



# San Francisco Village

## Monthly Newsletter

October 2022

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

I just made an appointment for my Omicron booster and flu shot at the same time. I'm assuming this is going to be the routine now. A new strain of Covid appears and a new vaccine is developed, much the same way our flu shots are developed each year based on what public health officials expect the most virulent strain is going to be. There are no guarantees the vaccine will prevent either illness, but I feel safer knowing I've had them.



I don't agree with President Biden when he said recently that the pandemic is over. Thousands of people are hospitalized and nearly 400 Americans die of Covid every day. I'm still taking precautions like wearing a mask, avoiding large indoor gatherings, and using hand sanitizer. Fingers crossed I can dodge colds this year too.

One thing that helps me stay sane during these socially distanced times is regular connection with friends, family and SFV members and staff. Zoom has been a lifesaver, but too much Zoom can lead to fatigue. Seeing people in person energizes me and lightens my mood. So, I continue to seek balance between protecting my physical health and caring for my mental health.

If you haven't been out much lately, I encourage you to come by the office for one of several in-person programs scheduled this month. The Defending Democracy group will be writing postcards to voters, the games group will be playing cards and board games, and artists of all stripes will be sharing stories at an Art Salon. A new play-reading group is forming called *The Page and the Stage* and will meet at the office twice a month. We ask everyone to wear a mask and sanitize their hands on their way in.

We've also planned several ways for you to enjoy this beautiful month of October outdoors. Linda Grant will once again lead a popular outing to the Botanical Garden to learn *How to See a Bird*. Jeanne Glennon will

#### In This Issue:

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#### New Members in September

Peggy Mather 94117  
Marko Fenton 94110  
Jill Center 94122  
Christina Beh 94127  
Zwazzi Sowö & Naomi Prochovnick 94131  
Christine Valentione 94102  
Stanley Beck 94122  
Kathleen Wallace 94112  
Sallie Robbins 94118

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kick off a new weekend walking group to explore different parts of the city, this month a walk to the Conservatory of Flowers and AIDS Memorial Garden.

After two-and-a-half years of uncertainty and precaution, we may have become inured to less activity and staying indoors. A new habit of staying home where we think we're safe. Changing habits can be hard, like walking out of the ocean when the tide keeps pulling us back in. I encourage you to persist against that tidal resistance and venture out into the world again. Bring a mask and some hand sanitizer, get that Omicron booster and discover some new delight!

I hope to see you soon!

xo,

Kate

## October Events

### Are your Affairs in Order?

**Part 1: Tuesday, October 4, 11:00 AM– 12:00 PM**  
Zoom

**Part 2: Tuesday, October 18, 11:00 AM – 1:00 PM,**  
**30 minute appointments to be scheduled**  
**\*SFV Office, 3220 Fulton St, 94118\***

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



We all want to leave blessings and few burdens when we go, but are your affairs in order? Join Estate Planning attorney, Jeanne Darrah, for a two-part series to discuss the legal side of planning for death and incapacity. In the first part we will give an overview of what documents are typically in an estate planning package, alternatives to a probate court proceeding and what necessitates forming a trust, and what triggers needing to change your documents.

In the second session, Jeanne will meet in person, one on one with members to privately discuss any matters of concern to them in this area. She has found that often times, she can answer concerns and put minds at ease in just a short amount of time.

Jeanne Darrah is sole practitioner, and a graduate of Hastings Law School. She worked in the San Francisco Superior Court for several years and has practiced exclusively in estate planning, probate and trust administration for the past ten years. She's raised three kids in San Francisco and advocated for trees and open space improvements while doing so. She also serves as a Judge Pro Tem for the SF Probate Court.



## Art Salon

**Wednesday, October 5, 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.

## Female LGBTQ+ Circle Meet and Greet

**Friday, October 7th, 1:00 – 2:00 PM**

**^Hybrid Meeting, Zoom and in-person at SFV Offices, 3220 Fulton^**

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

In exploring new ways to meet the needs of our LGBTQ community, female and female identifying members of San Francisco Village are invited to join us today to see if there is interest within our larger LGBTQ community for a gay "women's only" circle. During this hour each person will have a chance to share a bit about themselves so that we can get acquainted. We will also discuss the prospects of a gay women's only group going forward. We would love to see you there! This group will not replace the ongoing LGBTQ circle that meets 2x month. Open to all members and volunteers that identify as female LGBTQ+.



## Intergenerational Walks in Golden Gate Park

**Fridays, 10/7-11/18, 3:30 – 4:30 PM**

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

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

Join USF students, Patricia, Camilla, and Jennifer, for walks in Golden Gate Park! Come once or come every week or anything in between. Get moving and connect

with friends, new and old.

## SF Symphony

**\*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**

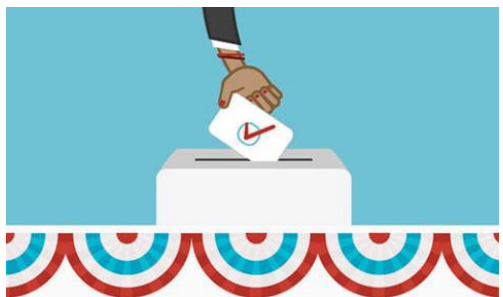
The San Francisco Symphony has generously donated a few tickets to the performances listed below and we're thrilled to share them with you! A small group of members will be seated together for each performance. What a lovely opportunity to connect over your love of live music.

*The Firebird* Sunday, October 9, 2:00 PM

Open Rehearsal: *Symphonie Fantastique* Thursday, October 20, 10:00 AM

*Chamber Series* Sunday, October 23, 2:00 PM





## What's on the SF Ballot This November?

Thursday, October 13, 10:00 AM – 11:30 AM

Zoom

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

SF Department of Elections will present 10:00 – 10:30, reviewing accessible services and materials offered by the Department to ensure voters have the information and resources necessary to vote privately and independently.

The League of Women Voters will present on SF ballot propositions from 10:30-11:30. Do you want to be an informed voter but often find it hard to understand the details of so many propositions on our ballots? The League of Women Voters presents the arguments on both sides of the propositions so you can decide which point of view you agree with. We will cover both city and state propositions in an hour or less.

## Fine Arts Museums Virtual Tour: Sculptures

Friday, October 14, 1:00 – 2:00 PM

Zoom

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

When Adolph and Alma Spreckels arranged for the construction of the California Palace of the Legion of Honor nearly 100 years ago, they donated several bronze sculptures by Auguste Rodin, which they had purchased over the years. Come and see six of those bronzes in a special presentation by docents from the Legion. The bronzes are modeled after actual individuals, but they represent fictional and historical figures, and relate interesting stories for those who know the background. The presentation will give you a whole new appreciation of the art of these sculptures, which are always on view at the Legion.



## Postcards to Voters

Tuesday, October 18, 11:00 – 12:00 PM

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

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

Write friendly cards that urge voters to vote! We will gather together to address these postcards and write our messages. Message scripts, postcards, stamps, and addresses will be provided.

## Transforming Death Care

Wednesday, October 19, 1:00 – 2:30 PM

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

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

Join Stephanie Crawford, RN and death doula, for the final session in a series that explores and normalizes conversations around death and dying,



something we don't often have the chance to talk about. By opening up the conversation around our mortality, we hope to cultivate acceptance, compassion, and openness in facing our inevitable fate. This is an opportunity for you to share your ideas, beliefs, fears, and desires in a safe and enriching community discussion. We will reference quotes, books, and poetry to help support our conversations and deepen exploration.



### **Make Sense of Medicare**

**Friday, October 21, 10:30 – 11:30 AM**

**Zoom**

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

Since 2002, d'Este du Plessis has been helping people understand Medicare and how to choose the option that's right for them. What she doesn't know in this constantly changing environment, she will research to provide the resources for smart and proactive decision-making. This workshop applies to both Medicare newcomers and those who want or need to make a change to their existing Medicare. The overview will include the differences between Medicare stand-alone plans and Medicare Advantage and PDP plans. Please submit all questions with your RSVP and note that d'Este cannot answer anything about specific products, only general concepts.

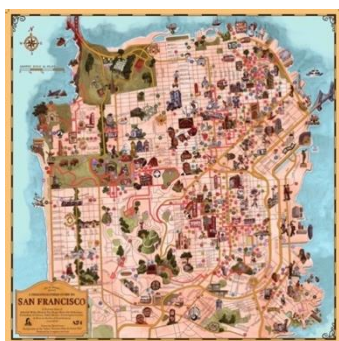
### **Asian Art Museum Virtual Tour: Demons, Creatures, And Monsters – Oh My!**

**Friday, October 21, 1:00 – 2:00 PM**

**Zoom**

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

Mythical creatures, legendary beasts, terrifying monsters. They are supernatural, mystical, often god-like or demon-like beings, and they have fascinated us since ancient times. Even today, they continue to thrill, terrify, entertain, and inspire us. They have filled folklore, stories, songs, and works of art. They may even be able to protect us – from viruses.



### **Member Weekend Walking Group**

**Third Saturday of the Month, 2:00 – 3:00 PM walk, followed by optional coffee together**

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

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

Calling all weekend walkers! Let's explore neighborhoods of SF together. Rain will cancel the walk and the host will decide if the threat of rain is enough to cancel ahead of time.

October 22—led by SFV member Jeanne Glennon. We'll meet at closed SFV office, walk East in GGP toward the Conservatory of Flowers and AIDS Memorial Garden. We'll have coffee at Flywheel coffee on Stanyan St.

November 19—lead by SFV member Connie Levy—We'll meet at the Glen Park Bart station and walk to Glen Canyon via a new path to an easy loop trail at bottom of the canyon. We'll have coffee at a shop on Diamond afterwards.

We'll regroup in January to plan 2023! We have lots of ideas and are hoping to find folks in all neighborhoods to join and lead. All that is needed is knowledge of a 1-2 mile walk with a clear start and good ending point. Urban, trailed, all kinds welcomed!

### **MoAd Virtual Tour: As We See It–William H. Johnson**

**Monday, October 24, 3:00 – 4:00 PM**

**Zoom**

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

MoAD Docents look at paintings by William H. Johnson (1901–1970). They searched several digital public domain archives to bring you selected works that celebrate one of the most brilliant painters of the 20th century. Please join us as they discuss aesthetics, cultural context, and William H. Johnson's fascinating life.



### **The Association of Ramaytush Ohlone**

**Rescheduled! Tuesday, October 25, 11:00 AM – 12:00 PM**

**Zoom**

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

The Ramaytush (pronounced rah-my-toosh) are the original peoples of the San Francisco Peninsula. Prior to the arrival of the Spanish, the Ramaytush Ohlone numbered approximately 1500 to 2000 persons, but by the end the Mission Period only a few families had survived. Today, only one lineage is known to have produced living descendants and those descendants comprise the membership of the Ramaytush Ohlone peoples and the staff of the Association of Ramaytush Ohlone.

Come learn about The Association of Ramaytush Ohlone (ARO) and how they represent the interests of the original peoples of the San Francisco Peninsula. The purposes of the ARO align with our ancestral responsibilities to care for Mother Earth and to care for the people who reside in our ancestral homeland. The ARO partners with other organizations and agencies to pursue its objectives:

- the rematriation of our ancestral homeland
- cultural revitalization, including language
- research, consultation, and education to ensure accuracy in public culture and history
- ecological restoration
- community service

## How to See a Bird

**Wednesday, October 26, 10:00 AM – 12:00 PM**

**\*San Francisco Botanical Garden (Free for SF residents, please bring ID)**

**Meet at the bookstore inside the 9th Ave. entrance\***

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



Do you want to spend more time in the beautiful outdoors and make new friends? Those are two of SFV member Linda Grant's favorite parts of birding! Linda has been an avid Bay Area bird watcher since college. Spend the morning with other SFV members and volunteers in the Botanical Garden and learn how to find birds by sight and sound. Linda will bring field logs and share tips about how to clue into the birds that are all around us. Bring your binoculars and open your ears and eyes to this beautiful habitat! Don't forget to bring your own sun protection, layered clothing for potentially cool weather and water. Rain cancels.

## Recurring Events



### Virtual Social Hour

**Saturdays, October 1, 8, 15, 22, & 29, 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!

### Member to Member Coffee Chat

**Mondays, October 3 & 24, 10:00 – 11:00 AM**

**Mondays, October 10, 17, & 31, 2:00 – 3:00 PM**

**Zoom**

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

**Note: You need to send in new RSVPs every month**



Life during a pandemic can be isolating. Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other. Thank you to our board and member facilitators and all attendees for creating this virtual coffee hour!



### Movies with Steve

**Mondays, October 3 & 24, 1:00 – 4:00 PM**

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

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

Join us in the theatre, aka SFV conference room, for movies curated by member and board member Steve Hayashi.

October 3: *King Solomon's Mines* (1950), Deborah Kerr, Stewart Granger and Richard Carlson  
October 24: *Tampopo* (1985) Tsutomu Yamazaki, Nobuko Miyamoto, Kōji Yakusho, and Ken Watanabe.

## Tai Chi and Qigong

**Mondays, October 3, 10, 17, 24 & 31, 1:00 – 2:00 PM**

**Zoom**

**Thursdays, October 6, 13, 20, & 27, 2:30 – 3:30 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 Monday virtual 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. 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 level, from beginner to more seasoned.

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, October 4, 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, October 5, 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. Our October 5 meeting will be about *Americanah* by Chimamanda Ngozi Adichie. Our November 2 discussion will focus on *Cult Classic* by Sloane Crosley.





### **NEW TIME! Aging Well with Meditation**

**Wednesdays, October 5, 12, & 19, 10:00 – 10:45 AM**

**Zoom**

**Wednesday, October 26, 2:00 – 3:00 PM**

**^Hybrid: In person at SFV Office, 3220 Fulton, and on 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.

### **Play Reading Group**

**Thursdays, October 6 & 20, 4:00 – 6:00 PM**

**Zoom**

**Questions to Midge Fox**

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, October 7, 2:00 – 3:30 PM**

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

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

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. If you would like to learn how to knit or crochet we have needles, yarn and 1:1 instruction you need to get started. Some participants are presently creating scarfs and hats for a winter donation to a women's shelter &/or the unhoused in SF. Everyone is welcome to join, no matter what your craft or art form is.

### **The Page and the Stage**

**Tuesdays, 10/11, 10/25, 11/8, 11/22 (please note date change), 12/13, 2:00 – 3:30 PM**

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

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

Please join the new member led play reading/discussion group



forming in September. We will meet a couple of times a month, Tuesdays, 2:00-3:30 at the Village office, 8th and Fulton. Read aloud (or not), talk a lot (or not), and enjoy your fellow members interested in the page and the stage.



### **Solo-Agers Circle**

**Friday, October 14, 10:30 AM – 12:00 PM**

**Zoom**

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

We invite all long-time solo ager members, those new to SFV and curious about solo aging to attend our October meeting. SFV Executive Director Kate Hoepke will facilitate a discussion regarding future directions and goals for the group. We are deeply grateful to Betty Burr for getting this group started several years ago and for her steadfast leadership.

### **SFV Climate Action Group**

**Thursday, October 20, 10:00 - 11:00 AM**

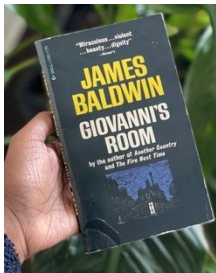
**Zoom**

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

Join us as we continue the crucial work needed to save our planet - for the current generation, for generations to come, and for all forms of life. We will learn about and participate in actions promoted by national environmental organizations such as Third Act and Elders Climate Action, and their local working groups. We are collaborating on actions with older adults all across the US.



Stay informed on what is happening to combat the climate crisis and help us organize to join in these actions, either in collaboration with other organizations or on our own initiative. We welcome new ideas. Come to our next meeting to get involved – and see how you can make a difference!



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

**Monday, October 24, 4:00 PM**

**Zoom**

**RSVP to Sharon Kuester**

We will be discussing *Giovanni's Room* by James Baldwin. Please join us!

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

**Thursday, October 27, 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://www.refuse-refuse.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>



## **Defending Our Democracy**

**Friday, October 28, 10:00 - 11:00 AM**

**Zoom**

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

For those of us working to defend democracy, recent events continue to reinforce a renewed sense of hope and possibility!

All across the country, Americans have grown increasingly inspired to take action to get out the vote for this crucial mid-term election and an unprecedented number of Americans are registering to vote to protect their freedoms and rights.

With so much at stake, SFV members have been organizing for months to support climate action and stand up for democracy. We have aligned ourselves with Third Act and its sister organization, Activate America to collaborate and provide structure to ensure that our efforts make a difference. With 39 days until the election, now more than ever is the time to make that difference.

Join us to learn more about how you can take small but critical actions to get out the vote, such as through Third Act's Senior to Senior Intergenerational Voter Registration initiative and our collaboration with the Bay Area Working Group (BAWG), one of Third Act's new working groups. We'll update you on the activities planned for these final days and how you can be part of this historic mid-term election.

## **Conversations About Race**

**Friday, October 28, 11:15 AM – 12:15 PM**

**Zoom**

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

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.



This month we will discuss intersectionality. Kimberlé Crenshaw, a 2017 NAIS People of Color Conference speaker, civil rights advocate, and professor at UCLA School of Law and Columbia Law School, talks about intersectional theory as the study of how overlapping or intersecting social identities—and particularly minority identities—relate to systems and structures of discrimination. We will be sending out a short video clip or article beforehand. The conversation will be facilitated by Kate Hoepke.

## 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, October 6 & 20, 4:30 – 5:30 PM**

**Zoom**

**RSVP to Steve Hayashi**

Join us for one biography meeting and one check-in meeting. We will also discuss what we want in the future for our circle.

### LGBTQ Circle

**Fridays, October 7 & 21, 1:00 – 2:15 PM**

**Zoom**

**If you are not already on the LGBTQ Circle master list, 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.

### 94107/94103 Circle

**Wednesday, October 12, 1:30 – 3:00 PM**

**\*TBD\***

**RSVP to Eve Menger**

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

### 94121 Circle

**Wednesday, October 12, 2:00 PM**

**\*SFV Office, 3220 Fulton\***

**RSVP to Barbara Scrafford or Carol Rothman**

We're gathering in person! Join us!

### 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

### 94114/94131 Circle

Wednesday, October 12, 3:00 PM

RSVP and zoom questions to Nidhi Patel [nidhi@sfvillage.org](mailto:nidhi@sfvillage.org) or (415) 387-1375 ext 5

Questions to circle leader Shelley Fernandez

We're meeting on zoom! Join us!

### 94117 Circle

Friday, October 14, 1:00 – 2:15 PM

Zoom

Thursday, October 27, 2:00 – 3:15 PM

**\*In person, location TBD\***

**Proof of vaccination required**

**RSVP to Bill Haskell**

The 94117 Circle meets twice a month, once on zoom and once in person. The location of the in-person meeting will be decided at the final meeting in September, before the deadline for this October newsletter. This meeting location will be sent to members on the 94117 master list. 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.

### West of Twin Peaks Circle

Monday, October 17, 12:00 PM

**\*Original Joe's of Westlake, 11 Glenwood Ave., Daly City, CA\***

**RVSP by October 12 to Roberta Gordon**

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

This restaurant menu reflects the traditional old-school Italian entrees with a modern twist. The staff is helpful, the food is great, and they have two parking lots.

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 San Francisco Village!

### Bernal Circle

Saturday, October 22, 7:00 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 Circle

\*TBD\*

RSVP and Questions Karen Franklin

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

## 94109/94133 Circle

TBD

Questions to Bobbie Rothman or Juliet Rothman

Continuing with our theme of exploring religious institutions in the city, our group will be visiting a Mosque early in November. Details in our next newsletter.

## Save The Dates

### Opening Event for Line: Cross it, Hold it, Toe it, Draw it

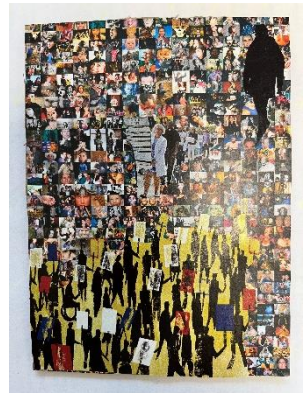
Monday, November 2, 2:00 – 3:00 PM

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

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

*A line is an identifiable path created by a point moving in space. It is one-dimensional and can vary in width, direction, and length. Lines often define the edges of a form. Lines can be horizontal, vertical, or diagonal, straight or curved, thick or thin. They lead your eye around the composition and can communicate information through their character and direction.*

*-The Getty Museum Education Department*



We are living in a time of extraordinary change: at an identified point in time moving through space, seeking new ways to communicate, to connect, to make an impact. Are we at an edge? The edge of what?

There are lines of all kinds everywhere—simple, complex, solid, dotted, sketched, layered, bold, light, intentional, accidental, a boundary, an invitation. The impression has been made and will continue to grow as interpreted. We seek to amplify the mark.



## Learn American Style Mah Jongg

Mondays, November 7, 14, & 21, 2:00 – 4:00 PM

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

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

Mah Jongg is a game of skill and chance like no other. This three-session series will be taught by native San Franciscans Nancy Neuhaus, a retired school teacher and Mah Jongg player of 38 years. She's been teaching individuals and groups since 2009.

This series is \$9 to purchase the 2022 Mah Jongg card which is yours to keep (if you already have one there is no charge, but please let us know when you register). This is suitable for beginners and as a refresher—make sure not to miss the first day though if you've never played before.

Our hope is after this series to have an ongoing monthly group where members can play both American and Chinese style.

## **Reclaiming our Relationship with Death**

**Tuesdays, November 15 – December 20, 11:00 AM – 12:30 PM**

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

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



We will all be called to bear witness to the dying process at some point, whether it be our own or of someone we love. However, our death-phobic culture does not prepare us to support ourselves or loved ones in facing the inevitable end of life transition. This 6-week interactive workshop is an invitation to explore your own relationship to death + dying through thoughtful inquiry and group discussions, and to learn practical tools for supporting a friend or loved one facing terminal illness or imminent death. Additionally, this workshop will:

- Offer practical information about the dying process
- Help clarify your own end of life values and wishes
- Provide basic tools for navigating grief

Our sessions aim to hold space for deep discussions and opportunities for connection and dialogue, blended with guided exercises and ceremony make this a one-of-a-kind experience, creating a spacious, welcoming, naturally occurring connective group vibe. Our hope is these connections extend beyond the 6 weeks. It is expected that participants attend at least 5 of the 6 sessions.

We will be guided by hospice nurse and death doula Stephanie Crawford. Her business, Awakened Endings, seeks to alleviate the fear and anxieties that accompany death and dying, and to help individuals awaken to the mystery and beauty of this very challenging time. Through thoughtful preparation, unbiased education, and helping you explore your unique end of life wishes, Awakened Endings is dedicated to helping you transition with dignity and ease.



## **Annual Holiday Party—In Person!!**

**Thursday, December 1, 5:00 – 7:00 PM**

**\*Spark Social, 601 Mission Bay Blvd\***

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

**RSVPs required to ensure we purchase enough food and drink tokens**

Mark your calendars! It's been three years since we've gathered for our annual holiday party in person and we are so excited to grin at each other behind masks!!! Spark Social is an outdoor food truck garden with a huge red party tent—keeping us dry from potential rain and with open sides for the more covid safe air flow. There's even a fire pit to sit around with unlimited makings for s'mores. Join us for a cozy evening with friends, new and old, drinks, and nibbles. Wear layers, wear your mask, and we'll bring name tags to wear too.

## 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  
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