



From Executive Director, Kate Hoepke:

Dear Members and Friends:

I hope you're breathing a little easier these days, knowing that the pandemic is relatively under control in the Bay Area. It's true that the Delta variant is spreading among the unvaccinated and masks may once again be expected, but I feel as though we've turned a corner. It's been wonderful to see some of you in the office and I look forward to more in-person visits.



Beginning August 3, Penny Sablove is back with a new program called *Let's Get Moving Again!* Penny is a martial arts instructor and retired physical therapist with a heart of gold. In the past few years, she has crafted several programs for SFV about the joy of movement, as well as maintaining mobility and learning how to fall. She is motivated by questions of wellness that embrace the whole person including social connection and touch. About this new program she says, "We will explore reconnecting with others through human touch, giving and receiving, and coming fully alive to each other again." The class will meet in-person at the SFV office for six weeks. Reserve your spot today before it fills up!

Just the title of Penny's class stirs something in me. A feeling that we're on the threshold of something new and it requires movement. I attended an event a few weeks ago called [Civic Saturday](#), a multi-generational, multi-cultural gathering to inspire a shared sense of civic purpose. The organizers called it *Telling a New Story of San Francisco* and asked us to consider what we had learned from the pandemic, what we hoped to carry forward and what we are resolved to leave behind. We talked about living in a period of radical social change: the long overdue racial reckoning, the impact of climate change on our daily lives, a teetering democracy. How do we cope? How do we participate? How do we co-create the kind of community we want to live in?

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One of the speakers read from an essay called [There's No Going Back](#) by Courtney Martin, a Millennial East Bay author and blogger. There is no “back,” she says, because 2020 changed us in fundamental ways. Forward is the only direction available to us. Becoming something we’ve never been before. “The ground will keep shifting, even if you build a monument to your own safety atop it. The chest will keep rising and falling, until it doesn’t, and there’s not a damn thing you can do about it. The only thing to do is keep welcoming the beautiful unknown, however terrifying.”

Becoming and welcoming feel like an active position. I have choices to make and I’m willing to take small risks. I’ll attend that gathering, talk to strangers, discover common ground, exchange phone numbers, and meet for coffee. I’ll learn from someone 35 years younger than me about the urgency of now and what I can do. Young people talk about shared reality as a narrative; the story we’re living out loud, together. We have the power to co-create that story by connecting, listening and learning. What we do together matters.

I’m pretty sure there will be another Civic Saturday event in the next few months. I’ll keep you posted. In the meantime, you can connect with working professionals in an Experience Exchange on Zoom August 10 and August 20 we will host an in-person dialogue with 8th graders about the climate crisis.

Young people with an interest in civic life are eager to know their city’s elders!

Love,



In Solidarity

Racist attacks against Asian Americans, and Chinese Americans in particular, are on the rise, following a year of xenophobic rhetoric. From recent news reports we’re learning that **older** Asian Americans are especially targeted for violence.

Our hearts break for our neighbors fearful of leaving their homes, not knowing if they will be safe. Please contact Jill to request a volunteer to accompany you on a walk or trip to the local store. Please feel free to refer an older Asian neighbor or friend, whether or not they are a member of SFV: jill@sfvillage.org or 415-387-1375 x. 2



If you stand in solidarity with our Asian American neighbors, you may want to consider a contribution to one of many organizations fighting hate crimes. One such organization is *Stop AAPI Hate* and you can visit their website here <https://stopaapihate.org/>

Did You Know?

New Event Online System!

You can now sign up for programs on our website! Check out <https://www.sfvillage.org/events/>. It's recommended you add sfvillage@monami.io to your email contacts. If you are not receiving the automated email, please check your spam and reach out to staff. We'll let the developers know and they'll help us sort out the answers. You can continue to send in your RSVPs via email and phone as well.

Member to Member

Real Time Reunion

A Sunday brunch, in real time! Meetup at my home in Pac Heights for fellowship and connection. How and what are we doing in this transition? I'm on Broadway and Webster. There's easy parking! Sunday, August 15, 11:00 AM -1:00 PM. This will be limited to 8 people. Call me, Sheila Simon to RSVP or with questions.



A Note from the Staff

Continuous Change

"All that you touch you Change. All that you Change Changes you. The only lasting truth is Change." -Octavia Butler

We're in the midst of more pandemic growth, shifting as new news comes out and adapting to new possibilities. The hugs last month as a few programs took place in the office had a radiating, palpable joy and under that, a grief for how much we've missed each other. We hear you, in weariness and frustration and joy, craving deep and honest connections, wondering what life holds now, wanting to jump into the swing of the familiar and also feeling trepidation if it's safe, if it's true. We're there with you, personally and professionally. We're doing our best to meet, listen, and intuit the needs of our community and navigate ongoing change with grace. More than ever we seek to listen with curiosity and ask for the same kindness and understanding.

August Events



Let's Get Moving Again, Post Pandemic

Tuesdays, August 3 – September 7, 11:00 AM – 12:15 PM

SFV Office, 3220 Fulton St, 94118

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

Proof of vaccination required

Let's get moving again, and let's have fun doing it.

What capacities do we need to refresh, in order to venture safely outside our homes again?

We'll practice increasing balance, strength, endurance, power in our gait and ease of movement.

And we'll do this with each other, that potent ingredient we thankfully have access to again.

And while we're at it, we will explore reconnecting with others through human touch, giving and receiving, and coming fully alive to each other again.

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 Lifelong 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.

SF MOMA

Friday, August 6, 11:00 AM – 12:00 PM

Rescheduled from July 30

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

The San Francisco Museum of Modern Art (SFMOMA) is now the largest museum of modern and contemporary art in the U.S. Its collection consists of paintings, drawing and prints, photography, mixed media and sculpture, book arts, installation and video and other digital arts, and a

lot of art that's challenging to classify. We will look at some of the earliest pieces in the museum's collection, as well as the newest. Some history of the SFMOMA will also be included.



Led by SFV member and board member Marcia Weisbrot, a former SFMOMA docent.

Citizen Redefined Mentoring Program

Monday, August 9, 3:00 – 4:00 PM

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



Citizen Redefined is a training program for educators and other adult mentors from across sectors and across the country. Mentors form and facilitate small groups of high school-aged participants as they develop their identities as citizens. Learning happens through an arc of civic and ethical formation, culminating in a "Civic Confirmation" rite of passage. We provide mentors with a comprehensive curriculum. Both the mentor training and youth participant experience is grounded in civic skills, community, and the formation of civic morality.

We're looking for about a dozen educators to join us this fall for training in the Citizen Redefined curriculum. These mentors will go on to launch groups in their communities in 2022. Come to this session to get all the details! If you're not able to make it, you can also check out at

<https://citizenuniversity.us/be-a-mentor/>

Experience Exchange

Tuesday, August 10, 1:00 – 2:00 PM

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

Are you craving meaningful and warm connections? Join us on Zoom for an intergenerational dialogue! We'll breakout into small groups, engaging in conversations with working professionals from around the country (and potentially the globe!). We'll talk about our experiences during the past year, how we've been changed, what we're learning, and what matters now.

This event is organized through Visit.org whose mission is to facilitate mutually beneficial interactions between people and communities around the world.



DeYoung Virtual Tour: Judy Chicago

Friday, August 13, 1:00 – 2:00 PM

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

FAMSF docent Victoria Kirby will highlight the artistic career from the 1960s to the present of Judy Chicago, a pioneering feminist artist, teacher, and writer who is best known for her 1979 installation *The Dinner Party*, honoring women throughout history. She has worked with textiles, needlework, fire and smoke, clay and

porcelain, car hoods and auto lacquer, various grounds and kinds of paint, fiberglass, duck down, lithography, bronze, and glass. Chicago has strived throughout her career to put the female experience at the front of her artistic content, to question historic assumptions of male social dominance, and to advance recognition of women artists.

SF Environment Zero Waste: Composting and Recycling

Tuesday, August 17, 3:00 – 4:00 PM

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

Join other San Francisco residents to learn about how you can make San Francisco a healthier and better place to live. The San Francisco Department of the Environment will guide you through the Mandatory Composting & Recycling Ordinance. Topics that will be covered include:

- How to properly sort your recyclables and compostables during the era of COVID-19
- Zero Waste best practices



- Bulky item pick-up
- Expired medication disposal
- Safe collection of household hazardous waste



The Climate Crisis: An Intergenerational Dialogue

Friday, August 20, 10:30 AM – 12:30 PM

SFV Office, 3220 Fulton St, 94118

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

The climate crisis is impacting every aspect of our humanity and every day we are witnessing and feeling its effects. We're thrilled to host vaccinated 8th graders from La Scuola for an in-person intergenerational dialogue about climate change. Our goals are to connect and learn from the urgency that youth experience and share in the work to be done. We'll have time in pairs and time in the large group.

Many of our conversations will be in English and SFV members who speak Spanish, Italian, or another language can be matched with a fluent student.

The world has changed and it's time for education to catch up. That's why, every day, it's the students at La Scuola who ask the provocative questions...they lead—and embrace—their own ability to learn across languages, across cultures, and across subjects. Because when children are open to the world and protagonists in their own education, there's no limit to their ability to learn, find beauty in life, and discover extraordinary answers.

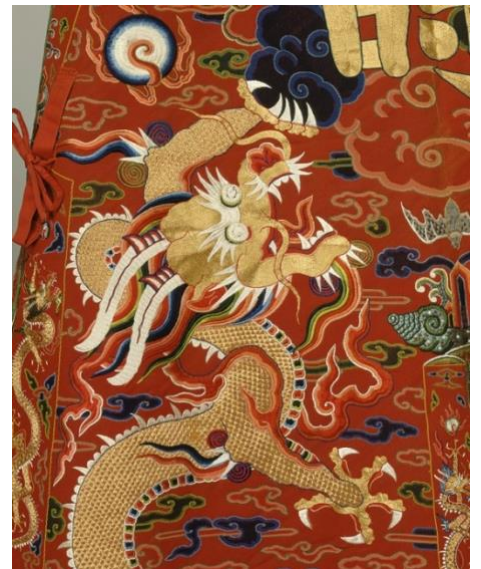
Asian Art Museum Virtual Tour of Silk Road: Globalization in the Ancient World

Friday, August 20, 1:00 – 2:00 PM

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

Travel the ancient routes that provided goods, technologies, and ideas to countries and cultures from the Mediterranean to the Pacific. Discover the transformations that resulted from the complex exchanges between East and West.

Before jet planes and smartphones, militia, merchants, monks and pilgrims spent months, even years, traveling over perilous land routes to carry luxury goods and new ideas thousands of miles across civilizations. Luxury commodities such as silk, porcelain, paper, tea, jade, amber, spices, ivory, gunpowder, gold and silver were carried across overland and sea trade routes known as the Silk Road. Religions and ideas, technologies and innovations also spread along these trade routes in all directions. History's greats such as



Alexander the Great , Marco Polo, Zhang Qian, and Genghis Khan, all left their traces on the greatest roads mankind has ever known.

Come discover the complexity of the exchanges and variety of cultures transformed as a result of goods, knowledge and techniques transmitted between East and West.

The Asian Art Museum of San Francisco connects art to life. Our mission is to inspire new ways of thinking by connecting diverse communities to historical and contemporary Asian art and culture through our world-class collection, exhibitions and programs.



Medicinal Uses of Orchids

Tuesday, August 24, 2:30 – 3:30 PM

SFV Office, 3220 Fulton St, 94118

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

How long has it been since you received or proudly pinned a magnificent orchid corsage on a loved one? No matter! Come and discover the myriad other uses of orchids in a slide show presented by Joanne Whitney. No less an authority than Linnaeus said that orchids are aphrodisiacs and Montezuma drank

vanilla from orchids every evening before he visited his wives. Salep still in commercial production helps alleviate infant colic, was once the breakfast of working men and also is believed to encourage lovemaking and fertility. You will discover that orchids are prominent in Chinese, Indian, African, North and South American and European herbal medicine and be astounded at their variety and usefulness.

SFV member Joanne Whitney received a PhD from Duke University and a Doctor of Pharmacy degree from the University of California, San Francisco from which she is retired faculty from the UCSF School of Pharmacy. She has been an American Orchid Society Judge for 40 years, a docent at the San Francisco Botanical Garden and enjoys combining her knowledge of chemistry and pharmacy with her passion for plants.

Conversations about Race: Whitewashing History

Friday, August 27, 11:00 AM –12:00 PM

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

Facilitated by Kate Hoepke and Joanne Low.



Since early this year, members have been meeting to explore questions of identity and privilege. In our next session we'll view a video clip about whitewashing history and the power of who controls the narrative.

Join us as we continue the conversation about race. All members are welcome to join, whether you attended earlier sessions or not. Our aim is to better understand the complexities of an

increasingly diverse America and how our unique experience is relevant in the current social discourse.



Member Walking Group: Yerba Buena Gardens and Festival

Saturday, August 28, 10:30 AM

Meet at Peet's Coffee, 773 Market St.

RSVP to 415 387-1375

or info@sfvillage.org

Come and explore Yerba Buena Gardens, an oasis filled with trees, flowers and public art, with your On The Level walking guide, Marilyn Straka. No hills or steps! We start at Yerba Buena Lane, a

hidden gem, then pass through Jessie Plaza before heading to the gardens. We will see why SOMA is the fastest growing neighborhood in SF with skyscrapers, residential hotels and museums. The walk will be less than a mile with time to get lunch at the Metreon food court (or bring your own bag lunch).

You can optionally continue walking using your free self-guided walking tour booklet of our route with a map and points of interest OR view a free performance of Circus Bella's Humorous! which begins at noon (to 1pm). There are chairs for seniors. See details at YBGfestival.org.

Public transportation is recommended to get to the starting point.

Reoccurring Events



Aging Well with Meditation

Wednesdays, August 4, 11, & 25, 11:00 AM – 12:00 PM
Zoom

Monday, August 30, 2:00 – 3:00 PM

SFV Office, 3220 Fulton St, 94118

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

Tai Chi and Qigong

Thursdays, August 5, 12, 19, & 26, 2:30 – 3:15 PM

Mondays, August 9 & 16, 1:00 – 1:45 PM

SFV office, 3220 Fulton St, 94118

Mondays, August 2, 23, & 30, 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. 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.

The virtual Monday 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. Mondays, August 9 and 16 are a chance for anyone to come to the office and to see the moves in person, ask questions, and get clarification.

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



Makers & Crafters

Friday, August 6, 2:00 – 3:30 PM

SFV Office, 3220 Fulton St, SF 94118

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

Please note the day change—we're now meeting on Fridays! During this month's in-person meeting we will have an origami demonstration by one of our members with a chance for you to try your hand at this Japanese paper folding craft. Don't forget to bring along your own handcraft project to work on! All are welcome.

Member to Member Coffee Chat

Monday, August 9, 10:30 – 11:30 AM

In person at Java Cup (Cup and Cake), 3500 Geary Blvd, 94118

Monday, August 16, 2:00 – 3:00 PM

Monday, August 23, 10:00 – 11:00 AM

Zoom



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

Life during a global pandemic can be isolating, especially after 16 months of physical distancing. 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 August 9 at Cup and Cake Café, Barbara Kivowitz, SFV member and board member, via zoom on August 16, and Gretchen Addi, SFV board co-chair, via zoom on August 23.

For the in person get-togethers, it is expected that anyone attending will be fully vaccinated. It is also fine if any vaccinated person attending prefers to wear a mask but is not required.



Play Reading Group

Thursdays, August 12 & 26, 4:00 – 6:00 PM

RSVP to Midge Fox to receive the Zoom link and telephone number.

Contact Midge to find out what play we'll read together!

Solo-Agers Circle

Friday, August 13, 10:30 -- 11:30 AM

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

In order to present the most comprehensive information about how to be a solo-ager, we will be having a book study opportunity which will be held once a month. The book is *Who will Take Care of Me When I'm Old* by Joy Loveverde.

In the recent past, members of our group have asked questions about most of the subjects Loveverde covers in her book, ranging from medical to housing to social. This book will be a resource to answer many of our concerns. The book is 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.

To start us off, please read the introduction and part 1 (about 16 pages). Call Betty Burr with any questions.





Chinatown by Charles Yu.

Intergenerational Book Club

Wednesday, August 25, 10:00 – 11:00 AM

Music Concourse in Golden Gate Park

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

A new program for SFV—an intergenerational book club started by volunteer Kiki Couchman! The group will meet the last Wednesday morning of the month. Plan to meet in the Music Concourse in GGP to discuss *Interior*

Neighborhood Circles

Many of our circles have been gathering virtually during Shelter in Place and connecting with each other via phone and email. As SF reopens, 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, August 4 & 18, 2:30 – 3:30 PM

RSVP to Steve Hayashi for zoom information

Sunset Circle will continue meeting on Zoom as we sort out our diverse experiences with the benefits of Zoom and/or meeting in person. The first meeting in August will have a theme, and the second is a chance to listen to one of the group share their biography.

West of Twin Peaks Circle

Thursday, August 5, 1:00 PM

Trattoria da Vittorio, 150 West Portal Avenue

RSVP to Roberta Gordon by July 26

After nearly a year and a half of sheltering in place, we are ready to meet in person with those of us who have been vaccinated. We have made reservations for lunch for the first 12 people who respond. Bring a mask, in case the restaurant requires one. Looking forward to seeing you! Also, we request that you have cash and add 30% (tax & tip) to your final order and the cash will be collected by one of our in-charge, honest, upstanding members while you finish your coffee or drink.

Tuesday, August 31, 7:00 – 8:00 p.m.

Zoom Meeting

Contact LeeAnn DeSalles if you need help connecting with zoom

Our theme will be “What part of your daily routine do you enjoy most?”

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

LGBTQ Circle: citywide

94118

Thursdays, August 5, 3:30 PM

Java Cup (Cup and Cake), corner of Geary and Jordan

Thursday, August 19, 3:30 PM

Zoom

RSVP to Gabie Berliner or Karen Franklin

On August 5 we'll gather at a coffee shop and on August 19 on Zoom. We start with a check-in about what's been going on for each of us since last time we met, which leads into free-flowing conversation and sometimes we have a topic to converse about, like vacation memories and dreams. We'd love to see new faces.

LGBTQ Circle

Fridays, August 6, 20 & 27, 1:00 – 2:00 PM

RSVP to Bill Haskell for zoom information

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

94121

Wednesday, August 11, 2:00PM

RSVP and questions to Barbara Scrafford or Carol Rothman.

The Outer Richmond Circle, 94121, moved to an indoor meeting at a member's home last time—unmasked. We have been discussing our projects over quarantine, and looking forward to finding ways to share the results with others of our arts, crafts, photography, and reading.

94114/94131

Wednesday, August 11, 3:00 PM

RSVP to Heather Solway or Shelley Fernandez for zoom information

We are continuing to meet via Zoom. Join us!

94117

Friday, August 13, 1:00 – 2:30 PM

In person, host and location TBD

Thursday, August 26, 1:00 – 2:00 PM

Zoom

RSVP to Bill Haskell for zoom information

For these get-togethers, 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. If you are interested in joining, email Bill.

He will send a notice - a few days before the in person get-together on 8/13 – with the name and address of the host. He will send a Zoom invitation - on the morning of the virtual get-together on 8/26. Questions? Call Bill. For the in person get-togethers, the 94117 Circle members have decided anyone attending is required to be fully vaccinated. It is also fine if any vaccinated person attending prefers to wear a mask but is not required.

Bernal

Saturday, August 14, 7:00 – 8:30 PM

RSVP to Joan Miro for zoom information

We will continue to share our stories, laughter, and some glimmers of hope!

94109/94133

Questions to Bobbie Rothman or Juliet Rothman

After a lovely Happy Hour at Ti Piacerà restaurant on July 28th, our group will be on “vacation” until September, when we will be deciding on our theme for the year. Think of some good ideas, everyone, and plan on meeting in September.

Save The Dates



Art Salon: Pandemic Edition

Wednesday, September 1, 2:30 – 4:00 PM

SFV Office, 3220 Fulton St, 94118

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

Art making was just one of the many coping and life giving outlets of months of pandemic living. 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 cultivate the space to show everything off!

Can't make the session? Send us a photo!

SFV Telephone Support Team

Friday, September 10, 2:00 – 3:00 PM

SFV Office, 3220 Fulton St, SF 94118

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

The recent Member Survey reveals that there are a number of SFV members who do not use a computer, the Internet or Zoom. They may be at higher risk for isolation and loneliness.

Join us on Friday, September 10th at 2pm for our very first meeting of the SFV Telephone Support Team. This will be a gathering of SFV members who are interested in volunteering to connect and offer support to other SFV members by phone. What are your visions of the scope and purpose of



the telephone support team? During this hour, we will have an interactive discussion to frame out the mission of our new peer-to-peer support team and form a plan to get the ball rolling.

This program may be a hybrid event with an opportunity available to join via Zoom while a group also gathers in the office. Stay tuned as we learn new ways of hosting programs.

Community Events



Theatre Fun & Games with Evan Johnson

Tuesdays, August 3-24, 10:00 – 11:00 AM

\$15 per class

Sign up here: <https://www.simplenetix.com/e/theatre-fun-games-with-evan-johnson-ticket-74853>

Throw some playful creativity into your week by joining Bay Area-based theatre maker Evan Johnson for this dynamic and joy-filled workshop. Theatre Games are all about listening, responding in the moment, sparking creativity, and having fun! Shake off the blues and manifest fellowship around inspiring ideas and theatrical exploration. Practice new methods of storytelling, improvisation, and collaboration while tapping into your innate enthusiasm and curiosity. Seasoned comedians, actors, and performers are encouraged to join, however, no experience is required!

Evan Johnson is an actor/creator, teaching artist, and community builder with over 15 years of experience. He's the director of the Cosmic Elders Theatre Ensemble, and he hosts regular gatherings, events, and workshops. Evan's background is in physical theatre, improv, solo performance, and playwriting.

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 (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
Wellness Program: Karina Fastovsky – karina@sfvillage.org, ext. 4

San Francisco Village
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