchez Street (closed to traffic as part of Slow Streets in response to Covid). Contact Heather to find out the dates and times!

94109/94133

Wednesday, September 23, 2:00 PM

Contact Juliet Rothman or Bobbie Rothman for Zoom information

We'll be catching up with each other and selecting our theme for the year- a challenging task during the uncertainties of this pandemic!! We need the flexibility to explore our theme through online resources until it is deemed safe to explore in person. We've thought of several possibilities, including: sharing our very favorite travel adventures and experiences, hopefully with some photos; continuing on with our ethnic arts and culture theme with Russian, Chinese, and Japanese cultures; exploring local religious institutions; learning about SF's public works facilities; and animals - of the sea, the air, and the land. We also welcome suggestions from the group members - so keep your eyes and ears and minds open!

94121

Thank you, Patricia, for all your work building our community in the outer Richmond! We're looking for a new circle leader. Please contact Jill if you would like to learn more.

Member to Member

Pedestrian Safety: A New Initiative

Do you know how often the city inspects each sidewalk in SF for cracks and needed repairs? I surely didn't. It's once every 25 years!!! In between, repairs are only made when someone files a 311 report.

To address the urgent need for repairs, Community Living Campaign is initiating a sidewalk search party effort. The "quacked sidewalks" campaign, will award prizes in a variety of categories: worst sidewalk, narrowest sidewalk, worst ramp, and many others.

For older adults, maintaining smooth, level, wide, and generally passable sidewalks is essential to our quality of life. We all know how a nasty sidewalk fall can impact us long-term or even permanently. Please help with this effort! You can access information and contest rules, as well as detailed information about reporting damaged sidewalks through 311 by visiting the Community Living Campaign [website](#) for details.

Please let Juliet Rothman know if you have any questions. I've already filed my first report with 311 and am eagerly awaiting their assessment through the 311 tracking system!

Me and White Supremacy book group

After the murder of George Floyd, much has been said about white supremacy, privilege, and entitlement. Becoming aware of how our life experiences have shaped our attitudes toward others could be the first step in becoming an anti-racist. I would like to explore this idea and hope there are other SFV members who want to work with me. I want to journal through a workbook that is part of the book, *Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor*. I have the whole book on my Kindle, but the workbook can be found on the internet, and I can send it to anyone who wants a copy. Please let me know if you want to go on this journey with me. It might be one of the most important journeys of our lives!

Community Events



Intergenerational Conversations: Life During a Pandemic

Tuesday, September 22, 5:30 PM

RSVP with [My Life My Stories](#) or by emailing Brittany
brittany@mylifemystories.org

My Life, My Stories is a non-profit dedicated to bringing people of all ages together in a safe space to share and learn. It's our mission to offer opportunities for our intergenerational community to be honest and open with one another during a time that is filled with so much tragedy and suffering.

Please join us for our next virtual intergenerational event to share our personal experience with

living in a pandemic. Older adults are most at risk of dying from COVID-19 and many feel the effects of prolonged physical distancing. Many working adults have been unemployed for months and young adults are going back to school or trying to start a career in the middle of a world health crisis. How are these experiences and challenges the same or different?

We'll have the opportunity to hear from an intergenerational panel and then we'll break out into small intergenerational discussion groups led by volunteer facilitators. If you are interested in joining the panel, please email info@mylifemystories.org. We'd like a high school or college student, a working adult, and an older adult share their unique experiences of life during the pandemic.

All we ask is that you be curious, respectful, and authentic.

Save the Dates



Active Aging in the Time of COVID-19

Friday, October 9, 1:00 – 2:00 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

Take control of your fitness and add more variety into your exercise program! Join Dr. Chris Thompson for a lecture and small demo of exercises that encourages adopting a "Jack/Jill of All Trades" perspective with your exercise programming during this time - making time for everything from strength to cardio to balance & mobility

work.

Dr. Christian Thompson is an Associate Professor in the Department of Kinesiology at the University of San Francisco, an affiliate researcher in Neurology at UCSF Medical Center, and the owner of Thompson Fitness Solutions, LLC. Currently, Christian is engaged in numerous research and community projects investigating exercise programming for falls prevention in older adults. These projects, including Brain Body Trainer (neuroscape.ucsf.edu) and Always Active (www.alwaysactive.org) have been externally funded by the National Institutes of Health, San Francisco Department of Aging and Adult Services and Kaiser Permanente's Community Benefit Foundation.



Writers Workshop

Tuesdays, October 13, 20, & 27, November 3, 10, & 17, 10:00 -- 11:30 AM

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

Have you always wanted to write your memoir but didn't know where to start? Have you got some poems tucked away in a drawer? Do you have an idea for a gripping novel? Or do you just want to put pen to paper --

wondering if poetry, an essay or a short story will emerge?

If you answered "yes" to any of these questions, we invite you to the San Francisco Village Writers' Workshop.

We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. We will explore poets and authors that resonate with us – and try to figure out how they transfer their experiences, thoughts and feelings to the written page. And we will, to paraphrase poet Robert Frost, learn how to “surprise our readers, and ourselves, with our words.”

The Writers' Workshop is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and former editor of the ACLU News. Elinson, has led writing workshops at SFV since 2015. We will have six 1.5 hour sessions on ZOOM.

We welcome those who have been part of the Writers Workshop in the past and we also welcome newcomers! No experience necessary!

There are significant moments in everyone's day that can make literature. That's what you ought to write about. (Raymond Carver, On Being a Writer).

Due to the COVID-19 pandemic, all of our programs are offered virtually.

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.

Administration & Community Collaborations: Kate Hoepke – kate@sfvillage.org, ext. 1
Membership & Volunteering: Jill Ellefsen -- jill@sfvillage.org, ext. 2
Programs & RSVPs: Sarah Kent -- sarah@sfvillage.org, ext. 3
Staff & Member Support: Yousra Sebiaa – yousra@sfvillage.org, ext. 5
Wellness Program: Jessica Da Silva – jessica@sfvillage.org, ext. 6

San Francisco Village
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