



# San Francisco Village

## Monthly Newsletter

May 2022

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

Several years ago, Surgeon General Vivek Murthy identified an “epidemic of loneliness” in our country, on the scale of the opioid epidemic. In a 2018 study by the Kaiser Family Foundation, one in five Americans said they always or often felt lonely or socially isolated. That was before the pandemic. Last week’s article in the New York Times titled *How Loneliness is Damaging Our Health* (<https://tinyurl.com/3pd7tas6>) points out how two years of isolating and physical distancing have exacerbated these feelings.



The impact of loneliness on our health is well-documented. Research in recent years has shown that loneliness increases the risk of emotional disorders like depression and anxiety, and physical ailments like heart disease, cancer, stroke, dementia and premature death. Study after study reports that connected people live longer, happier, healthier lives.

But staying connected these past few years has been more than a physical challenge. It turns out that our neurobiology plays a role too. The NYT article says that because humans have evolved to seek safety in numbers, our brains register loneliness as a threat. The brain centers that monitor for danger, including the amygdala, trigger a release of “fight or flight” hormones and subconsciously, we can begin to view other people as potential threats - sources of rejection or apathy - and less as friends and remedies for loneliness. This may account for the anxiety many of us feel about rejoining the world.

In the recent SFV member survey, the most frequent comment we heard was, “I miss seeing people. Bring back in-person programs!” Taking safety precautions and neurobiology into account, we’ll be doing just that in the months ahead. On May 10, we will be gathering for an outdoor Spring Fling at a beautiful venue called the Plant Connection in One Embarcadero Center. With all due respect to our social anxiety, let’s take a little risk to reconnect with people we care

#### In This Issue:

From the E.D.  
May Events  
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#### New Members in April

Deborah Hadley 94122  
Janet Dupuy 94122  
Justin James 94118  
Patricia Gerend 94116  
Steve Louie 94118  
Rayma Mui & Dean Straw 94121  
Max Alexander 94115  
Celia Lighthill 94122  
Phyllis Goodman & John Simpson 94111

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about. We ask you to bring a mask; we'll have areas where they're required and others where they're optional.

Other ways to re-engage this month: a walk across the Golden Gate Bridge (actually halfway), a collage workshop and storytelling with photographs, both at the SFV office, and a Botanical Garden tour. Most programs will continue to take place on Zoom. Don't miss two important Zoom meetings addressing the climate crisis. One will focus on CA SB 1173, the Fossil Fuel Divestment Act, and the other will address plastics pollution and what we can do about it.

It seems a cruel twist of nature that as humans we're hard-wired for social connection and at the same time, our fight or flight response can separate us from other people. To mitigate fight or flight, we need our prefrontal cortex and a certain degree of emotional intelligence. We can cultivate both with stress management techniques and mindfulness practices. A healing regimen for moving forward and re-engaging with our world.

See you at the Spring Fling!

Love,

Kate

## Did You Know?

### Office Closure

The San Francisco Village office will be closed on Monday, May 30 in honor of Memorial Day.

## May Events



### 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](mailto: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.

## Intergenerational Walks in Golden Gate Park

**Wednesday, May 4, 2:00 –2:30 PM**

**Fridays, May 6, 13, 20, & 27, 2:00 – 3:00 PM**

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

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



## SF Symphony

**Zhang Conducts Dvořák's New World Symphony**

**Thursday, May 5, 2:00PM**

**\*Davies Symphony Hall, 201 Van Ness Ave.\***

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

**Tickets limited and will be emailed**

The San Francisco Symphony has generously donated a few tickets to the above performance. 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.

## Spring Fling

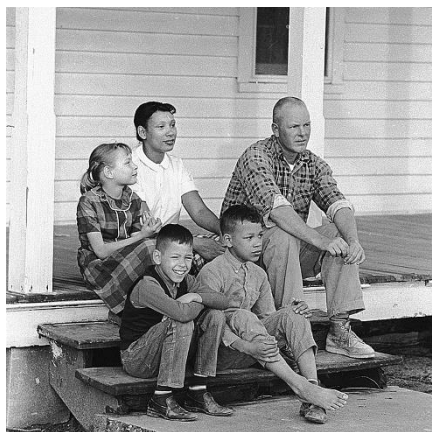
**Tuesday, May 10, 4:00 -- 5:30 PM**

**\*Plant Connection SF, Promenade Level, One Embarcadero Center, Embarcadero Ctr.\***

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

The flowers are blooming, the vaccination rate is high, the air is warm (or not, it's still foggy San Francisco), and we are ready to gather in person for an outdoor social! Bring your stories, antidotes, chit chats, and desire for authentic connections. Don't forget your mask as we'll have some areas where masks are required and other spots where it's optional. We'll have wine, sparkling water, and snacks. Let us know if you need help with transportation. Can't wait to see you!!





## Storytelling Through Photographs

Thursday, May 12, 11:00 AM – 12:00 PM

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

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

Sparked by a SFV member restoring an historical family photo, we're going to gather together to share stories! Bring a photo or two that you'd like to talk about, a curiosity about others, and we'll see what we learn! Photos can be of your ancestors, your childhood, your most recent walk at Ocean Beach, or anything else that sparks your imagination.

## Fine Arts Museums Virtual Tour: A virtual history of the U.S. in art

Friday, May 13, 1:00 – 2:00 PM

Zoom

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

Come with us on a virtual history of the United States, as seen in paintings and artwork in the permanent collection of the Fine Art Museums of San Francisco. We will be viewing paintings from the colonial period, from the 19th century frontier, and from the 20th century. We'll look at work from African-American, Asian and LatinX artists as well as those from European ancestry. We'll also be looking at historical views of San Francisco, from its start as a sleepy port, through the earthquake aftermath in 1906, and on to views of the city that rose from the ashes. Get ready for a whirlwind tour of our history as seen in our art!



## Member Walking Group: Golden Gate Bridge

Tuesday, May 17, 10:30 AM

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

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

## Organize Support through Meal Train

Tuesday, May 17, 2:30 – 3:30 PM

Zoom

RSVP to (415) 387-1375

or [info@sfvillage.org](mailto:info@sfvillage.org)



Meal Train is an online tool to provide meals to people we care about during significant life events. When a friend is in need, people often ask, "What can I do to help?" Providing a meal is a tangible way to say we care. Using Meal Train to organize eliminates confusion and increases support.

Meal Train provides a calendar and meal instructions to answer questions in advance like, *What do they like? When are they available? What have they already had? Are there any allergies? When should I deliver it?* In addition, a Meal Train page can help organize gift card giving and financial contributions, making MealTrain.com a complete support solution.

Join SFV staff Sarah Kent and Kate Hoepke for this session. Sarah has signed up to bring friends meals though meal train and has organized meal trains for friends near and far, including Kate! Kate will share what it was like on the receiving end.



## Collage

Wednesday, May 18, 1:00 – 2:30 PM

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

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

Take paper and images chosen by choice or chance and cut, tear and glue them into a unique work of art. No experience necessary; we are all artists. Dennis Treanor, an SFV member, has worked in art for nearly sixty years and taught art and ceramics for his entire working career, and continues to do so in his retirement.

## Engaging SFV Elders in Climate Action & Defending Our Democracy

Thursday, May 19, 10:00 – 11:00 AM

Zoom

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



While the facts of the climate crisis are increasingly evident, many individuals, 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. Also, the right to vote is being suppressed in many states across the U.S. Amidst a cloud of lies about stolen elections, we are being led to the edge of rebellion against democracy. It is time for us to take action.

In previous sessions, we've explored Third Act, a national network of elders supporting younger activists engaged in climate action & defending our democracy. We've heard from Ashby Village members about how to start a member-led climate action interest group and discussed ways to form our own member-led climate action interest group.

To protect our climate, we will continue to explore working with Third Act on a national divestment strategy to end financial support from major banking institutions for fossil fuels and petrol chemical companies. We will also discuss plans in CA to protect our climate by supporting SB 1173, the CA Fossil Fuel Divestment Act. To defend our democracy, we will explore working with Third Act and its partner organization, Activate America. We will discuss their national efforts to: (1) expand voter rights; (2) increase civic engagement; (3) fight voter suppression; (4) educate voters; (5) work the polls; (6) mobilize voter turnout; and (7) write postcards to potential Arizona and Pennsylvania voters.



## Asian Art Museum Virtual Tour: Honoring the Dead: Afterlife Beliefs And Funerary Practices In Ancient Asia

Friday, May 20, 1:00 – 2:00 PM

Zoom

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

Rituals that honor and respect the dead are part of all cultures and religions. Belief in an after-life state is reflected in these rituals, whether it is that the honored person passes to another life, or to a paradise existence, or to union with the universe. Come explore some of the fascinating practices that accompany death in various Asian belief systems and countries.

## Plants - Can They Be Wicked?

Tuesday, May 24, 2:00 – 3:00 PM

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

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

Without plants we do not exist. They produce the oxygen we breathe and the sugars from which all of our foods and medicines derive. BUT....plants can also harm us since they contain over 5000 chemicals, some of which are poisonous. Joanne Whitney, a docent at the SF Botanical Garden and SFV member, will present a slide show on common poisonous plants, how to recognize them, what maladies they cause and how they have influenced history.



## Taking Climate Action: Alternatives to Plastic & Regeneration, how to end the climate crisis in one generation

Friday, May 27, 11:00 AM to 12:00 PM

Zoom

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

In the final session of this series, Michele Sterling and Frances Payne will present their research concerning alternatives to plastic – as part of the response to the plastic waste crisis. Also, Linda Lewin and Bill Haskell will review the new book, *Regeneration*, by noted environmentalist Paul Hawken. This book provides a determined what-to-do manual for all levels of society, from individuals to action at the national level. *Regeneration* puts life at the center of every action and decision. It applies to all of life—grasslands, farms, insects, forests, fish, wetlands, coastlands, and oceans—and it applies equally to family, communities, cities, schools, religion, commerce, and governments.

NOTE: In San Francisco, as part of her response to the climate crisis, Supervisor Connie Chan is exploring every legislative tool available to her, including a possible tax measure to make corporations who profit from plastic pollution pay their fair share, a ban on plastic shipping materials, and potentially filing lawsuits against bad actors that insist their materials are recyclable when they are in fact being sent to the landfill or finding their way into our water streams. She says, for far too long, disadvantaged and low-income communities have disproportionately suffered the detrimental impacts of plastic pollution and fossil fuel extraction. It is time to hold corporate polluters accountable. She is asking us to join her in this fight against plastic pollution and sign up to learn more about what she is doing at [bit.ly/plastictaxsf](https://bit.ly/plastictaxsf).

## SF Botanical Garden Docent Tour

Tuesday, May 31, 11:00 AM – 12:00 PM

**\*Meet Inside SF Botanical Garden Main Gate at Bookstore and Plant Shop, 9<sup>th</sup> Ave. and Lincoln Way\***

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

Space limited to 15 members

The Botanical Garden is a unique area within Golden Gate Park, offering 55 acres of both landscaped gardens and open spaces, and showcasing nearly 9,000 different kinds of plants from around the world. San Francisco's mild temperatures, wet winters and dry summers, coupled with its famous coastal fog, provide a range of climatic conditions that exists in few other botanical gardens in the world, allowing the Garden to grow and conserve plants from all over the globe. Join us for an hour docent tour!



## Reoccurring Events



### Virtual Tai Chi and Qigong

Mondays, May 2, 9, 16, & 23, 1:00 – 2:00 PM

Zoom

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. 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. Participants can practice standing or sitting. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.

## Let's Play Games

Tuesday, May 3, 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 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, May 4, 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. In May we will discuss *Catcher in the Rye* by J. D. Salinger. On June 1st we will be discussing *Bewilderment* by

Richard Powers.

## Aging Well with Meditation

Wednesdays, May 4, 11, 18, & 25, 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. 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, May 5, 12, 19, & 26, 2:30 – 3:30 PM

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

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

level, from beginner to more seasoned.

The in-person Thursday class will focus on the first twelve movements of the Sun Style form and focuses on balance, strength, flexibility. This class is ideal for any experience

Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.

## Play Reading Group

Thursdays, May 5 & 19, 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](mailto: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.





## Makers and Crafters

Friday, May 6, 2:00 – 3:30 PM

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

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

Saturdays, May 7, 14, 21 & 28, 5:00 – 6:30 PM

Zoom

RSVP to Leslie Stafford

Informality is the theme---if you are TARDY---come anyway! And, if you have over-scheduled yourself, and need to depart early---no worries!



Bring your favorite tipples and nibbles, get comfy, and we'll chat and check-in with fellow San Francisco Village members and, perhaps, some volunteers and youngsters as well. We look forward to lively discussions on a wide range of topics including whatever YOU would like, from personal updates to the silly or serious--- limited only by your imagination!



## Grupo de Conversación en Español

Mondays, May 9 & 23, 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 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!

## Member to Member Coffee Chat

Mondays, May 9 & 23, 2:00 – 3:00 PM

Monday, May 16, 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.



Pat Miller, SFV member, will facilitate on May 9, Barbara Kivowitz, SFV member and board member on April 11, Bill Haskell, board co-chair and SFV member on May 16, and Gretchen Addi, SFV board co-chair on April 25.



### **Solo-Agers Circle**

**Friday, May 13, 10:30 AM – 12:00 PM**

**Zoom**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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. This month we will be discussing chapters 12 *Doctor Me* and 13 *Chronic Illness*. Please come even if you haven't read it all - the discussion will give you good information. Call Betty Burr with any questions.

### **San Francisco Village Book Club**

**Monday, May 23, 4:00 PM**

**Zoom**

**RSVP to Sharon Kuester**

We've been meeting on zoom for two years and would love to have new members join us! We will be discussing *The 100-Year-Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson.



### **Street Clean Up: 8<sup>th</sup> and Fulton**

**Thursday, May 26, 10:30 AM– 12:00 PM**

**\*Rise and Grind Coffee Shop, 8<sup>th</sup> Ave and Fulton\***

**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](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.

### Sunset Circle

**Thursdays, May 5 & 19, 4:30 – 5:30 PM**

**Zoom**

**RSVP to Steve Hayashi**

Hope our new time is more convenient for everyone. In May we will have one biography meeting and one check-in meeting. We will also discuss what we want in the future for our circle.

### LGBTQ Circle

**Friday, May 6, 1:00 – 2:15 PM**

**\*café at the De Young Art Museum in Golden Gate Park\***

**Proof of vaccination required**

**Friday, May 20, 1:00 – 2:00 PM**

**Zoom**

**RSVP to Bill Haskell**

The LGBTQ Circle has decided to meet just two times each month. The first meeting will be on Friday, May 6th, and we will be meeting in the outdoor area of the café at the De Young Art Museum in Golden Gate Park, from 1:00 – 2:15 PM. If you need a ride, or if you have mobility issues, contact Jill at 415-387-1375 or at [jill@sfvillagelorg](mailto:jill@sfvillagelorg). The second meeting will be online on Friday, May 20th. RSVP to Bill Haskell.

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

### 94115+

**Friday, May 6, 1:30 PM**

**Zoom**

**RSVP to Lynne Fox or Gayle Geary**

The 94115+ Neighborhood Circle will meet via Zoom on Friday, May 6th at 1:30pm. Please contact Gayle Geary and/or Lynne Fox to join this circle. A Zoom link will be sent out on May 4th. We welcome everyone whether in the 94115 zip code or not.

### 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



## **94107/94103**

**Wednesday, May 11, 1:30 – 3:00 PM**

**\*TBD Restaurant\***

**RSVP to Eve Menger**

We meet on the 2<sup>nd</sup> Wednesday of every month for companionship, conversation, and a pleasant meal—don't forget to RSVP!

## **94114/94131**

**Wednesday, May 11, 3:00 PM**

**\*Meet in front of St Claire's Liquor Store, 24<sup>th</sup> Street and Sanchez\***

**RSVP Shelley Fernandez**

Join us for a neighborhood walk with people and a dog from Muttville! We'll have a chance to learn about their program and meet one of their current dogs.

## **West of Twin Peaks Circle**

**Friday, May 13, 11:00 AM**

**\*Cypress Grill, 99 Harding Road**

**RVSP by May 6 to Roberta Gordon**

**If you have to cancel at last minute, please phone or text Roberta**

Brunch served until 11:30 a.m. Lunch service begins at 11:00 a.m., for those who do not like eggs, bacon, sausages, or other items that clog the arteries!

The restaurant is spacious and has large windows overlooking a lovely view of Lake Merced and the 18-hole golf course. It is an incredible suburban oasis away from the city serving modern American cuisine. It is wonderful to look out upon the golf course and see the many different birds trying to stay out of the way of the golfers! The staff is always pleasant and accommodating and parking is readily available.

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, ID, and proof of vaccination as they may be required. 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!

## **94117**

**Friday, May 13, 1:00 – 2:15 PM**

**Zoom**

**Thursday, May 26, 1:00 – 2:15 PM**

**\*The Garden for the Environment, 1590 7th Ave\***

**Proof of vaccination required**

**RSVP to Bill Haskell**

The 94117 Circle has decided to have one of its two meetings each month in person. The other meeting will be online. The first meeting will be on Friday, May 13, 1:00 to 2:15 PM, and will be online. The second meeting Thursday, May 26, 1:00 to 2:15 PM, and will be on will be in person. This meeting will be held at The Garden for the Environment, 1590 7th Ave. (at the corner of 7th Ave. & Warren Dr./Lawton St.) ACCESS: The 6, 36, 43, and 44, bus lines and the N Judah all run within a few blocks of the garden. Forest Hill Station is also nearby and you can take the 43 or 44 from there to the garden. Limited street parking is available. If you need a ride, contact Judy Jacobs at 415-252-9062 or at yospirit@gmail.com. If you have mobility issues, contact Jill at 415-387-1375 or jill@sfvillage.org. RSVP to Bill Haskell.

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

## **Bernal**

**Saturday, May 21, 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, May 17, 12:30 PM**

**TBD if in person or on zoom**

**RSVP and Questions Karen Franklin**

We're still figuring out our plans for May! Please reach out to Karen for details.

## **94109/94133**

**Thursday, May 19, 1:00 PM**

**\*Old First Presbyterian Church, 1751 Sacramento St \***

**Questions to Bobbie Rothman or Juliet Rothman**

Continuing our theme of exploring San Francisco's religious institutions, our group will visit Old First Church on Thursday, May 19th at 1 PM. Pastor Maggi Henderson will share the history of the church and take us on a tour as well. After our visit, we will share coffee and snacks in a nearby location.

## **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.

## Member to Member

### Calling all Beach Walkers

Friday, May 13, 11:15 AM

**\*Ocean Beach, Meet outside bathrooms Judah Street and Great Highway (last N Muni stop)\***  
**RSVP to Marvin Berkowitz**

Walk at moderate pace along the water for about 45 minutes, turn around and return to same place (90 minutes total). Lunch at local spot after walking for those who would like. Please let me know if you're coming.

## Save The Dates



### Art Salon

**Wednesday, June 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.

### The Stonewall Generation: LGBTQ Elders on Sex, Activism, and Aging

**Tuesday, June 14, 2:00 - 3:15 PM**

**Zoom**

**RSVP with Village Movement California**

**<https://villagemovementcalifornia.org/events/?eid=13849>**

In the Stonewall generation, coming out took courage. It was a turbulent time, a time of fear, a time of secrecy. Intimate lives hidden in the shadows. And yet, in the midst of it all, the Stonewall Generation has continued to fight for freedom, for rights, for love, and, yes, for sex. Author of the book, *The Stonewall Generation*, Dr. Jane Fleishman will be joining us with Dr. Imani Woody, an African-American Same Gender Loving woman who has been at the forefront of LGBTQ elders rights for decades.



Sponsored by Village Movement California, Ashby Village, Pasadena Village, and San Francisco Village.

## 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 weekly emails detailing the many volunteer options available to you.

Reach out to Jill for help with:

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

### 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.

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*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](http://www.sfvillage.org) • [www.facebook.com/sfvillage](https://www.facebook.com/sfvillage) • [www.twitter.com/SF\\_village](https://www.twitter.com/SF_village)