



### From Executive Director, Kate Hoepke:

Dear Members and Friends:

Last month I wrote to you about plans to increase the capacity of SFV, to meet the needs of a growing membership, which is currently over 500 people. We're thrilled that people are finding us and our model for caring community has taken root. We want to ensure what we've built is here for the long term.



I think of capacity in two fundamental ways: adequate financial resources and strong human resources. As you know, the village model is predicated on principles of human interaction like reciprocity, mutual support, volunteerism and leveraging social capital. In other words, our strength derives from our relationships. Our strength also requires that we have enough money to pay our staff, rent office space, offer more than 50 programs a month and so much more.

We are fortunate to have a mix of revenue sources: membership fees, foundation grants, generous individual donors, and the San Francisco Department of Disability and Aging Services. For many years the Transforming Lives and Community Luncheon, our signature fundraising event, yielded upwards of \$50,000 each year. The pandemic put the luncheon on hold in 2020 and so far, we're not comfortable with bringing 250 people together in a hotel ballroom. To maintain our financial solvency, we need to think differently.

This year we're trying several new tactics. A team of staff and board members will be participating in a ten-month training called *Choose Abundance*, an in-depth look at the mindset, behaviors and organizational practices that define our relationship to money. Our intention is to liberate ourselves from "scarcity thinking" and discover more generative ways to build a culture of philanthropy. You'll be hearing more about our learning adventure in the months ahead.

At the same time, Jessica Da Silva, SFV Director of Fund Development and Communications, is implementing a business partner program.

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### Staff Contact

(415) 387-1375  
info@sfvillage.org

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

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

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

Sha'Nice Patterson  
*Wellness & Volunteer Coordinator*  
sha'nice@sfvillage.org, ext. 4

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

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

Stephanie Casella  
*Administrative Support*  
steph@sfvillage.org, no ext

## New Members

Bickley Simpson 94111  
Herb Levine & Karen Weissmann 94122  
Dennise Smith 94127  
Hal Smith 94103  
Diane Sampson & Ross Pudaloff 94127  
Eugene Jackson & Nicholas Pietronudo 94132  
Donna Hayes 94110  
Martha Knutzen &  
Fran Kipnis 94102  
Yaeko "Pat" Murakami 94114  
Phemie Brown 94109

She's inviting selected local businesses, who share our values and vision, to invest in SFV through a sponsorship agreement. The agreement allows the business to be listed in our newsletter and website, included in our social media, and offered volunteer opportunities for their staff at a Day of Service.

We see mutual benefit here. We're able to keep local businesses informed about the needs of older adults while reminding them that older adults are valued

members of the community: consumers, voters, activists, neighbors. At the same time, SFV expands its network of trusted resources to help you make informed decisions about your health, housing, and finances, to face the future with increased confidence, delaying unwanted moves and preserving valuable resources. We think it's a win/win!

One more way we're building capacity at SFV is with technology. Since April 2020, we've been working with a local start-up called Mon Ami to develop a vastly improved operating system. It tracks volunteer activities on a mobile app, sends automatic notifications when you enroll in a program, aggregates the results of the annual member survey, and that's just for starters. Soon the system will process membership payments. You will be able to renew your membership, change your credit card information and check your membership account online. We'll let you know when it goes live, hopefully in the next couple of months, so stay tuned.

Grateful to be in community with you,

*Kate*

## In Memoriam

### Roger Christensen 94121

September 9, 1925 – January 11, 2023 Roger was born on a small farm in Iowa. He interrupted his studies at University of Iowa during World War II to enlist in the US Navy and from April 1944 to June 1946 a radio operator. Roger loved to travel and made it to each of the seven continents. He had a deep appreciation of the fine arts and was a regular patron of the San Francisco Opera, the theatre, and a number of charitable and philanthropic causes.



## Upcoming Events



### Mount Tamalpais College

Thursday, March 2, 12:30 – 2:00 PM

Zoom

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

For nearly 25 years, Mount Tamalpais College—formerly known as the Prison

University Project and Patten University at San Quentin—has provided a world-class higher education to students who are incarcerated at San Quentin State Prison. In 2022, they were granted Initial Accreditation by the Accrediting Commission for Community and Junior Colleges. They are an academic institution unlike any other in the U.S: an independent liberal arts college specifically dedicated to serving incarcerated students.

The mission of Mount Tamalpais College is to provide an intellectually rigorous, inclusive Associate of Arts degree program and College Preparatory Program, free of charge, to people at San Quentin State Prison; to expand access to quality higher education for incarcerated people; and to foster the values of equity, civic engagement, independence of thought, and freedom of expression.

This life changing program is run entirely by volunteer instructors and tutors from some of the Bay Area's most prestigious colleges and universities. It could be you – come and learn more!

### **Member Walking Group: Pacific Heights West**

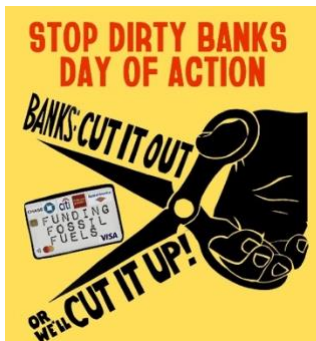
**Tuesday, March 7, 10:30 AM**

**\*Meet at Broadway and Lyon, at the top of the Lyon St. steps. Look for your guide, Marilyn Straka, SFV member and owner of On The Level SF Walking Tours\***

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



We will explore the Western section of Pacific Heights. After enjoying the view from the top of the Lyon St. steps, we will walk along Broadway, known as the Gold Coast because of the huge homes along the route. I just call it "homes of the rich and famous." We will walk a mile long level loop, learning the history of the area and the stories of the current owners of the mansions. There is a bathroom stop along the way at a small boutique hotel. To extend the walk at your own pace, you can walk the loop again, explore the Presidio at the Broadway gate, or even walk the Lyon St. steps.



### **Banking On Our Future Events**

**Educational Session**

**Wednesday, March 8, 11:00 AM – 12:00 PM**

**Zoom**

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

Climate change is an existential threat to us and generations to come. Third Act is a national organization of Americans over 60 working to protect our climate & strengthen our democracy. The goal of Third Act's "Banking on Our Future Campaign" is to pressure the four biggest US banks: Chase, Citi-Bank, Wells-Fargo, & Bank of America – to stop financing the fossil fuel industry that is continuing to create climate chaos.

As part of this campaign, thousands of people have taken a pledge to close accounts, cut up credit cards, and leave these dirty banks if they don't move their investments out of fossil fuels. Third Act's National Day of Action, set for Tuesday, March 23, will be a high point when people will gather to express their desire for change. Those ready will move their accounts from the dirty banks to those that are not funding fossil fuels.

Join Mary Ann Morgan and Jeff Perrone from Third Act for this special presentation to learn about

Third Act's National Day of Action and to get motivated to join with other Bay Area residents, on March 23, who are concerned about the climate crisis and the future of our planet. There will be time for SFV members to coordinate logistics.

### **Banner and Poster Making Session**

**Tuesday, March 14, 2:00 – 3:30 PM**

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

Get ready for the 3/21 Banking on Our Future Day of Action and make your signs with others! Some supplies provided and you are also welcome to bring your own.

### **Day of Action**

**Tuesday, March 21**

**Twin Peaks Event: 9:30 to 11:30 AM, Chase Bank, Vicente Street & West Portal Avenue**

Meet with the Chase Bank manager. Place a banner on the sidewalk. Distribute leaflets to encourage bank clients to disinvest from fossil fuels and encourage the bank to shed their fossil fuel assets.

**Downtown SF: 3:30 to 5:30 PM, Wells Fargo Bank Headquarters, 420 Montgomery Street near Transamerica Pyramid**

Older adults from across the Bay Area will gather to show the strength of our movement to end bank investments in fossil fuel!

Register on Third Act website: <https://thirdact.org/national-day-of-action/>. Scroll down to "Find an Event". Enlarge map and select Twin Peaks event (morning) or Wells Fargo HQ event (afternoon). Click on "Details" and sign up!

### **Weekend Walking Group**

**Planning Meeting**

**Thursday March 9, 10:30 – 11:30 AM**

**Zoom**

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

We'll gather on March 9 to put together a calendar for the next three months of the Weekend Walking Group. Join us via Zoom to plan future walks. What little-known parts of San Francisco would you like to reveal to the rest of us?

These should not be demanding hikes. Walks should be about one hour, easy terrain, with a possibility of coffee together at the end. Let's put our heads together and set up some intriguing Saturday walks.



### **Weekend Walk**

**Saturday March 18, 1:30 – 3:30 PM**

**\*Salesforce Tower Garden, meet at main gate of Ferry Building\***

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

Calling all weekend walkers! Let's explore SF neighborhoods together. Storm cancels the walk, and the host will decide ahead of time if the threat of rain is enough to cancel. This walk, led by Jeanne Glennon, covers the Ferry Building and the Salesforce Tower Garden, located in the Salesforce Transit Center, 425 Mission St. Come early to grab lunch and hit the Farmers' Market. We'll meet at



the main door of the Ferry Building at 1:30 and proceed to the Salesforce Tower. Enjoy this oasis of quiet and greenery in the midst of downtown.

## Introduction to Google Services

Thursdays, March 9, 16, 23, & 30, 1:00 – 2:30 PM

\*SFV Office, 3220 Fulton\*

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



Join the Felton Tech Squad for this four-session hands-on workshop. We'll cover introduction to Google Drive, which includes free web-based applications such as Gmail, Google Docs and Google Photo. We'll demonstrate how to set up accounts in Gmail and Zoom. Google Drive is a popular, free cloud storage solution for file storage and synchronization developed by Google. It provides the capability and convenience of storing and accessing files anywhere and anytime using cloud technology.



## Fine Arts Museums Virtual Tour

Friday, March 10, 1:00 – 2:00 PM

Zoom

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

Join FAMSF docents Anne Burns Johnson and Joyce Thorn for a tour on *The Male Gaze*. Together we'll explore the ways male artists have shaped our image of women.

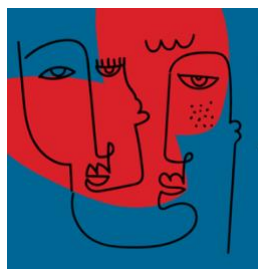
## Paper Collage

Wednesday, March 15, 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 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!



## Chinese and English Cultural and Language Exchange

Wednesday, March 15, 2:00 – 3:00; 3:00 -- 4:30 PM

Zoom

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

Join the Community Living Campaign to learn about their weekly virtual cultural exchange and then stay on the call to experience it! Native Mandarin speakers will share about Chinese culture and native English speakers will talk about American culture. This class is designed for fun and discovery.

## Asian Art Museum Virtual Tour

Friday, March 17, 1:00 – 2:00 PM

Zoom

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

The Goddess: Images of Power. Explore the myriad and fascinating depictions of female deities throughout Asia. From fierce warriors and dakinis to peaceful and benevolent bodhisattvas, these goddesses cover all the bases. Goddesses play an important and prominent role in all the Asian religions. From fertile earth maidens, to nurturing mothers, from wrathful avengers, to wise advisors – these deities provide for their supplicants and followers.



## SF Symphony

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

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

Saturday, March 18, 2:00 PM *Discovering Beethoven's Fifth*

Thursday, March 30, 10:00 AM *Open Rehearsal: Mtt Conducts Mahler 6*

## Sargent and Spain: Docent Tour for Access Day

Monday, March 20, 11:00 AM

\*Legion of Honor, 100 34th Avenue\*

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

Organized by the National Gallery of Art in Washington, DC, Sargent and Spain is the first exhibition to explore the influence of Spanish culture on John Singer Sargent's dynamic visual practice. The artist developed his passion for the country and its culture over the course of seven visits, from 1879 to 1912.

Sargent's powerful early oils—executed at Madrid's Museo del Prado after those by his aesthetic hero Diego Velázquez—mark the beginning of his long interest in Spain, its rich culture (both historic and modern), its people, and its magnificent urban and rural landscapes.



Enjoy a free docent tour with reduced crowds and accessible features including extra Blue Zone spaces close to the museum, extra seating inside and outside the exhibition, and large print editions of the exhibition labels.



## MoAd Virtual Tour and Discussion

Monday, March 20, 3:00 – 4:00 PM

Zoom

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

San Francisco's Museum of the African Diaspora, a contemporary art museum, celebrates Black cultures, ignites challenging conversations, and

inspires learning through the global lens of the African Diaspora. Sessions explore current or recent MoAd exhibitions and are vibrant, engaging, educational, and have been described as the best art discussion around. Come check it out!

## Moving Across the Ages

**Wednesdays, March 22 – April 26, 1:30 – 2:30 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)**



Moving Across the Ages is a workshop series that uses dance and creativity to bridge generational divides. Dance artist, professor, and SFV Board member, Liv Schaffer, will facilitate writing, conversation, and movement prompts that guide participants through personal and communal reflection on aging and generational polarities. Village participants will collaborate and connect with student participants from the University of San Francisco. This six-week intergenerational workshop series is accessible to all bodies and abilities with no previous dance experience required and will be available in-person and virtually.



## Crosstown Trail Hikes

**Thursdays, March 23, 4/13, 5/4, and 6/1, start time 10:30 AM**

**\*Meeting spots listed for each date & will be confirmed week prior\***

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

Connecting San Francisco from the southeast to the northwest, the Crosstown Trail runs through hidden trails, public parks, shopping corridors, tiled stairways, and community gardens along the way. The trail crosses a variety of terrain, from flat streets to steep stairways, sidewalks, paved trails, roads, and gravel. Broken up into 5 sections of 2.1-5.2 miles each, the full length of the trail is just under 17 miles and has about 2,600 feet of elevation gain heading in either direction.

So we know our route each day, we'll be using the [OuterSpatial app](#) and have Crosstown Trail co-coordinator and SFV Volunteer Karen Rhodes with us. In addition, several members have previously hiked these trails; while they might not have the route memorized, we know we'll figure it out. Join us for one hike, join us for all four hikes! Please note: Each walk is point-to-point and not a loop, so plan transportation accordingly.

Plan to carry water, snacks and/or lunch, and anything else you need. Dress appropriately (layers, hat, sturdy shoes, sunscreen, etc.) It is highly recommended you read about the trail, what to expect, and best transit options at <https://crosstowntrail.org/plan-your-trip/>

### **March 23 Section 1: Visitacion Valley, McLaren Park, St. Mary's Park (3.2 miles)**

Due to flooding at Candlestick Point State Recreation Area, we will start this walk at Mission Blue, 144 Leland Ave. in Visitacion Valley. Transit options include the T-Third and the 9 San Bruno. The trail then leads us through the Visitacion Valley Greenway, a string of community parks and gardens that is part outdoor classroom, part neighborhood hub. We continue through McLaren Park, the third largest park in the city, the Portola District, and St. Mary's Park to finish at the Glen Park BART station, served by several MUNI lines as well as BART. Restrooms at the start, in McLaren Park, and in St. Mary's Park.



**April 13 Sections 2 & 3: Glen Park Greenway, Glen Canyon, Laguna Honda Trails, Stairways of Forest Hill & Golden Gate Heights (5.1 miles)**

From our meeting point at the Glen Park BART station, corner of Diamond & Bosworth, we begin Section 2, featuring stretches of public greenways and trails, all hiding in the middle of the city. More details to come!

**May 4 Section 4: Inner Sunset, Golden Gate Park, Park Presidio (2.2 miles + additional miles while exploring JFK Promenade)**

We meet at the southeast corner of 16th Ave. & Judah (served by the N-Judah and other transit options) and walk to Golden Gate Park. More details to come!

**June 1 Section 5: Presidio, Sea Cliff, Lands End (3.8 miles)**

We meet at the northeast corner of Park Presidio & Geary, served by the 38 Geary and other transit. We'll head north to the Presidio and then veer west and head to the coast. More details to come!

**Music Chat with Marko**

**Friday, March 24, 1:00 – 2:00 PM**

**Zoom**

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

A safe space to share thoughts about music you enjoy, hosted by SFV member Mark "Marko" Fenton. Bring a song, artist, and/or genre, maybe a favorite, maybe a classic, maybe one that has recently stirred something in you. Ideally the music can be found on YouTube or some other way to share with the group so we can listen and talk about our memories, feelings, and thoughts.



**Travel Connections**

**Monday, March 27, 11:00 AM – 12:00 PM**

**Zoom**

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

Is there someplace on your bucket list you're itching to jet off to? Where would you like to travel to and wish you had someone to go with? Travel partners can lead to deep, meaningful and possibly lasting relationships! Let's gather and see if we can find some travel locations and connections within our SFV community!

**Conversations for Mortals**

**Tuesdays, March 28, 4/25, 5/30, & 6/27, 11:00 AM – 12:30 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)**

Join Stephanie Crawford, hospice nurse and death doula, for a series that will explore and normalize conversations around death and dying. By opening up the conversation around mortality, we hope to cultivate acceptance, compassion, and connection with one another as we ponder our inevitable fate. This monthly series will be an opportunity for you to share your ideas, beliefs, fears, and desires in a safe and enriching community discussion. Each month there will be a theme, but as always, the conversation may shift to new places as we honor what wants to be explored in the moment.





The theme for March will be inspired by the Spring Equinox, marking the shift from winter to spring and the beginning of more daylight hours. The Spring Equinox is also a time of new beginnings, germination, and action. How might we bring the certainty of our own deaths out of the dark in order to birth new personal practices, encourage planning and preparation, and inspire new growth and change in our lives?



### **Rock and Roll Dance Party**

**Friday, March 31, 2:00 – 3:30 PM**

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

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

Let's crank up the tunes from the 1950s, 1960s and 1970s and shake it! We know how dancing can lift our spirits and is great exercise to boot. Everyone is welcome—dance on your feet, dance in your wheelchair, dance in one of our chairs! Dancers with 50 years of training, dancers with decades of grooving to live bands, dancers whose shimmies only come out when washing dishes. No skills needed, just a little wild abandon 😊 Wear your dancing shoes and best dance outfit and a mask too.

## **Recurring Events**



### **Aging Well with Meditation**

**Wednesdays, March 1, 8, 15, 22, & 29, 10:00 – 10:45 AM**

**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.

### **Intergenerational Book Club**

**Wednesday, March 1, 10:00 – 11:00 AM**

**Zoom**

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

Join our intergenerational book club started by volunteer Kiki Couchman. We'll discuss *Marriage Portrait* by Maggie O'Farrell.





### Tai Chi and Qigong

Thursdays, March 2, 9, 16, 23, & 30, 2:30 – 3:30 PM

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

Mondays, March 6, 13, 20 & 27, 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 body and mind. The Monday virtual and Thursday in person class will be focusing on the same Tai Chi for Health sequence so you will have the opportunity to attend either or both classes. You are also welcome to participate in just the warm up exercises if you find it hard to follow the movements.

Feel free to join at any time as the movements are broken down and repeated. The emphasis is on 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.

### Makers and Crafters

Friday, March 3, 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 and creative projects you are working on as well as completed pieces you would like to show off. This month we will be continuing a 2 session class on learning to crochet a pair of beginner level fingerless gloves (pictured). No prior crochet experience necessary. If you are interested in this project, please contact [Jill@sfvillage.org](mailto:Jill@sfvillage.org) for a materials list. Everyone is welcome at the Makers Group, no matter what your craft, handwork or art form is.

### Virtual Social Hour

Saturdays, March 4, 11, 18, & 25, 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!

### Female LGBTQ+ Circle

Monday, March 6 & 20, 11:00 AM – 12:30 PM

Zoom

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



Female and female identifying members of San Francisco Village are

invited to join us for a gay "women's only" circle. During this hour, we will have a chance to meet each other as each person is invited to share a bit about themselves and explore the future plans for this 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+.



### Member to Member Coffee Chat

**Monday, March 6, 2:00 – 3:00 PM**

**Mondays, March 13, 20, & 27, 10:00 – 11:00 AM**

**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!

### Let's Play Games

**Tuesday, March 7, 1:00 – 3:00 PM**

**\*SFV office, 3220 Fulton Street\***

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

Let's have fun! We play cards, board games like Rummikub and Scrabble and love when you introduce us to a new game.



### Art Salon

**Wednesday, March 8, 2:00 – 3:00 PM**

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

**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.

### Solo-Agers Circle

**Friday, March 10, 10:30 AM – 12:00 PM**

**Zoom**

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

We gather to provide support for the journey of solo aging as well as problem solving together. Members decided our March topic will be animal care. Bring your concerns and your resources!



### Movies with Steve

**Mondays, March 13 & 27, 1:00 – 3:30 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.



3/13: *The Last Picture Show* Timothy Bottoms, Jeff Bridges, Ellen Burstyn, Sybill Shepard, Cloris Leachman  
3/27: TBD

## Play Mah Jongg

Monday, March 13, 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. Bring your card and get ready to play! Let us know when you're registering if you'll be playing Chinese or American Mah Jongg. In previous meetings, we've had enough players for American style and not Chinese style.



## The Page and the Stage

Tuesdays, March 14 & 28, 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're a playreading/discussion group that meets twice a month, Tuesdays, 2:00-3:30 at the Village office located at 8<sup>th</sup> Ave. and Fulton. Read aloud (or not), talk a lot (or not), and enjoy your fellow members interested in the page and the stage. We welcome your voice. Drop a note to Barbara Scrafford for more information and the title of the next play on our schedule.

## SFV Climate Action Group

Thursday, March 16, 10:00 - 11:00 AM

Zoom

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

This meeting will be devoted to Third Act's National Day of Action. We will finalize all plans for SFV members/staff who will join in the National Day of Action – in either or both the morning and afternoon events on 3/21/23. We welcome new ideas.



## Defending Our Democracy

Friday, March 17, 10:00 - 11:00 AM

Zoom

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

SF Village has officially announced its support for our partner organization Third Act's nationwide Day of Action on March 21, 2023 to stop the dirty banks from financing the fossil fuel industry.

Please attend the meeting on March 8 (mentioned earlier in this newsletter) to prepare for the National Day of Action. We will have time to review plans made at the March 8<sup>th</sup> meeting



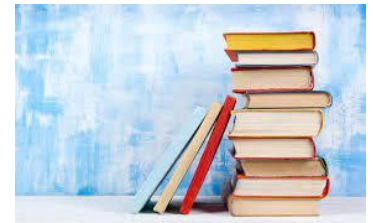
## San Francisco Village Book Club

Monday, March 27, 4:00 PM

Zoom

RSVP to Sharon Kuester

We will be discussing *Horse* by Geraldine Brooks. Please join us!



## Neighborhood Circles

Neighborhood Circles are smaller, hyper-local groups that enable members to develop relationships closer to home, led by members and volunteers. Please reach out to Jill to be connected to your neighborhood circle leader.

### Sunset Circle

Thursdays, March 2 & 16, 4:30 – 5:30 PM

Zoom

RSVP to Steve Hayashi

Join us for one biography meeting and one check-in meeting.

### LGBTQ Circle

Fridays, March 3 & 17, 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.

### West of Twin Peaks Circle

Monday Walks

Beginning March 6, 10:30 AM

\*Chain of Lakes, Golden Gate Park\*

NO RSVP. Just show by 10:30. Most Mondays, Phyllis

Scaduto will be there to greet you.

You're invited to take a walk! Let's meet at the Chain of Lakes in Golden Gate Park on Mondays. The Chain of Lakes is known as Golden Gate Park's "Enchanted Forest," a secretive grove surrounded by various fauna and views. The path is paved, flat and includes several benches. A little more than 1/2 mile around, it is a beautiful, peaceful walk that can be done once, twice or more, depending on everyone's interest and ability.

Brunch

Friday, March 17, 11:30 AM

\*Cypress Grill, Harding Park, 99 Harding Road, San Francisco\*

RSVP by 3/10 to Roberta Gordon

### 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

The restaurant is spacious and has large windows overlooking a lovely view of Lake Merced and the 18th hole golf course. It is an incredible suburban oasis away from the city. 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 with you, as the restaurant may require wearing one upon entering, and bring ID and proof of vaccination.

### **94107/94103 Circle**

**Wednesday, March 8, 1:30 – 3:00 PM**

**\*Yank Sing Restaurant in Rincon Center\***

**Thursday, March 23, 4:00 PM**

**\*Press Club, 20 Yerba Buena Ln\***

**RSVP to Eve Menger**

We'll meet for lively conversation and lunch on 3/8 and happy hour on 3/23—don't forget to RSVP!

### **94117 Circle**

**Friday, March 10, 1:00 – 2:15 PM**

**Zoom**

**Thursday, March 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 3/10. 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.

### **94121 Circle**

**Tuesday, March 14, 2:00 PM**

**\*Anza Branch Library, 550 37th Avenue\***

**RSVP to Judi Irandy or Carol Rothman**

We meet once a month, to know each other better, share experiences and support each other.

### **94115+ Circle**

**Friday, March 17, 12:00 PM**

**\*Eliza's, 2877 California St\***

**RSVP to Lynne Fox at or Gayle Geary**

Please join us for good food, lively conversation, and a chance to get to know our neighbors better.

## Bernal Circle

Date TBA

\*Delancey Street Restaurant, 600 The Embarcadero\*

RSVP to Joan Miro

We're figuring out a new meeting plan! Contact Joan for the details this month.

## 94118 Circle

To Be Determined

For further information, contact Karen Franklin

Right now, we are hoping to improve interactions among our 94118 neighbors. Our first step is a questionnaire, which we will circulate, to find out what kinds of activities you prefer. So please watch for the questionnaire and give us your best advice on how to make this SF Village Circle work for you. We will plan future activities based on your input.

## 94109/94133 Circle

For more info, reach out to Bobbie Rothman or Juliet Rothman

Our group has had a truly memorable visit to Mission Dolores in February, where we were hosted by Andrew Galvan, the Mission's Curator, who is an Ohlone, and gave us a new perspective and some fascinating insights into the relationships between the Mission and local tribes. Our group will not be meeting in March, but a meeting is being planned for April continuing with our theme of visiting religious institutions, followed by our usual coffee together in a local coffee shop.

## Save the Dates



### Winter Stars: A Care Giver's Journey

Thursday, April 6, 11:00 AM – 12:15 PM

Zoom

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

When Dave Iverson was a 59-year-old broadcast journalist, he decided to do something he'd never imagined: he moved in with his 95-year-old mom. *Winter Stars: An Elderly Mother, An Aging Son and Life's Final Journey* is the story of their ten-year caregiving journey, lasting until his mom's passing at the age of 105. It's a book Michael J. Fox calls, "A gift — a modern classic of frontier literature documenting the uncertain journey into the country of caregiving,"

As our society ages, more adult sons and daughters are thinking about whether they can care for an aging parent at home, just as aging Americans are contemplating their own future care needs. What's at stake as we consider those choices? Dave's memoir *Winter Stars* offer an intimate, unvarnished portrayal of an elderly mom, an aging son, and life's final journey.

## 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. 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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