



San Francisco Village

Monthly Newsletter December 2021

From Executive Director, Kate Hoepke:

Dear Members and Friends:

Over the past many months I have been pondering the question of what it means to become an elder, in my family and my community. In January I'll celebrate ten years as the Executive Director of SFV; in March I'll be 67 years old; and in a few weeks I'll be a grandmother for the first time.



My curiosity about eldership is centered on the choices that are mine to make as I navigate this auspicious time of life. What do I care about? How am I contributing to a future I won't live to see? What do younger generations need from me? How can I learn to be a good ancestor?

For me, eldership is not a function of my age, but a dynamic state of being that asks me to show up in the world responsibly and do my part. I must challenge long-held assumptions about culture and privilege, embody the wisdom I've earned and share it. Eldership requires me to lead with my values and demonstrate to younger generations what integrity looks like. It also requires that I sharpen my skills for deep listening and empathy; to be less judgmental and more curious.

Being a good ancestor means acting now for the benefit of future generations. Native Americans teach us in the *Seventh Generation Principle* that decisions we make today should result in a sustainable world seven generations into the future. How would our world be different if we did that? In our lifetime, we may not be able to solve the multigenerational problems of racism or climate change, but we can make progress by doing what is ours to do. We're a link in the chain, not the chain itself.

As a good ancestor, I must acknowledge that intergenerational trauma is real. I see it in my own family wounds caused by immigration, war, loss and addiction. I witness it in our communities as centuries of oppression and inequality disenfranchise people of color and women. I know it in our social systems of patriarchy and dominance that

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New Members in November

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undermine the promise of democracy. When we face up to both personal and collective trauma with the intention to heal, we ensure that we won't pass it on to future generations. That's the work of eldership.

As I write this, Congress is passing the Build Back Better Act. Investments in the future that care for people and the planet. The work of good ancestors.

The staff and I wish you a warm and loving holiday season. We're grateful to be in community with you.

Love,

Kate

Did You Know? Holiday Schedule

The San Francisco Village office will be closed from December 24th until January 3rd. We wish everyone a peaceful and joyous entry into 2022!



New Volunteer Connect Phone Number *Starting mid-December*

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.

How to use the phone system when responding to your volunteer(s):

1. Dial (415) 212-6908
2. You'll hear an automated message with a list of options (e.g. "Press 0 to talk to the SFV office. Press 1 to talk to Maria"). Wait to hear the name of the volunteer you'd like to speak with, then press that number.
3. The phone will ring, just like a normal call! If you get their voicemail, leave (415) 212-6908 as the call back number.

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.

Secret Squirrels: A Project of Generosity

Join San Francisco Village volunteers and members in an exchange of merriment and caring! We are organizing our first ever secret squirrel project, an opportunity to spread cheer via the USPS (and possibly in person). Sign up as a giver, request to be a receiver, nominate SFV friends to be a receiver, or any combination of the above. It's as easy as sending off a thoughtful postcard or as elaborate as delivering flowers in a glitter



pants suit while singing a custom telegram! Our goal is to add some thoughtful surprises to this season of short days and long nights. Sign up with SFV staff and wait to hear from SFV Volunteer Kyra Noonan who your secret squirrel connection(s) will be! These will all be taking place during the month of December. Email info@sfvillage.org or call Nidhi at (415) 387-1375 x 5 to learn more!

Community Technology Network (CTN)

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

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

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

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

December Events



Art Salon

Wednesday, December 1, 2:00 – 3:30 PM

SFV Office, 3220 Fulton St, 94118

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

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

crafts and arts for sale.

Cuba: History, Economics, And Society

Fridays, December 3, 10, & 17, January 7 & 14, 2:30 – 4:30 PM

Zoom

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

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



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

12/3/21 *Cuba's History (1868-1959)*: This session will center on Cuba's "modern history," starting with resistance to Spanish colonization until the beginning of the revolutionary government.

12/7/21 *Cuba's History II (1959-2021)*: Part II will focus on the revolutionary period and how things are changing in the most important moments.

12/14/21 *Cuban Economy*: We will look at the economic evolution of the country to understand its current reality.

1/7/22 *Cuban Society: Culture, Art, Religion*. This session will look at the importance of traditions and education and how they influence Cubans' behavior.

1/14/22 *Cuban Society II: Music, Dance and Practices*. Part II will examine expressions of culture and their significance in order to imagine Cuba's future.

Writers Workshop

Tuesdays, December 7-December 21, 10:00 - 11:30 AM

Zoom

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

This series started in November and is limited to 12 members.

Those on waitlist will get priority enrollment for next series.



San Francisco Village Writers' Workshop welcomes writers of all levels. You can start from a completely blank page or bring something you are already working on. We will explore different writing styles – from memoir to poetry to short and long fiction. We will also read poets and authors that resonate with us – and try to figure out how they transfer their experiences, thoughts and feelings to the written page. You will receive a robust bibliography of books about writing – and we will draw special examples from *A Swim in a Pond in the Rain: In Which Four Russians Give a Master Class on Writing, Reading and Life* by George Saunders (available at SF Public Library).

The Writers' Workshop is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and a book reviewer for the Los Angeles Review of Books. Elinson has led writing workshops at SFV since 2015. We welcome those who have been part of the Writers Workshop in the past and we also welcome newcomers! No experience necessary!



Resiliency Practices in Everyday Life

Mondays, December 6 & 13, 3:30 – 4:45 PM

Zoom

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

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

Learn evidence-based skills to build resiliency that you can use right in the middle of everyday life. Teaching methods include brief lecture periods mixed with experiential exercises. You will also have opportunities to speak with others in structured break-out groups (pairs or triads) as well as in the larger group. Each class will have its own theme and the opportunity to practice new skills in a safe place.

Themes include: Attentional balance and grounding, positive intention setting, emotional balance, gratitude practice, cultivating a positive mindset. Participants will receive a free Wellness Journal.

Judy Long is a palliative care chaplain and educator at UCSF, where she teaches resiliency for patients, family caregivers, and clinicians. Judy also teaches courses in Compassion Cultivation Training, Mindful Self-Compassion, Mindfulness Based Emotional Balance, and Mindfulness Based Stress Reduction.

Holiday Party

Wednesday, December 8, 4:00 – 5:00 PM

Zoom

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

Our annual holiday party will be virtual again this year! Find your sparkles, hats and your most festive wear for this joy filled event. We'll spend time in small groups to recreate that gathered-around-a-table vibe and have a large group toast! We hope you can join us for an hour of connection in community.



Dementia Conversations

Thursday, December 9, 10:30 – 11:30 AM

Zoom

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

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult — but important — conversations about

changes that may be related to dementia.

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

1:1 Tech Time

Thursday, December 9. 1:00 – 2:00 PM, 5:00 -- 6:00 PM

Zoom or by phone

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

Need help with Zoom, your smartphone, a computer or phone app? Do you have a quick question about navigating attachments or filling out forms online? Make a 15 or 30 minute appointment with an SFV volunteer who can walk you through your questions either via Zoom or by phone. Appointments are limited so get your request in early.



DeYoung Virtual Tour: I Left my Art in San Francisco: Treasures from Bay Area artists and donors

Friday, December 10, 1:00 – 2:00 PM

Zoom

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

What did San Francisco look like to artists in the 19th century? How did the Fine Arts Museums get started? Who were some of the principal contributors to our fine collection? In this presentation we try to answer these questions, and to look at works of art in the museum's permanent collection which illustrate the history and culture of the Bay Area. From the Gold Rush to the present day, local artists show us the unique place we live in. We look at early prints, photographs and paintings, landscapes and portraits, people and places that give San Francisco a special place in all our hearts. We also look at the lives and contributions of major donors to the Fine Arts Museums of San Francisco, which make it such a cultural capital, one of the most-visited museums in the country. There'll be time for questions and comments, so come ready to enjoy! Lead by Jim Kohn, Fine Arts Museums Docent.

Rituals for Winter Solstice

Monday, December 13, 2:00 – 3:00 PM

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

In this community contemplation of Winter Solstice, we'll meet darkness with the light of connection. Bring your favorite short poem, brief reading, song or other inspiration on darkness and illumination to share with other SFV members. If you wish to light a candle or otherwise brighten your home during the event, you may want to prepare for that in advance. Facilitator Rachel Lanzerotti will open and conclude the event with short rituals to mark this shortest, darkest day and the season.





San Francisco Holiday Lights Walking Tour

Tuesday, December 14, 4:30 – 6:30 PM

Starting Place: near Palace Hotel, Market and Montgomery, ends near Union Square

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

RSVP required; Space limited

Back by popular demand! This fun-filled tour is unique every year. Fun decorations and surprises along the way provide insights into San Francisco history as well as current city trivia. The tour will be led by SFV member, Marilyn Straka, who runs *On the Level Tours* with no hills or steps. Join Marilyn and other members for a private tour to see downtown San Francisco and all that glitters during the Season! The walk is about 1 mile and mostly outdoors. Inside venues will be determined based on availability and your personal comfort level.

More specifics regarding meeting place and suggestions for transportation to start of walk will be available when you RSVP.

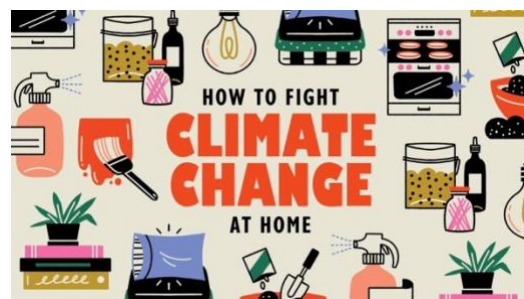
Next Steps in Taking Climate Action

Friday, December 17, 11:00 AM --12:00 PM

Zoom

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

What are we doing in our personal lives to respond to the growing crisis of climate change? If you could change one personal habit that would benefit the climate, what would that be? Change is hard, especially alone. What prevents it? What is doable? Let's talk. We will meet on the 3rd Friday morning of each month - for six months. We can share our experiences and together, make new choices. Please bring your ideas to our monthly meetings. Bill Haskell will facilitate these discussions.



Asian Art Museum Virtual Tour: Genghis Khan – Hero or Tyrant

Friday, December 17, 1:00 – 2:00 PM

Zoom

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

Genghis Khan – a name that conjures up visions of Mongol hordes riding across Asia. He and his descendants came to dominate the largest land empire in history.

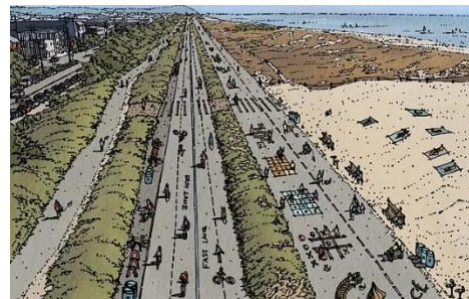
The history of Khans will be told using objects from the Asian Art Museum's collection. Come and see how his legacy continued to influence history for over 800 hundred years.

Seeking Input (Especially from Older Adults) For Great Highway Park

Saturday, December 18, 10:00 -11:30 AM

Meet at Sloat and Great Highway (just inside eastern lanes' gate) at 10AM or 10:45 at "California Kahve" van parked at Taraval and Great Highway

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



Interested in hearing about the proposal to convert the Great Highway into a full time oceanfront park? Want to provide input on how to make it the city's most accessible park for all ages to enjoy nature, be with community, and recreate?

Join for a walk on the Great Highway Park with SFV members and volunteers from the Great Highway Park Initiative. We'll walk together on the Great Highway from Sloat to Taraval, view a Shine on SF art exhibit at Taraval and Great Highway, and have a coffee and donut-fueled brainstorming and feedback session about how a Great Highway Park would be accessible to users of all ages.



December Delight: Happy, Heavenly & Hilarious Holiday Songs

Wednesday, December 22, 2:00 – 3:00 PM

Zoom

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

In this presentation we will celebrate the most engaging and entertaining songs written for the December holidays of Christmas and Hanukkah. You will learn about the songwriters and what inspired them to create these delightful ditties. And you'll see performances by such legends as Danny Kaye, Judy Garland, Shirley Temple, Bing Crosby, Nat King Cole, and the Radio City Music Hall Rockettes. Also, if you wish, bring your favorite Christmas tree ornament or dreidel to help set the mood.

Bonnie Weiss, M.A. is a seasoned theatre educator, and writer. She teaches musical theatre appreciation for S.F. State, U.C. Berkeley and Santa Clara University OLLI; for Road Scholar Elder Hostels and for professional and educational groups throughout California. She has taught at S.F. Conservatory of Music, U.C. Berkeley Extension and the Colleges of Marin and San Mateo. She has written articles and feature stories for The Sondheim Review and Stage Directions Magazines.

Reoccurring Events



Intergenerational Book Club

Wednesday, December 1, 10:00 – 11:00 AM

Zoom

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

Join our intergenerational book club started by volunteer Kiki Couchman! This month the group is reading and discussing *Vanishing Half* by Brit Bennett.

Aging Well with Meditation

Wednesdays, December 1 & 15, 11:00 AM – 12:00 PM

Zoom

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

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



Conversations about Race

Friday, December 3, 11:00 AM – 12:15 PM

Zoom

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

Facilitated by Kate Hoepke and Joanne Low.

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

As a group, we've decided to use the book [*So you want to talk about race*](#) by Ijeoma Oluo to guide our conversations. For the December meeting, we will be using the first two chapters *Is it really about race* and *What is racism* as our theme.

Member to Member Coffee Chat

Monday, December 6, 2:00 – 3:00 PM

Mondays, December 13 & 20, 10:00 – 11:00 AM

Zoom

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

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



Pat Miller, SFV member, will facilitate on December 6, Gretchen Addi, board co-chair, on December 13 and Bill Haskell, SFV member and board co-chair, will facilitate on December 20.



Tai Chi and Qigong

Mondays, December 6, 13, and 20, 1:00 – 1:45 PM

Zoom

Thursdays, December 2, 9, & 16, 2:30 – 3:15 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 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.

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.

Beginning in January 2022, the Thursday session will be a seated class for January and February. The seated class will be geared towards those who are unable to stand for long periods. If you are interested in an in person standing Tai Chi, this will be offered in March and April. Due to space limitations, the class size will be limited and new registrations will be required. Please contact SFV to register.

Play Reading Group

Thursdays, December 2, 16, & 30, 4:00 – 6:00 PM

Zoom

RSVP to Midge Fox

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



Makers & Crafters

Friday, December 3, 2:00 – 3:30 PM

SFV Office, 3220 Fulton St, SF 94118

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

Macrame is in vogue again! In time for the season of giving, you can choose to create a small macrame wall hanging for yourself or as a gift. We will have a limited number of macrame wall hanging kits on hand for \$10/ea. Or you can bring your creativity along with whatever handcraft projects you are working on and simply join our lively group of makers. To reserve a macrame kit please email jill@sfvillage.org. Everyone is welcome!

Grupo de Conversación en Español

Mondays, December 6 & 20, 11:00 AM – 12:00 PM

Zoom

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

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

¡hola!



Solo-Agers Circle

Friday, December 10, 10:30 AM – 12:00 PM

Zoom

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

We're working our way through the book, *Who will Take Care of Me When I'm Old*, by Joy Loverde. It's available to purchase online (or your local bookstore can order it for you) and the SF library has plenty of copies in print and as an e-book. Prior to December 10, please read up through and including chapter 6 - *Aging in Place Alone*. (Please come even if you haven't read it all - the discussion will give you good information.) Call Betty Burr with any questions—415-602-0012.

Let's Play Games

Tuesday, December 14, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

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

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



Street Clean Up: 8th and Fulton

Thursday, December 16, 10:30 AM– 12:00 PM

SFV Office, 3220 Fulton Street

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

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

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

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

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.

LGBTQ Circle

Fridays, December 3, 17, 24, & 31, 1:00 – 2:15 PM

Zoom

RSVP to Bill Haskell

We can share what is going on in our lives – especially during what is a holiday time for many people. We can share what brings us pleasure, what we are enjoying, and what is positive.

94115+

Friday, December 3, 2:30 PM

RSVP to Lynne Fox or Gayle Geary

The third meeting of the 94115+ Circle was held on Friday November 5th via Zoom with nine enthusiastic people. We started with a brief check-in and then had fun talking about a favorite job, project or volunteer assignment we'd had in our lives.. It was great getting to know each other in this way. We decided that we would continue to meet via Zoom for the time being but we hope to meet in person as soon as we feel Covid-safe. **Our next meeting will be on December 3rd at 2:30pm** and we will have a new topic to discuss. We encourage more 94115+ folks to join us.

Please feel free to contact Gayle or Lynne if you are interested in coming to the next meeting. We will be happy to send you a Zoom invitation.

94107/94103

Wednesday, December 8, 1:30 – 3:00 PM

Café de la Presse (352 Grant Ave.)

RSVP to Eve Menger

We'll be meeting for lunch and conversation.

94114/94131

Wednesday, December 8, 3:00 PM

Zoom

RSVP to Heather Solway or Shelley Fernandez

We are continuing to meet via Zoom. Join us!

West of Twin Peaks Circle

Neighborhood Circles:

Sunset Circle: 94122/94116

West of Twin Peaks: 94127/94132

St. Francis Wood, West Portal, Forest Hill, Park Merced, Ingleside Terraces, Oceanview, Merced Heights and Ingleside

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

94107/94103: South of Market/Mission/ Potrero

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

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

94112: Excelsior/Ingleside TBD

94114/94131: Castro/Noe Valley/Glen Park

94115: Pacific Heights/Western Addition/ Japantown

94117: Cole Valley/Haight

94118/94129: Inner Richmond

Thursday, December 9, 1:00 PM

*** Val's Restaurant, 2468 Junipero Serra Blvd., Daly City***

RSVP to Roberta Gordon by December 3

Val's has been at the same location for a half century. It features a retro-cool décor and specialty hand crafted cocktails!

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

Tuesday, December 28, 7:00 – 8:00 p.m.

Zoom

RSVP and zoom questions to LeeAnn DeSalles

Our theme will be “What are your New Year’s Eve and/or Day traditions? Are you making any resolutions for the new year?”

94117

Friday, December 10, 1:00 – 2:15 PM

Thursday, December 23, 1:00 – 2:15 PM

Zoom

RSVP to Bill Haskell

This is close to the Christmas holiday but might be a very good time to meet. 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.

94118

Tuesday, December 14, 12:30 PM

Location TBD

RSVP and Questions to Gabie Berliner or Karen Franklin (

Reach out to Gabie or Karen with questions and ideas.

94121

Wednesday, December 15, 2:00 – 4:00 PM

San Francisco Village Office, 3220 Fulton St

RSVP and questions to Barbara Scrafford Carol Rothman

The 94121 Outer Richmond District Circle is continuing to meet in person. This month we’re meeting at the San Francisco Village office—reach out for more information!

Sunset Circle

Wednesdays, December 15, 2:30 – 3:30 PM

Zoom
RSVP to Steve Hayashi

Sunset Circle continues to meet on Zoom with lively conversations. Questions? Please email Olive Shaughnessy.

Bernal
Saturday, December 18, 7:00 – 8:30 PM
Zoom
RSVP to Joan Miro

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

94109/94133
Questions to Bobbie Rothman or Juliet Rothman

Our circle had a wonderful visit to Old St. Mary's Church in November, and will continue with our theme of visiting religious institutions in January. We will not be meeting, having Zoom chats, or Happy Hours in December. Have wonderful holidays, and a very Happy New Year, everyone!!

Save The Dates



Movies with Steve
Tuesdays, January 4, 11, & 18, 1:00 – 4:00 PM
SFV Office, 3220 Fulton St.
RSVP to (415) 387-1375 or info@sfvillage.org
RSVP required and space limited

Come enjoy a film in the SFV conference room! SFV member and board member Steve Hayashi curates a trio of films every month. This January, check out three movies all starring Jacques Tati and involve his character Mr. Hulot. *Mr Hulot's Holiday*, *Mon Oncle*, and *Traffic*.

Intergenerational Social Justice
Working Group: Creative methods
for social change

Mondays, January 31 – March 7 (not 2/21), 2:00 – 3:00 PM
Zoom
RSVP to (415) 387-1375 or info@sfvillage.org



You're invited to participate in an intergenerational conversation at the intersection of identity and social justice. Join dance maker Liv Schaffer (University of San Francisco/Dance Generators) and 15 undergraduate students in embodied experiences, creative research, and provocative dialogue rooted in racial equity, anti-ageism, and restorative justice. Activities will include structured

storytelling, guided and improvisational movement, creative writing, and dynamic group discussion. Drawing on a wide spectrum of lived experiences, the goals of this group are to hold space for differing perspectives, challenge assumptions, affirm lived experiences, and share new resources for social progress, accountability, and growth.

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



CircleTalk

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

SFV Office, 3220 Fulton St.

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

CircleTalk™ is series of one-hour, guided meetings that are participatory, engaging, and fun. We encourage important and meaningful expressions of personal stories and ideas by

exploring topics such as important personal moments, admired people, experiencing historical moments and much more!

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

Belonging: Art by San Francisco Village Members

Early 2022

SFV office gallery, 3220 Fulton St.

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



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

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

Volunteer Support



Request a Volunteer and Volunteer Opportunities

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

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

Reach out to Jill for help with:

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

SFV volunteers want to spend time with you!!!

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

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



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

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

Please note that the programs and events listed in this newsletter are offered to members of San Francisco Village.

To learn more about registering for membership,
please contact Jill Ellefsen.

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

San Francisco Village
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www.sfvillage.org | www.facebook.com/sfvillage | www.twitter.com/SF_village