



San Francisco Village

Monthly Newsletter

November 2022

From Executive Director, Kate Hoepke:

Dear Members and Friends:

We're hosting a new art show this month called *Line: Cross It, Hold It, Toe It, Draw It*. Curated by Sarah Kent, it is a collection of original pieces by members of San Francisco Village sharing their take on the theme. The opening event takes place the afternoon of November 2 and we would love to see you there. If you can't make it, the exhibit will be up for the next several months.



Sarah's invitation to submit a piece to the show happened to coincide with a deep clean of my apartment this month. Tucked away in a storage closet, I discovered a mosaic I made in 2012, about six months after I started working at San Francisco Village. It is an image of a trellis (aka lines) supporting a flowering vine. I remember at the time saying to myself, what SFV needs is a trellis. A little structure to support the growth begging to take hold.

At the time, SFV was struggling to find direction. I was the fifth executive director in three years, and we had one other staff person. Membership had plateaued at 120 members and many of them were disengaged. We had 20 volunteers and about five or six programs per month, most of which were yoga classes. I spent those first several months listening to all kinds of perspectives to better understand our way forward. I concluded that we needed a bolder value proposition. A compelling reason for older San Franciscans to say YES to membership.

I proposed that we focus on a few fundamentals that would serve as our trellis. Prosocial values like reciprocity and mutual support; high-quality relationships that would yield trust; an educational program that would prepare members for navigating the transitions of aging; access to resources; opportunities for volunteerism and contributing to the greater good. I didn't have language for it at the time, but my mosaic helped me to imagine an infrastructure for social care.

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Today, SFV is a community of more than 800 people: 475 older adult members, 200+ intergenerational volunteers, a staff of six, a board of directors, and dozens of donors, partners and supporters. We host more than 60 programs each month and 14 neighborhood circles. In whatever ways you contribute to SFV – with your presence, your volunteer time, your financial contributions, your leadership – I am deeply grateful for who we have become. A caring community approaching 1000 people committed to a mission that operationalizes love for elders in an ageist society. Now that's a bold value proposition!

As we approach the winter holiday season, I'm aware that many of us live alone. If you'd like to share time with other SFV members during the holidays, the Solo Agers group is meeting to discuss options on Friday November 11 at 10:30 a.m. I'll be facilitating and I invite you to be part of the conversation.

Grateful to be in community with you,

Kate

Did You Know?

Holiday Office Closures

The San Francisco Village office will be closed November 24 & 25. We will also be closed the last week in December, starting December 24 and reopening on January 3.

Holiday Connections

Tis the Season! With the holidays fast approaching we're reaching out to help facilitate some connections during this time. Do you have an extra seat at the table on Thanksgiving/Christmas/Feast of Dedication/Solstice this year? Are you looking to be connected with others who may be free during the holiday months for a walk in nature or a talk on the phone? If so, join the Solo Agers Conversation on November 11 at 10:30 a.m. (please RSVP) or contact Jill directly. We are wishing one and all a sparkly and love filled season this year!

November Events



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

Wednesday, November 2, 2:00 – 3:00 PM

SFV office, 3220 Fulton St, 94118

RSVP to (415) 387-1375 or 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. View the work of ten SFV artists who seek to amplify the mark.

Intergenerational Walks in Golden Gate Park

Wednesday, 11/2, 11/9, 11/16, 11/30, 3:30 – 4:30 PM

Fridays, 11/4, 11/11, 11/18, 3:30 – 4:30 PM

Meet at SFV Office, 3220 Fulton St, 94118

RSVP to (415) 387-1375 or 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

Tickets limited & will be emailed through the SF Symphony portal

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.

Open Rehearsal: Rachmaninoff's Symphonic Dances, Thursday, November 3, 10:00 AM

Mtt: Capuçon Plays Danny Elfman, Sunday, November 13, 2:00 PM

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

Mah Jongg is a game of skill and chance like no other. This three-session series will be taught by native San Franciscan, Nancy Neuhaus, a retired schoolteacher 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.



Ramses the Great and the Gold of the Pharaohs

Monday, November 14, 11:00 AM

de Young Museum, 50 Hagiwara Tea Garden Drive

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

Join us for an in person, Access Day docent tour!

Over 3,000 years in the making. Discover 181 priceless ancient Egyptian treasures. Ramses II, known as Ramses the Great, was the most celebrated and powerful pharaoh of the New Kingdom—Egypt's golden age. Believed to be a god on Earth, he ruled for 67 years as part of the 19th Dynasty, erecting enormous temples, obelisks, and statues and expanding Egypt's empire. This state-of-the-art exhibition features the greatest collection of Ramses II objects and Egyptian jewelry ever to travel to the United States. Along with the pharaoh's colossal royal sculpture, the exhibition highlights recently discovered animal mummies and treasures from the royal tombs of Dahshur and Tanis.

Visitors can walk among towering statues and immerse themselves in multimedia productions that re-create moments from Ramses' life, including his triumph at Kadesh, the largest chariot battle ever fought. An optional virtual reality experience, Ramses & Nefertari: Journey to Osiris, offers a breathtaking tour of two of Ramses' most impressive monuments: Abu Simbel and Nefertari's tomb.

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

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 six-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 this one-of-a-kind experience will create 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 five of the six 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.



Swap Meet

Tuesday, November 15, 2:00 – 4:00 PM

SFV Office, 3220 Fulton St, 94118

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

Join us for our first SFV swap meet, a chance to get to know each other and share our abundance. Members are invited to bring one bag or box of items to give or trade. Books, records, DVDs, trinkets, kitchen ware, plants, garden harvest, instruments, artwork, crafts, and regifts! Anything goes, as long as it is in sharable condition, and you are willing to gift it for free. A good story to go along with it is always welcome. Feel free to bring items or just come to browse. At the end of event, volunteers will pick up all items for donations (unless you want to bring them back home).

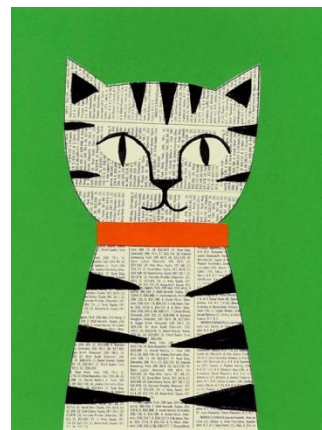
Paper Collage

Wednesday, November 16, 1:00 – 2:30 PM

SFV Office, 3220 Fulton St, 94118

RSVP to (415) 387-1375 or 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 60 years and taught art and ceramics for his entire working career, and continues to do so in his retirement. This workshop happens every other month—come once, occasionally, or regularly!



Fine Arts Museums Virtual Tour: Dress and Drapery

Friday, November 11, 1:00 – 2:00 PM

Zoom

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

This presentation will focus on how artists use clothing and drapery to reveal cultural beliefs of a particular moment in time, including notions of beauty, gender, morality, status and power.

Asian Art Museum Virtual Tour: Glorious Civilizations Of Southeast Asia

Friday, November 18, 1:00 – 2:00 PM

Zoom

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

Eleven countries, numerous cultures, thousands of years. Explore the varied and intriguing art of Southeast Asia as



Reclining Buddha

Thailand
(former kingdom of Ayutthaya)
1600 – 1700
Brass with traces of lacquer and gilding



reflected in secular and religious objects from this fascinating region. See sculptures from Angkor Wat, Buddhas from Burma and Thailand, ceramics from Vietnam, and textiles from the Philippines.



Member Weekend Walking Group

Saturday, November 19, 2:00 – 3:00 PM walk, followed by optional coffee together

meet at Glen Park Bart Station

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

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

This month is 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: The New Black Vanguard: Photography between Art and Fashion

Monday, November 28, 3:00 – 4:00 PM

Zoom

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

This fall, the Museum of the African Diaspora (MoAD) presents the first and only West Coast exhibition of *The New Black Vanguard: Photography between Art and Fashion*. This exhibition highlights the work of 15 contemporary fashion photographers—from London to Lagos, New York to Johannesburg—whose images present radically new perspectives on the medium of photography and art, race and beauty, and gender and power.



Curated by renowned New York critic and curator Antwaun Sargent and organized by Aperture, New York, the exhibition includes over 100 select works from groundbreaking artists, including Campbell Addy, Arielle Bobb-Willis, Micaiah Carter, Awol Erizku, Nadine Ijewere, Quil Lemons, Namsa Leuba, Renell Medrano, Tyler Mitchell, Jamal Nxedlana, Daniel Obasi, Ruth Ossai, Adrienne Raquel, Dana Scruggs, and Stephen Tayo, as well as images created by other young artists contributing to this movement.

The work of this international community of Black photographers has been widely viewed in traditional lifestyle magazines from *Vogue* to *Allure*, numerous ad campaigns for Dior, Jimmy Choo, and other top brands, and within museums, reinfusing the contemporary visual vocabulary around beauty and the body with new vitality and substance.



Smartphone/Tablet Tech Day of Service

Tuesday, November 29, 1:30 - 4:30 PM by appointment only

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

SFV Office, 3220 Fulton St, 94118

Volunteers from the Intercontinental Mark Hopkins Hotel will be coming to SFV to offer in person tech help to our members on their smartphones and tablets. Think photo organization, how to use QR codes, organize files and

general iPhone or Android phone 101. If you would like to book a 45 minute 1:1 appointment with a volunteer, ***please RSVP with what type of device you will be bringing in and what you would like assistance with.*** Please note: this is not a drop-in event - we will be able to accommodate confirmed appointments only. Send in your request for an appointment and SFV staff will get back to you with your confirmation. Limited availability for appointments, so please RSVP early.

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

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.

Recurring Events



Let's Play Games

Tuesday, November 1, 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, November 2, 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. Our November 2 discussion will focus on *Cult Classic* by Sloane Crosley. We'll discuss *Our Missing Hearts* by Celeste Ng on Dec 7th.



Aging Well with Meditation

Wednesdays, November 2, 9, & 16, 10:00 – 10:45 AM
Zoom

Wednesday, November 30, 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

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.

Tai Chi and Qigong

Thursdays, November 3, 10, & 17, 2:30 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Mondays, November 7, 14, 21, & 28, 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. 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.

Play Reading Group

Thursdays, November 3 & 17, 4:00 – 6:00 PM

Zoom

Questions to Midge Fox

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.





Makers and Crafters

Friday, November 4, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

Join our lively group of makers and bring whatever hand craft and creative 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.

Virtual Social Hour

Saturdays, November 5, 12, 19, & 26, 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, November 7 & 21, 10:00 – 11:00 AM

Mondays, November 14 & 28, 2:00 – 3:00 PM

Zoom

RSVP to (415) 387-1375 or 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!

Female LGBTQ+ Circle Meet and Greet

Monday, November 7, 11:00 AM – 12:00 PM

Zoom

RSVP to (415) 387-1375 or 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 for a gay "women's only" circle. During this hour, each person will have a chance to share a bit about themselves and further explore future plans for this newly formed group. 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+.



Movies with Steve

Mondays, November 7 & 21, 1:00 – 3:30 PM

SFV Office, 3220 Fulton St, 94118

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

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

11/7, *Tanpopo* (1985) Tsutomu Yamazaki, Nobuko Miyamoto, Kōji Yakusho, and Ken Watanabe.

11/21, *Beat the Devil* (1953) Humphrey Bogart, Jennifer Jones, Gina

Lollobrigida, Robert Morley, Peter Lorre

The Page and the Stage

Tuesdays, 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



Please join the new member-led play reading/discussion group . The group is finishing up Shakespeare's *Macbeth*, and will be taking up August Wilson's *Two Trains Running* after that. We welcome your voice.



Solo-Agers Circle

Friday, November 11, 10:30 AM – 12:00 PM

Zoom

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

We gather to provide support for the journey of solo aging as well as problem solving together. At the November meeting, Kate Hoepke will facilitate a discussion about opportunities for connection during the winter holidays, starting with Thanksgiving. We'll also brainstorm topics for the future.

SFV Climate Action Group

Thursday, November 17, 10:00 - 11:00 AM

Zoom

RSVP TO (415) 387-1375 or 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. In addition, we have our own Plastics Labeling Project to promote the accurate labeling of plastic products.



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!



Defending Our Democracy

Friday, November 18, 10:00 - 11:00 AM

Zoom

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

Only a few days until election day on November 8th, although many Americans have already voted early by mail.

Recognizing what is at stake, SFV members have been active in get-out-the-vote efforts for many months. For inspiration and strategic ways to make a difference, SFV members have joined with the nationwide Third Act movement and its partner organizations, including Activate America, the Civics Center and the new Third Act SF Bay Area Working Group.

Join our post-election meeting for a review of the 2022 mid-term election results and their implications for the 2024 presidential election and the future of our democracy. We will get our partner organizations' perspectives, lessons learned and plans for 2023 in preparation for the 2024 elections.

We invite you to become part of our efforts. We welcome your experience and ideas as we forge ahead together in 2023 to support climate action and defend our democracy.

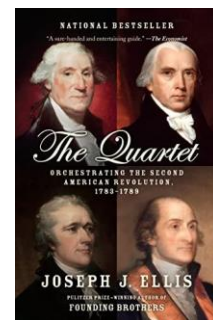
San Francisco Village Book Club

Monday, November 28, 4:00 PM

Zoom

RSVP to Sharon Kuester

We will be discussing *The Quartet* by Joseph J. Ellis. Please join us!



Street Clean Up: 8th and Fulton

Thursday, December 1, 10:30 AM– 12:00 PM

Rise and Grind Coffee Shop, 8th Ave and Fulton

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>

Conversations About Race

Friday, December 2, 11:15 AM – 12:15 PM

Zoom

RSVP to (415) 387-1375 or 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 share our group knowledge of minority-owned businesses (local or not) so we may choose to shop there for our everyday needs and for holiday gifts. Please be prepared to provide name, location, or website. 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.

94109/94133 Circle

November 3, 2:30 PM

Vedanta Society of Northern California, 2963 Webster near Filbert

RSVP to Bobbie Rothman or Juliet Rothman

Continuing our theme of visiting religious institutions in San Francisco, our group will be meeting Thursday, November 3rd at 2:30 at the Vedanta Society of Northern California. We will meet with Swami Vedananda and learn about the history of San Francisco's Society and some of the religious practices and beliefs of the members. Swami Tattwamayana may also join us if time permits. Following our visit, we will have coffee and snacks and a group gathering nearby.

Sunset Circle

Thursdays, November 3 & 17, 4:30 – 5:30 PM

Zoom

RSVP to Steve Hayashi

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

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, November 4 & 18, 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, November 9, 1:30 – 3:00 PM

Delarosa

RSVP to Eve Menger

We'll meet or lunch at Delarosa Restaurant for lively conversation and a great meal—don't forget to RSVP!

94121 Circle

Wednesday, November 9, 2:00 PM

de Young Museum Cafe

RSVP to Barbara Scrafford or Carol Rothman

We're gathering in person! Join us!

94114/94131 Circle

Wednesday, November 9, 3:00 PM

RSVP and zoom questions to Nidhi Patel 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, November 11, 1:00 – 2:15 PM

Zoom

TBD: Wednesday, November 23, 1:00 – 2:15 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 actual date and location of this in-person meeting will be decided at the first meeting on 11/11/22. The in-person 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

Tuesday, November 15, 4:00 PM

Park Chalet, 1000 Great Highway

RVSP by 11/11 to Roberta Gordon

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

The Park Chalet offers a choice of four different tacos for \$4.00 each along with other sides to enjoy. Ales and larger are brewed on the premises and the margaritas are favorites!

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, November 19, 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 Circle

TBD

RSVP and Questions Karen Franklin

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

Save The Dates



Authors' Talk

Monday, December 5, 2:00 – 4:00 PM

SFV office, 3220 Fulton St, 94118

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

A unique chance to hear from some of our published writers and support their work and favorite social justice organizations!

We'll hear from chef and author Lorraine Witte, reading from *A Pot of Rice to the Wonders of Wontons*, poet and essayist Dr. Jeanne Powell reading from poetry collection *Deeply Notched Leaves*, and traveler and editor Audrey Fielding and sketcher David Fielding, two of the five contributors of *Salento by 5*. Proceeds from book sales will go to Asians Fighting Injustice, Planned Parenthood, and a small organization that helps migratory birds. Please bring cash or Venmo to purchase. Book purchase is not required or expected to attend.

Sages and Seekers

Thursday, December 8, 11:00 AM – 12:00 PM

Zoom

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

Sages & Seekers is an intergenerational program that builds meaningful relationships between Sages (adults 60+) and Seekers (students 15-24). This eight-week program is an opportunity to share your life experience with an interested listener. This forum engages participants in a thoughtful examination of how life is lived and how personal challenges are overcome. By sharing your story, students develop a greater appreciation of elders and their legacies. Both generations discover commonalities and shatter stereotypes they have of one another.

Our online program reaches participants throughout the United States and in countries abroad, such as Colombia, Argentina, and Australia. Check out this video to learn more: <https://vimeo.com/735986551>

Our free winter session is January 23- March 13, 2023. For these eight weeks, you will meet on Zoom for 75 minutes once a week. Join us to learn more!



San Francisco Holiday Lights Walking Tour

Tuesday, December 13, 4:30 – 6:30 PM

***Starting Place: near Palace Hotel (Market and Montgomery).
Ends near Union Square.***

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

RSVP required; Space limited

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

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

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
- 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.

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

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