



# San Francisco Village

## Monthly Newsletter

November 2021

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

November is a good time for reflection. On this rainy afternoon at the end of the year, I'm thinking about all that we've come through the past 18 months, and how we've been changed. Global pandemic, racial reckoning, climate disaster, insurrection, disinformation, political brinksmanship. At a time when trust in our basic social contracts is eroding, the work of SFV as an intentional caring community is more essential than ever. We are compelled to consider how we can serve more people, in new ways.



Last summer, the board and staff started working with diversity/equity/inclusion (DEI) consultants [Nita Baum](#) and Jillian Hubbard. Together, we took a deep dive into our organizational culture to make conscious what was unconscious - the unintentional unspoken agreements operating under the surface in alignment with white dominant culture. Choices made by default. We wanted to know if we could make different choices that would result in a more equitable and inclusive community.

That led us into the strategic planning process. Thanks to a dedicated group of members, staff and board members meeting for seven months, it is nearly completed. I'm proud to say it captures the moment we're living in and gives voice to what SFV can become.

SFV has always operated at the intersection of health care and social care and will continue in that mission. We believe optimal health requires social connection, access to care and knowing that we belong. We also believe that elders have an important leadership role to play in convening younger generations in dialogue and collective action. Let's call it eldership. Younger people need elders to call them into the circle, and we need to learn from them new and important ways of thinking about race and racism, justice, sexuality, gender and other critical social issues. Let's invite them to teach us.

After 30 interviews with various stakeholders including members,

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#### New Members in October

Marilyn Herand 94114  
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Charlan Nemeth 94123

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volunteers, staff, funders and colleagues the team is affirming a new vision for SFV that imagines a more equitable organization, across race, age and culture. We imagine an expanded community that includes people of diverse cultures and backgrounds who share in our mission to co-create a web of connection during a time of great uncertainty. As always, we're committed to a learning journey and we're grateful to be sharing it with you.

We're planning to share the details of the strategic plan with you at the State of the Village meeting in February. Between now and then, stay healthy and stay in touch. There are more than 45 events to choose from in November. That's a lot of ways to stay in touch! I hope you find something that makes your heart sing.

Love,



## In Memorium



### Manny Miro (94112)

Manny loved the theatre, movies, reading, eating good food and traveling. He was Puerto Rican and a great Latin dancer. He was fluent in Spanish, French and a little Italian. We traveled the world together: India, France, Australia, New Zealand and Alaska.

But his greatest love was Oaxaca, Mexico. It became a second home that we visited every year for a month. We had a little apartment, near a dear friend, and spent our days slowly enjoying the warm, loving people, the vibrant colors, the food, the art; it was a feast for all our senses.

Manny and I were "hippies" living in Haight Ashbury in the 60's. We had our children there and marched in the peace marches and listened to the great music in the panhandle. Years ago he acted and directed in little theatre groups in Marin and San Francisco. We worked at The Renaissance Faire for many years running a pewter jewelry business. Manny's last job was as a manager for Good Life Grocery in Potrero Hill, where the customers loved him. He was a gentle quiet man with a great smile. As a friend wrote "I always thought of him as a cuddly teddy bear, kind and so sweet".

Manny and I were so happy when we joined the Village. It became a large part of our social lives. We met so many great amazing people, staff included. So many happy memories.

The last year has been difficult for Manny as he struggled with many health issues. We sold our house, moved into assisted living, hoping that would make life easier. But he was just tired of it all. One day he laid down on my bed to rest for a minute and found peace.

Manny was a father to Kim and Todd, a grandfather to Cody, Casie, Logan and Miles, a brother to Bob, George, Linda and Eileen and my companion for over 60 years. He will be greatly missed by all of us.

## Did You Know?

### Holiday Closures

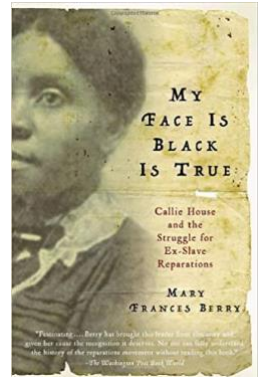
The San Francisco Village office will be closed November 25 & 26 for the Thanksgiving holiday.

## Member to Member

### Listening to Black Voices Cluster

The Listening to Black Voices Cluster invites other SF Village members to join our provocative discussions and fun activities. We read one book a month and supplement our reading by other activities. Contact Sharon Kuester for more information.

We have read *Homegoing* by Yaa Gyasi, *While Justice Sleeps* by Stacey Abrams, *The Color of Law: A Forgotten History of How Our Government Segregated America* by Richard Rothstein, *How the Word is Passed: A Reckoning with the History of Slavery Across America* by Clint Smith, and *Post-Traumatic Slave Syndrome: America's Legacy of Enduring and Healing* by Joy DeGruy.



We have also attended Juneteenth celebrations, participated in Bayview Clean-Ups and Beautifications, Grocery Packing with the African-American Faith-Based Coalition, viewed films such as *Summer of Soul* and *Respect*, shopped at Black-owned businesses, listened to interviews and panel discussions of relevance, and joined a steel drum band.

Our next meeting is November 3rd (and every first Wednesday of the month) at 4:00 pm, locations vary. We will be reading *My Face is Black Is True: Callie House and the Struggle for Ex-Slave Reparations* by Mary Francis Berry.

## November Events



### Mindfulness and Connection for Challenging Times

Tuesdays, November 2 & 9, 10:30 – 11:30 AM

This series started in October

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Would you like to recharge, reconnect, and learn simple practices to help change your relationship to stress? Join us for a 4-week online series. The series includes a combination of mindfulness and stress management practices, interaction and discussion (including breakout sessions), some journaling, and instruction of how stress impacts the brain and body. Simple evidence-based practices include breathing practices, focused attention, body scan, cultivating compassion, gentle movement, and everyday activities like walking, eating, talking where you can practice mindfulness. You will walk away with practices and strategies you can easily integrate into daily life, and maybe with some new connections as well!

Terre Passero has a passion for helping individuals grow personally and professionally. She founded Mindful Stress Management, whose mission is to help eliminate roadblocks to success and wellbeing. She has been teaching mindfulness since 2005 and has decades of experience leading global teams in organizations. She is a Certified Mindfulness-Based Stress Reduction

(MBSR) Instructor and a Certified Stress Mastery Educator. She also spent five years in Japan where she practiced (and still practices) Zen meditation.

## **Fiduciary Services 101**

**Thursday, November 4, 10:30 – 11:45 AM**

**Zoom**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

A fiduciary relationship is one of confidence and trust. A professional fiduciary assists those who may no longer be able to manage their financial or personal affairs. At times these responsibilities are handled by close family members and friends. There are other times when an experienced, qualified, independent professional can serve you and your loved ones' best interests.



Hear from Erin Markey at Best Interest Fiduciary Services about the ins and out of what a professional fiduciary does and what to look for in hiring one.

Following Erin's presentation and Q&A, we'll hear from two San Francisco Village members and their decision-making process in hiring their fiduciaries. Spoiler alert—they arrived at very different answers, illustrating just how personal a decision this is! We hope their journeys and learnings can help other Village members.



## **The Storytelling Connection**

**Friday, November 5, 11:00 AM -- 12:15 PM**

**This series started in October**

**Zoom**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Storytelling strengthens community. It has ancient roots. Strong roots make a resilient community. Listening together is like traveling one shared landscape of wonder.

Hearts open. Memories dance at the edges. Sighs and laughter harmonize. Let's share the moment.

Come and be transported into the universal story themes, by listening and, if desired, reflecting and sharing your own experiences. San Francisco Village resident storyteller Olive Shaughnessy has been a professional storyteller for over 30 years, sharing the gifts of her trade through mesmerizing listening experiences. Visit her website <https://olivestoryteller.com/>

In this series, she'll also dive into the elements and qualities of fairy tales, fables, myths, and legends. A fairytale becomes a real-life example when she shows how to apply the same principles to personal stories and a prop becomes a prompt for further reflection and sharing.

This series was intentionally planned for zoom so we can see each other's faces rather than masked. We know connections are different virtually and that facial expression, words and voice carry the story. Writers, actors, storytellers, people who want to be mesmerized, people who want

personal connection, people who want to try something new or something familiar, there is space for all. We hope you join us!

## **Aromatherapy for Health and Wellness**

**Friday, November 5, 2:00 – 3:00 PM**

**Zoom**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Let's explore fun and creative ways in which we can incorporate aromatherapy into our daily routine. In this webinar we will learn how to enhance our self-care regimen and improve our overall health and wellness, while reducing exposure to deadly toxins and harmful chemicals that affect our wellbeing.



Essential oils, spices, and herbs have therapeutic properties that can improve overall wellness and enhance quality of life when used appropriately and safely. This ancient healing art can be useful in pain management, reducing stress and anxiety and treating insomnia and headaches and overall improving emotional, mental, and spiritual well-being. Featured Essential Oils: Lavender, frankincense, lemongrass, orange, peppermint, eucalyptus, tea tree, and others



## **Movies with Steve: Humphry Bogart Series**

**Tuesdays November 9 & 16, 1:00 – 4:00 PM**

**\*SFV Office, 3220 Fulton St, 94118\***

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Come to the San Francisco Village office to see Classic Humphry Bogart movies: *Casablanca*, with Ingrid Bergman, and *To Have and Have Not*, with Lauren Bacall. Hosted by SFV member and board member Steve Hayashi.

## **Healthy Eating for YOU**

**Tuesday, November 9, 3:00 – 4:00 PM**

**Zoom**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

The presentation will define what healthy eating healthy means for you. We will discuss obstacles to eating a healthier diet as well as options, tools and resources to make healthy eating achievable.



The presenter is Pat Soderberg, RN, who has been a dietitian for 31 years, coach for seven years and is passionate about staying healthy so she can be outdoors as much as possible!



### 1:1 Tech Time

Wednesday, November 10, 5:00 -- 6:00 PM

Thursday, November 18, 1:00 – 2:00 PM

Zoom or by phone

RSVP requests to [jill@sfvillage.org](mailto:jill@sfvillage.org) or 415-387-1375x2

Need help with Zoom, your smartphone, or 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.

### The 10 Warning Signs of Alzheimer’s

Thursday, November 11, 10:30 – 11:30 AM

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Learn how to recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.



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



### Experience Exchange

Tuesday, November 11, 1:30 – 2:30 PM

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

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. Participants are joining as part of their company’s day of service.

### DeYoung Virtual Tour: Belonging

Friday, November 12, 1:00 – 2:00 PM

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

How do people join groups and share relationships? We will be looking at a series of paintings and objects showing the







## Asian Art Museum Virtual Tour: Timeless Traditions: Expressions of the Divine In Indian Art

Friday, November 19, 1:00 – 2:00 PM

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Explore the vast panoply of South Asian art through the prism of its major belief systems: Hinduism, Buddhism, Jainism, and Sikhism. Discover how for thousands of years the artists of India and its neighbors have beautifully depicted their impressions of their deities and their cultures.

## Resiliency Practices in Everyday Life

Mondays, November 29, December 6 & 13, 3:30 – 4:45 PM

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)



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.

## Reoccurring Events



### Tai Chi and Qigong

Mondays, November 1, 8, 15, 22, & 29, 1:00 – 1:45 PM

Zoom

Thursdays, November 4, 11, & 18, 2:30 – 3:15 PM

\*SFV office, 3220 Fulton St, 94118\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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.

### **Member to Member Coffee Chat**

**Mondays, November 1 & 8, 2:00 – 3:00 PM**

**Monday, November 22, 10:00 – 11:00 AM**

**Zoom**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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.



Barbara Kivowitz, SFV member and board member, will facilitate November 1, Pat Miller, SFV member on November 8, and Bill Haskell, SFV member and board co-chair, will facilitate on November 22.



### **Longevity Explorers Circle**

**Tuesday, November 2, 2:00 -- 3:30 PM**

**Zoom**

**If not already on the Longevity Explorers email list, please**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Join an intimate group to discuss solutions to the challenges of growing older. The group is 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.”

### **Aging Well with Meditation**

**Wednesdays, November 3, 17, & 24, 11:00 AM – 12:00 PM**

**Zoom**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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





### Play Reading Group

Thursdays, November 4 & 18, 4:00 – 6:00 PM

Zoom

RSVP to Midge Fox

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

### Makers & Crafters

Friday, November 5, 2:00 – 3:30 PM

\*SFV Office, 3220 Fulton St, SF 94118\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Bring your creativity along with whatever handcraft projects you are working on and join our lively group of makers. We will show off our latest creations and take some time to catch up with each other. Feel free to work on your own project or join in while we will continue with "Knitting 101" for those who have never knit before but would like to learn or brush up on the basics. We will have the yarn and needles needed to start, but feel free to bring your own. Everyone welcome!



### Grupo de Conversación en Español

Mondays, November 8 & 22, 11:00 AM – 12:00 PM

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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!

### Solo-Agers Circle

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

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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 November 12, please read up through chapter 5. (Please come even if you haven't read it all - the discussion will give you good information.) Call Betty Burr with any questions.





### Let's Play Games

Tuesday, November 16, 1:00 – 3:00 PM

\*SFV office, 3220 Fulton Street\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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: 8<sup>th</sup> and Fulton

Thursday, November 18, 10:30 – 11:30 AM

\*SFV Office, 3220 Fulton Street\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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!



### Intergenerational Book Club

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

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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.

### Conversations about Race

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

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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.

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.

### 94109/94133

**Tuesdays, November 2, 16, & 30, 3:00 PM**  
Zoom

**Thursday, November 11, 1:00 PM**  
**\*Old St. Mary's Church\***

**RSVP and questions to Bobbie Rothman or Juliet Rothman**

Our first excursion with our new theme, San Francisco's religious institutions, will take place on Thursday, November 11th at 1 PM. We will visit Old St. Mary's Church, where Father Tom, the church's historian, will meet with us to discuss the church's fascinating history and current programs. Following our visit, we will have coffee at a nearby coffee house. Please RSVP because Father Tom is preparing handouts, with old photographs too!

Zoom chats are scheduled for three Tuesdays in November - the 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> at 3pm with Leslie Stafford, our hostess. Zoom information will be sent before meetings. Our wonderful Happy Hours at Ti Piacerà with Persis will resume after the holidays.

### LGBTQ Circle

**Fridays, November 5, 19 & 26, 1:00 – 2:15 PM**  
Zoom  
**RSVP to Bill Haskell**

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.

### 94115+

**Friday, November 5, 2:30 PM**  
**RSVP to Lynne Fox or Gayle Geary**

### Neighborhood Circles:

**Sunset Circle:** 94122/94116

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

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

**94107/94103:** South of Market/Mission/Potrero

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

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

**94112:** Excelsior/Ingleside TBD

**94114/94131:** Castro/Noe Valley/Glen Park

**94115:** Pacific Heights/Western Addition/Japantown

**94117:** Cole Valley/Haight

**94118/94129:** Inner Richmond

**94121:** Outer Richmond

**94123:** Marina/Cow Hollow

**LGBT Circle:** Citywide

The second meeting of the 94115+ Circle (+ a few members from other zip codes) was held on October 8 via Zoom with a very enthusiastic group of folks. We shared information about ourselves and enjoyed getting to know each other. We decided that we would continue to meet on Zoom for the time being but we hope to meet in person as soon as feasible. Our next meeting will be on November 5 at 2:30pm. Please feel free to contact [gayle.geary@gmail.com](mailto:gayle.geary@gmail.com) or [lynnfox5@gmail.com](mailto:lynnfox5@gmail.com) if you are interested in joining our group and we will be happy to send you a Zoom invitation.

## **94121**

**Tuesday, November 9**

**\*Location and time TBD\***

**RSVP and questions to Barbara Scrafford or (415) 387-7299 or Carol Rothman**

The 94121 Outer Richmond District Circle is continuing to meet in person. Time and place to be announced—reach out for more information!

## **94107/94103**

**Wednesday, November 10, 1:30 – 3:00 PM**

**\*John's Grill, 63 Ellis Street\***

**RSVP to Eve Menger**

We'll be meeting for an outdoor lunch and conversation. The outdoor space at John's Grill is covered (in case we get our hoped-for rain) and has outdoor heaters.

## **Sunset Circle**

**Wednesdays, November 10 & 24, 2:30 – 3:30 PM**

**Zoom**

**RSVP to Steve Hayashi**

Sunset Circle continues to meet on Zoom with lively conversations and a monthly biography that has us all enthusiastic for the riches among us. New members have joined in as well. If our time does not work for you, or if you have not joined in a while and want to reconnect, please email Olive Shaughnessy. Maybe our timing is not good for you? Or you are shy to join us after a long absence.

## **94114/94131**

**Wednesday, November 10, 3:00 PM**

**Zoom**

**RSVP to Heather Solway or Shelley Fernandez**

We are continuing to meet via Zoom. Join us!

## **West of Twin Peaks Circle**

**Thursday, November 11, 1:00 PM**

**\* Boulevard Cafe, 2 Poncetta Drive, Daly City (Access from John Daly Boulevard) \***

**RSVP to Roberta Gordon by November 5**

The cafe has a full bar and a diverse menu which includes salads, sandwiches, pastas, and breakfast until 2:00 pm. Please bring cash. We add 30% to our orders, which includes tax and tip.

Please bring a mask, ID and proof of vaccination. We cannot coordinate car-pooling, but we encourage you to invite a friend who drives. We welcome the opportunity to introduce new people to The Village!

**Tuesday, November 30, 7:00 – 8:00 p.m.**

**Zoom**

**RSVP and zoom questions to LeeAnn DeSalles**

Our theme will be “If you could be an Olympic athlete, what sport would you compete in?”

**94117**

**Friday, November 12, 1:00 – 2:15 PM**

**Wednesday, November 24 1:00 – 2:15 PM**

**Zoom**

**RSVP to Bill Haskell**

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 Zoom invitation - on the morning of the virtual get-togethers.

**Bernal**

**Saturday, November 20, 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.

**94118**

**TBA**

**Questions to Gabie Berliner or Karen Franklin**

We're sorting out our future plans! Reach out to Gabie or Karen with questions and ideas.

## **Save The Dates**



### **Art Salon**

**Wednesday, December 1, 2:00 – 3:00 PM**

**\*SFV Office, 3220 Fulton St, 94118\***

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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 cultivate the space to show everything off. In addition, some members will have their crafts and arts for sale.

## Wellness with Massage

Friday, December 3, 3:00 – 4:00 PM

\*SFV Office, 3220 Fulton St, 94118\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Release the stresses of the past 20 months and holiday season with a chair massage! Volunteers from National Holistic Institute Massage School will be at the San Francisco Village office. Sign ups required to make sure we can balance the schedule.



## Holiday Party

Wednesday, December 8, 4:00 – 5:00 PM

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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](mailto: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.

## 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](mailto: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!

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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.

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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  
3220 Fulton St., San Francisco, CA 94118 | (415) 387-1375  
[www.sfvillage.org](http://www.sfvillage.org) | [www.facebook.com/sfvillage](https://www.facebook.com/sfvillage) | [www.twitter.com/SF\\_village](https://www.twitter.com/SF_village)