



San Francisco Village

Monthly Newsletter

April 2022

From Executive Director, Kate Hoepke:

Dear Members and Friends:

One way I know that Spring has arrived is the sweet sound of birds, serenading me and my neighbors, reminding us that nature is at work renewing itself. There is a sense of hope and confidence that regardless of human frailty and ignorance, trees will leaf, flowers will bloom, animals will give birth. It is a hopeful time. To quote Emily Dickinson: Hope is the thing with feathers, that perches in the soul, and sings the tune without the words, and never stops at all.



Choosing hope seems like the only rational thing to do these days. The news of what is happening in Ukraine is unbearable. The spectacle of a degrading Supreme Court nomination hearing is shameful. The threats to our planet and our democracy lay me low. Where can we find sustenance and support to endure this unrelenting series of collective traumas?

For me, I find that sustenance in community and I think many of you do too. We need daily reminders about what is good in the world. At SFV we have mountains of evidence. Acts of kindness among members and volunteers. Conversations that open our hearts and minds to new ideas and people. Support for when we feel alone and unable to navigate a crisis. We need to remember that life is rooted in love, not fear, and our contribution matters.

This month we are proud to feature the contributions of eight SFV artists in our inaugural art exhibit at the SFV office. It's entitled *Belonging* and curated by Sarah Kent. In the exhibit statement Sarah writes, "It is a human longing to seek out places, people, and situations where we feel connected, accepted, and part of something bigger than ourselves. Art helps us to see our shared humanity. In this debut gallery exhibition, eight artists from the San Francisco Village community explore the universal desire to gather, bond, nurture, and claim place in society." There will be both in-person and virtual viewings scheduled this month, including a conversation with the artists on April 14th.

In This Issue:

From the E.D.
Did You Know?
April Events
Reoccurring Events
Neighborhood Circles
Member to Member
Save the Dates
Volunteer Support

New Members in March

Cynthia Molstad 94109
William Stollar 94121

San Francisco Village Staff Contact

(415) 387-1375
info@sfvillage.org

Kate Hoepke
Executive Director
kate@sfvillage.org, ext. 1

Jill Ellefsen
Member Services Director
jill@sfvillage.org, ext. 2

Sarah Kent
Program & Creative Director
sarah@sfvillage.org, ext. 3

Jessica Da Silva
Communications and Fund
Development Director
jessica@sfvillage.org, ext. 6

Nidhi Patel
Administrative Assistant
nidhi@sfvillage.org, ext. 5

Sarah's statement concludes, "As a community organization dedicated to operationalizing love, we know the transformative power of belonging. We're glad you're here, that we're here together." Bravo Sarah and artists!

We're offering a few new programs this month including a social hour on a Saturday evening, charades in the office, intergenerational walks in Golden Gate Park and a taboo topics discussion facilitated by Rachel Lanzerotti. What do you say? Time to try something new?

Love,

Kate

Did You Know? Share Your Story



SFV is a founding partner of Village Movement CA (VMC), the statewide coalition of 45 villages, that works to ensure sustainability of existing villages and expand the network to California's diverse communities. Last year, VMC was successful in getting villages included in the CA Master Plan for Aging and just last month, VMC submitted a budget request to the state legislature to carry out its work. As the Master Plan for Aging is implemented, it's important that VMC communicate the value of village membership to a variety of stakeholders, including members of the legislature and the aging services network.

VMC is requesting short anecdotes about your experiences with SFV to illustrate that value. Please take a few minutes to write a brief paragraph describing how SFV has helped you:

- Stay in your home longer than expected
- Find a needed service
- Stay connected and mentally healthy during COVID-19
- Improve your quality of life

Brief is better! Send your anecdote to Charlotte Dickson charlotte@villagemovementcalifornia.org

Member Directory Updates

Each spring, we update the SFV Member Directory so if you have any address, phone number or email changes to report, please email them to nidhi@sfvillage.org before 4/15/22.

New Volunteer Connect Phone Number

Thanks to improvements in technology, you'll soon see (415) 212-6908 on your caller ID when San Francisco Village volunteers call you. Save it to your contacts as SFV Volunteer Connect!



Our office number remains the same (415) 387-1375.

Note: This only works after being matched with a volunteer. If you haven't been matched yet or have any questions, please call Jill at (415) 387-1375 ext 2.

April Events



Let's Get Moving Again!

Tuesdays, April 5 -- April 26, 11:00 AM – 12:15 PM

This series started in March. Please contact the office to see if there is space.

SFV Office, 3220 Fulton St, 94118

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

Proof of up-to-date vaccination and secure fitting n95 mask required

The pandemic has had an outsized effect on the mobility of older adults, so . . . 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? to tolerate sustained walking after months of short-distance ambulation in the home? to balance on outdoor surfaces which are so much more challenging than those indoors? 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.

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 Livelong 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. Penny will be assisted by two USF students.

Intergenerational Walks in Golden Gate Park

Wednesdays, 4/6, 4/13, 4/20, & 4/27, 2:00 – 2:30 PM

and Fridays 4/1, 4/8, 4/15, 4/22, & 4/29, 2:00 – 3:00 PM

Meet at SFV Office, 3220 Fulton St, 94118

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

Join USF senior Kinesiology majors, Ellie and Gianna, for walks in Golden Gate Park! Come once, come weekly, come twice weekly! Get moving and connect with friends, new and old.





Art Salon

Wednesday, April 6, 2:00 – 3:00 PM

SFV Office, 3220 Fulton St, 94118

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

Come show off what you've been creating! We'd love to see paintings, drawings, photographs, needle work, crafts, hear some of your writings, listen to your songs, and more. This is also a chance to see artwork from the new exhibition *Belonging*.

SF Symphony

Guerrero Conducts Corigliano & Piazzolla

Thursday, April 7, 2:00 PM

Open Rehearsal: Mäkelä Conducts Shostakovich 10

Thursday, April 28, 10:00 AM

Davies Symphony Hall, 201 Van Ness Ave.

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

Tickets limited and will be emailed



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

In addition, if you would like to request your own ticket(s), please view the list of upcoming concerts and make your selections, [click HERE](#). Upon submitting your selections, tickets will be sent to the email provided (subject to availability.) Please note that eTickets will be sent 24 hours prior to the concert requested, at the latest.



Fine Arts Museums Virtual Tour: Hung Liu: Portraits of Promised Lands

Friday, April 8, 1:00 – 2:00 PM

Zoom

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

Hung Liu (1948–2021) was a contemporary Chinese-born American artist, whose multilayered paintings established new frameworks for understanding portraiture in relation to time, memory, and history. Often sourcing her subjects from photographs, Liu elevated overlooked individuals by amplifying the stories of those who have historically been invisible or unheard. Having lived through war, political revolution, exile, and displacement, she offered a complex picture of an Asian Pacific American experience. Her portraits speak powerfully to those seeking a better life, in the United States and elsewhere. Hung Liu: Portraits of Promised Lands has been a major exhibition at the National Portrait Gallery.

Belonging: An Art Exhibit by members of San Francisco Village

In-person viewing and conversation: Monday, April 11, 10:30 - 11:30 AM

SFV Office, 3220 Fulton St, 94118

Virtual Gallery Tour and Conversations with Artists: Thursday, April 14, 10:30 -- 11:30 AM

Zoom

Drop in: Please contact staff to make sure the office is open and don't have a program running at the same time

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



It is a human longing to seek out places, people, and situations where we feel connected, accepted, and part of something bigger than ourselves. Art helps us to see our shared humanity. In this debut gallery exhibition, eight artists from the San Francisco Village community explore the universal desire to gather, bond, nurture, and claim place in society.

As a community organization dedicated to operationalizing love, we know the transformative power of belonging. We're glad you're here, that we're here together.



Member Walking Group: Golden Gate Bridge

Tuesday, April 12, 10:30 AM

Meet at Golden Gate Bridge Welcome Center at South side of bridge

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

Have you ever walked across the Golden Gate Bridge? Well, this is your chance to not only get your exercise for the day but learn the history of building the bridge, identify the landmarks you are viewing and get a dose of GGB trivia!

The walk is 1 ½ miles – we will walk ½ way across the bridge and return - takes about 1 ½ hours. Some may wish to walk across the entire bridge and back on their own. There is a bathroom at the beginning of the walk and the end (south side). Lunch is an option after the walk. Bring your own bag lunch or buy food at the Round House Cafe.

You will receive a free self-guided walking tour booklet of our route with a map and points of interest both for the GGB and Fort Point, gifted by your *On The Level* walking guide and SFV member, Marilyn Straka.

Recommended way to reach the start: #28 bus stops at the start/end. Parking (if you drive): By the Welcome Center or East Battery (about 5 min walk from start). Both require payment. Welcome Center has a two-hour limit but East Battery is all day parking.

Charades: Come play!

Tuesday, April 12, 2:00 – 3:00 PM

SFV Office, 3220 Fulton St, 94118

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

By member request, we're testing out a game of charades. Bring the silent drama and get ready to play!!



Aging Intrigues Us: Let's talk taboo

Wednesdays, April 13 & 20, May 4, 11 & 25, and June 1, 2:30 - 3:30 PM

All must attend April 13 and at least four of the six dates.

Zoom

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

Topics like **sex**, **money**, **incapacity**, **aloneness** and **death** have a special flavor when combined with getting old. These are

subjects that "old people" aren't expected to tackle or talk about directly. Gather your courage and curiosity to explore how we relate to taboo topics. In six facilitated discussions among San Francisco Village members, we will surface touchy topics, shedding light on what's often concealed or scary or awkward. We'll ask: What have we lost? What have we gained or reconciled? What are our wishes for ourselves? What is it like for us now?

This is not a therapy group, though it is a chance to connect on topics that scare, anger or confuse us; make us laugh or perhaps feel gratitude. Led by Rachel Lanzerotti, each session will have a brief framing, solid set of discussion agreements, and a set of bold starting questions. You will be invited to listen to others and speak from your personal experience. Please commit to attend at least four of the six conversations by zoom, including the first meeting on April 13.

Rachel Lanzerotti, MSW, C-IAYT (she/they) is a seasoned teacher and facilitator. She is a longtime social worker at the intersections of gender, sexuality, aging, social justice, and embodied contemplative practices. Rachel launched the Aging Well program of San Francisco Village, where since 2014 she leads weekly meditation.

Taking Climate Action: Elders Climate Action & 350 Bay Area

Friday, April 15, 11:00 AM to 12:00 PM

Zoom

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

This climate action group will continue to focus on plastic and plastic pollution. Two organizations that lobby and advocate for legislation that prevents plastic pollution will



be presented. Linda Lewin will research and present the work of Elders Climate Action (ECA) and Francis Payne will present the work of 350 Bay Area.



Asian Art Museum Virtual Tour: Breaking the Frame: Conversations with Contemporary Asian Art

Friday, April 15, 1:00 – 2:00 PM

Zoom

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

What do we mean by contemporary art? Is contemporary Asian art specific to location, culture, artist? Showcasing newly acquired and commissioned contemporary pieces, this presentation from the Asian Art Museum profiles selected artists and their work. Frequently using their own words, it explores their inspiration, techniques and materials, and their identity as multicultural artists. Become acquainted with these talented and visionary artists who are breaking the frame.

Engaging Elders in Climate Action

Thursday, April 21, 10:00 – 11:00 AM

Zoom

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

While the facts of the climate crisis are evident, many people, corporations, and governments have not listened or taken action. As a result, we have been losing the fight to reduce the destruction of our climate. So now it is time for us to take action. The real issue is money and power in the fossil fuel industry. Also, today the right to vote is being suppressed and eroded in many states across the US. We are being led to the edge of a rebellion against democracy. We older adults will need to work to buttress the fight to save democracy.



On March 17, we continued to explore Third Act, a national network of elders supporting younger activists engaged in climate action. The two action areas are: (1) saving our climate – finance/divestment; and (2) saving our democracy – politics/voting rights. Also, we continued to explore the creation of a member-led climate action interest group. Ashby Village members Rochelle Lefkowitz and Tobey Klein gave an informative, inspiring, and enlivened talk – about their involvement with Third Act AND about ways to start a member-led climate action interest group. The presentation/discussion got SFV members excited about participating in such a group.

On April 21, we will discuss our involvement in Third Act and focus on forming a member-led climate action interest group in SFV. Toward this end, we will: (1) review the steps to form this interest group; (2) explore one to three climate topics to get involved in; (3) consider what each person likes and hates to do; (4) determine how to shift from a leadership model to a shared responsibility model; and (5) decide what climate actions we would like to collaborate on with Ashby Village's Climate Action Task Force. Linda Lewin, Frances Payne, Marvin Berkowitz and Ruth Schoenbach all agreed working together and forming a member-led climate action interest

group is a good idea. Olive Shaughnessy said this is a community option - not to face this climate crisis alone. We are ready to begin!



Experience Exchange: Masters of Public Health students

Tuesday, April 26, 5:00 – 6:15 PM

Zoom

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

San Francisco Village is thrilled to be partnering with USF for our third annual experience exchange between members and Masters of Public Health students. By spending time in a one-on-one

conversation, both parties will gain a better understanding and connection to a different generation. Topics discussed can include, but are not limited to backgrounds, interests, life experiences, and thoughts about the future.

Transforming Death Care: Part II

Wednesday, April 27, 2:00 – 3:30 PM

SFV Office, 3220 Fulton St, 94118

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

Join Death Doula and Registered Nurse, Stephanie Crawford, for a unique discussion about end-of-life care. Death doulas are non-medical professionals who transform the death and dying experience by helping folks discover and live out their unique end-of-life wishes, as well as provide support and guidance to the dying person and their loved ones before, during, and after death. Join Stephanie for Transforming Death Care: Part II where we will discuss the value of working with a death doula early-on in the disease or aging timeline; embracing dying as a community event; and the ripple effect of dying well. This will be a conversational style event, with plenty of space for questions, comments, and shares in our 90 minutes together.



Reoccurring Events

Makers and Crafters

Friday, April 1, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

We are excited to be meeting once again in person this month! Join our lively group of makers and bring whatever hand craft projects you are working on as well as completed pieces you would like to show off.



Those of us who started the macrame project in December will resume knotting away to complete our wall hangings. Everyone is welcome to join, no matter what your craft or art form is.



Virtual Tai Chi and Qigong

Mondays, March April 4, 11, 18 & 25, 1:00 – 2:00 PM

Zoom

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

Tai Chi and Qigong are exercises designed for health of mind and body. This 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. This class emphasizes 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, April 4 & 11, 2:00 – 3:00 PM

Mondays, April 18 & 25, 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 April 4, Barbara Kivowitz, SFV member and board member on April 11, Bill Haskell, board co-chair and SFV member on April 18, and Gretchen Addi, SFV board co-chair on April 25.



Let's Play Games

Tuesday, April 5, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

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

The game group is back to meeting the first Tuesday of every month. Let's have fun! We play cards and board games and love when you introduce us to a new game. Join us! We are especially looking for Scrabble players so let us know when you RSVP if that's what you want to play.

Intergenerational Book Club

Wednesday, April 6, 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. In April we will be reading *Whereabouts* by Jhumpa Lahiri and on May 4 we will discuss *Catcher in the Rye*.





Aging Well with Meditation

Wednesdays, April 6, 13, 20, & 27, 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. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group. The group is led by Rachel Lanzerotti, IAYT-Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group

In person Tai Chi and Qigong

Thursdays, April 7 - May 19, 2:30 – 3:30 PM

This series started in March. Please reach out to see if there is space.

SFV office, 3220 Fulton St, 94118

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

Space limited for Covid safety



The in-person Thursday class will focus on the first twelve movements of the Sun Style form. This 8-week class is ideal for any experience level, from beginner to seasoned practitioner. The chair and standing series is open to all abilities, including those who are unable to stand for long periods. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Virtual Social Hour

Saturdays, April 9 & 30, 5:00 – 6:30 PM

Zoom

RSVP to Leslie Strafford

A new virtual program! Join us for this purely social time to check in and connect with each other. A great chance to hear from others and to share what's happening in your life and/or how you're processing what's happening elsewhere. SFV members Leslie Strafford will facilitate on April 9 and Pat Miller on April 30.

Grupo de Conversación en Español

Mondays, April 11 & 25, 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 for all levels of conversational Spanish, though there will be no formal instruction. Not sure if your Spanish is up for it? Check it out!



Solo-Agers Circle

Friday, April 8, 10:30 AM – 12:00 PM

Zoom

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

We're happily 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. Please read up through and including chapter 10. (Please come even if you haven't read it all - the discussion will give you good information.) Call Betty Burr with any questions.

Play Reading Group

Thursdays, April 14 & 28, 4:00 – 6:00 PM

Zoom

Questions to Midge Fox

This group is at capacity

This play reading group is at capacity. Contact Sarah Kent (sarah@sfvillage.org) if you are interested in starting and/or joining a new group. Midge has offered to share tips on how to run a group and books to get a new group started.



Conversations about Race

Friday, April 22, 11:00 AM – 12:00 PM

Zoom

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

Facilitated by Kate Hoepke, Sarah Kent and Jessica Da Silva.

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 April meeting, we'll discuss chapter 12: What are microaggressions? All members are welcome to join, whether you attended earlier sessions or not.

Street Clean Up: 8th and Fulton

Thursday, April 28, 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](https://refuserefusesf.org). We love the organization and have committed to a monthly cleanup of the neighborhood—we provide pickers, masks, bags, and route. This is often an intergenerational event as other neighbors join in the clean up!



Can't make it? Check out the full calendar of clean ups here! <https://refuserefusesf.org/events>

Neighborhood Circles

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

LGBTQ Circle

Fridays, April 1, 15, 22, & 29, 1:00 – 2:15 PM

Zoom

RSVP to Bill Haskell

We share what is going on in our lives—what brings us pleasure, what we are enjoying, and what is positive. Also, we can share any challenges we are facing.

West of Twin Peaks Circle

Tuesday, April 5, 4:00 PM

* Beach Chalet, 1000 Great Highway*

RVSP by April 2 to Roberta Gordon

The building was designed by Willis Polk and opened in 1925 as a city run restaurant and included changing rooms for beach visitors. It replaced an older building called the Golden Gate Park Chalet, built-in 1892, that had stood on the opposite side of the Great Highway.

We request that you have cash to pay your bill and add 30% to your individual order which includes tax and tip. Please bring a mask, your ID, and proof of vaccination in case the restaurant requires it.

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!

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

LGBTQ Circle: Citywide

Tuesday, April 26, 5:00 – 6:00 PM
Zoom
RSVP and zoom questions to LeeAnn DeSalles

Our icebreaker will be “What were you most afraid of as a kid?”

94115+

Wednesday, April 6, 10:30 AM
Zoom
RSVP to Lynne Fox or Gayle Geary

We are very excited to announce that the 94115+ Circle will be meeting in person for the first time. We have planned a visit to the de Young Museum on April 6 to see the *Alice Neel: People Come First* exhibit. We will meet at the museum at 10:30am. A few of us are members and have guest passes. Please call Gayle Geary or Lynne Fox to let them know if you plan to attend and if you need a lift.

Sunset Circle

Thursday, April 7, 4:30 – 5:30 PM
Zoom
RSVP to Steve Hayashi

Sunset Circle is changing its schedule hoping that a change will make it easier for some to join our ongoing discovery of our community. Sometimes we have a theme. Sometimes, not.

94117

Friday, April 8, 1:00 – 2:15 PM
Thursday, April 28, 1:00 – 2:15 PM
Zoom
RSVP to Bill Haskell

We share what is going on in our lives. We can also share what brings us pleasure, what we are enjoying, and what is positive. Also, we can share any challenges we are facing.

94107/94103

Wednesday, April 13, 1:30 – 3:00 PM
TBD Restaurant
RSVP to Eve Menger

We meet on the 2nd Wednesday of every month for lunch, companionship, and good cheer—don't forget to RSVP!

94114/94131

Wednesday, April 13, 3:00 PM

Zoom

RSVP to Heather Solway or Shelley Fernandez

We are continuing to meet via Zoom. Join us!

Bernal

Saturday, April 16, 7:00 – 8:30 PM

Zoom

RSVP to Joan Miro

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

94118

Tuesday, April 19, 12:30 PM

Tastebuds, 600 Balboa

RSVP and Questions to Gabie Berliner or Karen Franklin

Because we were rained out in March, we'll try again to meet for lunch at Tastebuds, 600 Balboa. Gabie is moving across town, so this will be her last time co-hosting the Circle. She hopes to see you on April 19 at Tastebuds.

Please RSVP so we can anticipate the size of our group.

94121

TBA

Questions to Barbara Scrafford or Carol Rothman (

Our circle planning is off sync with the newsletter deadline. We usually meet in person at the Anza branch library or the SFV office. Hope to see you!! Reach out to Barbara to learn more.

94109/94133

TBD in May

Old First Presbyterian Church

Questions to Bobbie Rothman or Juliet Rothman

Continuing our religious institutions theme, our group had a wonderful visit to the Russian Orthodox Old Holy Virgin Cathedral. Father Peter guided us through the history of the Russian Orthodox Church from the time of its founding in the Middle East to its present-day locations and practices, as well as a description of the very special and unique qualities of the Old Holy Virgin Cathedral. Following the visit, we enjoyed coffee and snacks and conversation in a local coffee shop. Our members have suggested a long list of religious sites for future visits, but we all agreed to visit the Old First Presbyterian Church for our next meeting, to be held in May. We are looking forward to learning about this church's important role in west coast history, as well as touring the church itself. Details to follow soon.

Member to Member

Calling all Beach Walkers

Friday, April 8, 11:15 AM

Ocean Beach, Meet outside bathrooms Judah Street and Great Highway (last N Muni stop)

Walk at moderate pace along the water for about 1 1/2 hours. Return to same place. Lunch at local spot after walking for those who would like. Please let me know if you're coming: Marvin Berkowitz.

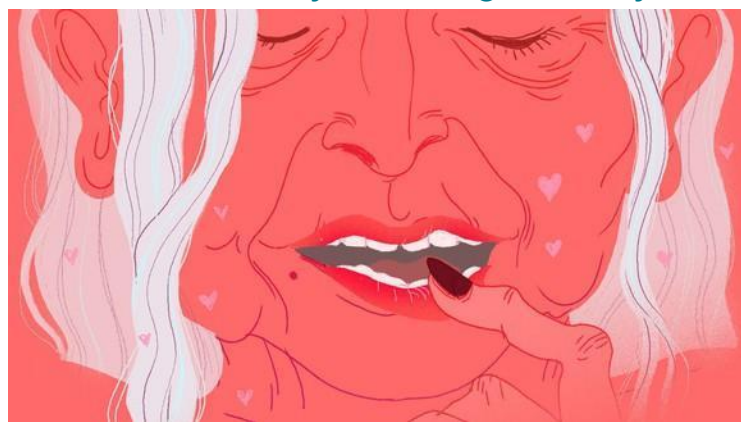
Looking for Walking Partners!

I live in Laurel Village. I usually walk every day about 2 miles to Fillmore or Clement streets or to Mountain Lake Park. I would love to find some people to walk with during the day.

I am a retired nurse and also a writer and performer. I have two adult children and one grandchild. Please call or write if interested--Susan Evans.

Save The Dates

I'll Have What They're Having: The Joys of Older Adult Sexuality



Tuesday, May 3, 10:30 – 11:30 AM

Zoom

RSVP to (415) 387-1375

or info@sfvillage.org

While sex at an older age exists, the human body doesn't function the same way it did when we were younger and yet the possibility for emergent pleasure continues to exist. Dr. Jane Fleishman, a sexuality researcher and writer who focuses on older adults' sexuality, will take a positive look at sex over 60. With

frank discussion, she will cover the latest research and share tips for older adults who are interested in navigating the world of older adult sexuality, either partnered or alone. And she will leave ample time for your questions.

Volunteer Support



Request a Volunteer and Volunteer Opportunities

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

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

Reach out to Jill for help with:

- shopping and errand assistance
- technology assistance
- friendly caller connections and/or walking partners
- outdoor gardening
- and more!

Please note that the programs and events listed in this newsletter are offered to members of San Francisco Village. To learn more about registering for membership, please contact Jill Ellefsen.

San Francisco Village

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

Mission

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

Vision

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

What We Value

Intersection of health care and social care • Eldership • Intergenerational Relationships
Co-Creation • Equitable Community • Self-Reflection • Humility • Spontaneity

San Francisco Village

3220 Fulton St., San Francisco, CA 94118 • (415) 387-1375
www.sfvillage.org • www.facebook.com/sfvillage • www.twitter.com/SF_village