



San Francisco Village

Monthly Newsletter

April 2023

From Executive Director, Kate Hoepke:

Dear Members and Friends:

Last month I was asked to share the story of SFV's equity journey with other villages in CA. How we evolved over the past few years to articulate a vision for diversity and inclusion and then act on that vision. I asked several people to join me in the presentation, staff and board members as well as a volunteer. Different perspectives from white and people of color, representing different generations and gender identities. I invite you to watch the recorded presentation on the Village Movement CA YouTube channel (<https://www.youtube.com/watch?v=tNSbzqOlc-0>)



The story starts in the spring of 2020. The lockdown started in March and by late April I remember thinking, "How much longer can this go on?" The evening news reported how many people had died of Covid every day. Mostly black and brown people. In May, George Floyd was murdered, and people protested systemic racism all over the world. Northern CA was on fire and we couldn't go outside because of the toxic air. I think of that time as bringing me to my knees. I felt cracked open. Vulnerable, frightened. I wondered how we would survive so much collective trauma. It turns out I was being prepared, to be changed, and to lead SFV in some critical self-reflection about who we are, who we've been and who we hope to become.

We hired a Diversity, Equity and Inclusion (DEI) consultant that summer. Like most villages across the country, SFV membership has been predominantly white since our inception. We felt compelled to examine why that was true and what it means to operate within the white dominant culture. It was challenging work because it was both personal and systemic. Acknowledging that white dominance is the water we swim in led to a whole range of emotions, from personal shame to shared grief. Staff and board had to dig deep and discover that it's in the discomfort we find the potential to change. I'm grateful to them for their courage and the lasting imprint they've made on SFV.

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Mary Polo 94122
Francine Pirogovsky 94014
Barbara Elbl 94122
Margaret Gannon 94127
Marie Grimes 94110
Mary Polo 94122
Joyce Warriner 94110
Elizabeth Nelson 94121
Jess Ramos 94114
Anne LeGrand 94066
Maya Mahrer 94109

Our DEI work led to a new five-year strategic plan in which we have reaffirmed our commitment to connecting older San Franciscans to the community, resources and expertise they need to navigate the transitions of aging in a changing world. At the same time, we are making explicit our commitment to equity: a bigger vision that includes people of all ages, races, cultures, and abilities working together to create a community of belonging and in so doing, demonstrate possibilities for relationship and connection that benefit the greater good.

You're seeing the results of this vital work all around you. In the weekly bulletin, monthly newsletter, on the website and social media. It's evident in the programs being offered, the teachers selected, and programs initiated by members. There's a new Current Events Discussion Group starting up this month, led by two relatively new

members. The neighborhood circle leaders in 94109/94133 reached out to the seniors group at Third Baptist Church and organized a lunch and learn in January. In May, we're collaborating again and offering a program on fraud and scams targeting elders, and lunch afterwards at the church. It's open to all members so consider yourself invited to come meet your neighbors in the Fillmore!

SFV has grown immeasurably in the past 14 years, not just in the size of our Village but in our understanding of what is possible when people come together to intentionally care for one another in a spirit of reciprocity and common cause.

Grateful to be in community with you!



In Memoriam

Francisco Cancino 94123

Francisco Cancino, age 88, passed away on Wednesday, March 8, 2023.

Upcoming Events



Moving Across the Ages

Wednesdays, April 5 – 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

This series started in March and there is still space available

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.

Winter Stars: A Caregiver's Journey

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

Zoom

RSVP TO (415) 387-1375 or 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.



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* offers an intimate, unvarnished portrayal of an elderly mom, an aging son, and life's final journey.



Music Chat with Marko

Friday, April 7, 1:00 – 2:00 PM

Zoom

RSVP TO (415) 387-1375 or 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.

Crosstown Trail Hikes

Thursdays, April 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

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.



We know our route each day, 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. 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/>

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. We'll visit 60 acres of restored natural habitat up Glen Canyon and wind through the Laguna Honda Community Trail System. The only sign that you're still in San Francisco is the view of Sutro Tower peeking through the tall eucalyptus trees. From the Forest Hill MUNI station, we begin Section 3 – the stair section. But stairs lead to elevation and elevation leads to views! We finish at 16th Ave. & Judah, near the N-Judah and Inner Sunset cafes and restaurants. Restrooms at the Glen Park Recreation Center.

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!



Fine Arts Museums Virtual Tour

Friday, April 14, 1:00 – 2:00 PM

Zoom

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

Sargent In Spain, a special exhibition currently at the Legion of Honor. Churches, coastlines, gardens, royal palaces, dancing – vibrant works by John Singer Sargent (1856 – 1925) immerse you in the rich culture of Spain. This exhibition, in its exclusive West Coast stop, is the first to explore the influence of Spanish culture on Sargent's dynamic visual practice. The exhibition presents an array of Sargent's dazzling oils, watercolors, and drawings, along with never-before-exhibited photographs, showcasing Spain's people, architecture, and magnificent urban and rural landscapes.

Weekend Walking Group

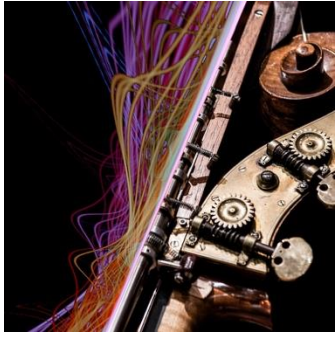
Saturday April 15, 1:00 – 3:00 PM

Presidio Ecology Trail, Meet at Arguello Gate

RSVP to (415) 387-1375 or 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 Linda Soltis, will go on the 1.5 mile Ecology Trail in the Presidio. There is mild elevation and a shuttle at the other end to bring you back to the starting point.





SF Symphony

Davies Symphony Hall, 201 Van Ness Ave.

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

Tickets limited & must be accepted 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.

Sunday, April 16, 2:00PM *Chamber Music: Davies Symphony Hall*

Sunday, April 23, 2:00PM *Cristian Măcelaru Conducts Shostakovich*

Sunday, April 30, 2:00PM *Joshua Bell plays Sibelius*

MoAd Virtual Tour and Discussion

Monday, April 17, 3:00 – 4:00 PM

Zoom

RSVP TO (415) 387-1375 or 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. Sessions are led by Sedey Gebreyes, Senior Education Manager. Come check it out!



The San Francisco Village View: A Current Events Discussion Group

Thursdays, April 20, May 25, 12:30 -- 2:00 PM

SFV office, 3220 Fulton St, 94118

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

Space limited, RSVP required

Let's gather in community and conversation about what's happening in our world--this could be global or local! Please bring a topic and the group will vote at the beginning of each session. It's extra helpful if you can let us know what you want to talk about when you register. Knowing our identities are wrapped up in the political landscape, we will engage each other with respect and establish ground rules at the first meeting. Potential guidelines are:

- Listen respectfully, without interrupting, and with an ear to understanding others' views.
- Commit to learning, not debating. Comment in order to share information, not to persuade.
- Avoid blame, speculation, and inflammatory language. Disagree? Use language around the idea, not the person.
- Allow everyone the chance to speak.
- Avoid assumptions about any member or generalizations about social groups. Do not ask individuals to speak for their (perceived) social group.

- Check your sources/facts and be prepared to share them. We don't want to contribute to misinformation.

This is a member-led group by Marymelissa Grafflin and Alexander Williams. The topics and viewpoints discussed are each individual member's beliefs, not necessarily those held by the organization.

Traveling In Spanish: “Viajando En Español”

Thursday, April 20 – May 25, 3:30-4:30 PM

Zoom

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

This six-week series will give participants some general knowledge they'll need when traveling to a Spanish speaking country. Each week, we'll cover a different subject:

- At the airport: main instructions
- In the neighborhood: addresses, meeting new friends, and nearby places
- Transportation: bus, taxis, central station, places out of the city
- Restaurants: main menus, dishes, behavior
- What to do: museums, libraries, shopping, beaches
- Dance: Dancing to different kinds of Latin music



Taught by Dr. Hilda Elena Puerta Rodriguez. Originally from Cuba, Hilda achieved a master's degree in Economic Integration from University of Amsterdam and Ph.D. in Economics from University of Havana. She currently teaches at the Tecnológico de Monterrey in Mexico and visits her daughter ever winter in San Francisco, where she was introduced to the San Francisco Village community.



Asian Art Museum Virtual Tour

Friday, April 21, 1:00 – 2:00 PM

Zoom

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

Color Blocks: The Beauty and Impact of Woodblock Prints.

Woodblock printing made art accessible to the masses.

Japanese art is known for the beauty and variety of its woodblock prints. The techniques and characteristics of woodblock prints

have influenced other art forms, especially the Impressionists, and have evolved over the years. They served multiple purposes from advertising posters to printed books to promoting fashion icons. Take a journey to heighten appreciation of the beauty of woodblock prints and understand the elements which had such influence.

Pet Show and Tell

Monday, April 24, 3:00 – 4:00 PM

Zoom

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

By request we will be spending an hour saying hello to each other's furry, feathery, and scaly friends! We've seen them in the background for months, let's get them center screen and be the focus of the hour!

Sign on and see if you can convince your animal companion to make an appearance. Photos and stories welcomed as well! Hosted by SFV staff pet owners.



Conversations for Mortals

Tuesdays, April 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

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 April will be different options for end of life such as medical aid in dying, voluntarily stop eating and drinking, and natural death.

Rock and Roll Dance Party

Friday, April 28, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

RSVP to (415) 387-1375 or 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.





Photographing My Neighborhood: Creative Minds, Community Arts for Brain Health Initiative

Wednesdays, May 3 – June 21, 1:00 – 3:00 PM

Zoom most weeks 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14

In person at SFV/Golden Gate Park 5/25 and 6/21

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

Join Alex Kornhuber, international photographer and Atlantic Fellow for Equity in Brain Health at UCSF Memory and Aging Center, as we explore San Francisco in *Photographing My Neighborhood*. Alex is a photographer based in Peru with over 30 years of experience working on cultural projects that focus on the human experience and local histories. In *Photographing My Neighborhood*, participants will learn techniques that focus on portraits, light, the details of everyday life, and our neighborhoods.

Workshops will be facilitated over primarily Zoom, with two in-person photo taking sessions at the San Francisco Village office and in Golden Gate Park on May 24th and June 21st. Participants can borrow an Apple iPad to use throughout the series or use their own smartphone, tablet, or digital camera; borrowed devices make the photo sharing and discussion easier since the account is already set up for the facilitators to access. Please let us know when you register what you'll use.

Participants will be invited to exhibit their curated photography at a large public exhibition later this year with details forthcoming.

Cultivating Meaningful Connections Through SFV Member-Led Events

Thursdays, May 4, 11, and 18, 1:00 -- 2:30 PM

Zoom

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



At San Francisco Village, our goal is to actively and intentionally create a culture of belonging. What does it mean to cultivate meaningful connections, to build a culture of care, to choose genuine relationships with new people? How do we lean into brave spaces where we will be known and know others? How do we facilitate a group with our peers?

Join us for a three-session workshop exploring the creation and facilitation of meaningful connections. We'll dive into why it's important, especially at this time in our lives and in the world, share practical insights with plenty of engaging conversations, and figure out ways to get unstuck when faced with challenging interactions. In addition to learning from each other's decades of experience, we'll use work and examples from community builders such as Mia Birdsong, Priya Parker, Robin Wall Kimmerer, adrienne marie brown, and more.

This workshop is part of SFV's 2023 commitment to capacity building and leadership development. We invite all members, curious about community building, as well as current and potential leaders of neighborhood circles and interest groups. The only prerequisite – an open heart and mind!

Recurring Events



Virtual Social Hour

Saturdays, April 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!

Female LGBTQ+ Circle

Monday, April 3 & 17, 11:00 AM – 12:30 PM

Zoom

RSVP to (415) 387-1375 or 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. Open to all members and volunteers that identify as female LGBTQ+. In April, our group will include the topic aging & moving on or staying at home.



Tai Chi and Qigong

Mondays, April 3, 10, 17 & 24 1:00 – 2:00 PM

Zoom

Thursdays, April 6, 13, 20 & 27, 2:30 – 3:30 PM

SFV office, 3220 Fulton St, 94118

RSVP to (415) 387-1375 or 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.

Member to Member Coffee Chat

Tuesdays, April 4, 10:00 – 11:00 AM, April 18, 2:00 – 3:00 PM

Mondays, April 10 & 24, 10:00 – 11:00 AM

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!



Let's Play Games

Tuesday, April 4, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

RSVP to (415) 387-1375 or 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.

Update: Defending Our Democracy

Tuesday April 4, 4:00 PM

Zoom (through Third Act)

RSVP to Ruth Schoenbach or Arabella Dorth



Starting in April, the SFV Defending Democracy Group will merge with Third Act's SF Bay Area Defend Democracy Team. By doing this, we will join forces to create a more concentrated and action-oriented group. The focus of our work will be on voter registration of communities not often encouraged to vote, including high school students, new citizens and "Returning Family Members" (formerly incarcerated people). These meetings are held monthly via Zoom on the first Tuesday of each month at 4:00 pm. Please join with other SF Bay Area community members in continuing efforts to have a positive impact on defending democracy! We won't list these meeting in the newsletter again so please reach out this month if you want to be included.



Aging Well with Meditation

Wednesdays, April 5, 12, 19, & 26, 10:00 – 10:45 AM

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.

Intergenerational Book Club

Wednesday, April 5, 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. We'll discuss *The Tyranny of Merit* by Michael Sandel. On May 3rd, we'll discuss *To Be a Woman* by Nicole Krauss.



Makers and Crafters

Friday, April 7, 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. This month we will be concluding a multi session class and complete our fingerless glove projects. Everyone is welcome at the Makers Group, no matter what your craft, handwork or art form is.

Play Mah Jongg

Monday, April 10, 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. 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 beginner players for American style and not Chinese style.



The Page and the Stage

Tuesdays, April 11 & 25, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

RSVP to (415) 387-1375 or 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 8th 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.

Solo-Agers Circle

Friday, April 14, 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. Members decided our April topic will be to bring our favorite books about aging—we'll decide if we want to form small connection groups to go further into those books and how this can shape future meetings.



Movies with Steve

Mondays, April 17 & 24, 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.

4/17: *Attack on the Block* The 2011 film centers on a teenage street gang who have to defend themselves from predatory alien invaders on a council estate in South London on Guy Fawkes Night.

4/24: *Local Hero* is a 1983 Scottish comedy-drama film about an American oil company representative who is sent to the fictional village on the west coast of Scotland to purchase the town and surrounding property for his company.

Art Salon

Tuesday, April 18, 2:30 – 3:30 PM

SFV Office, 3220 Fulton

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

Come show off what you've been creating! We'd love to see paintings, drawings, photographs, needle work, crafts, hear some of your writings, listen to your songs, and more.



SFV Climate Action Group

Thursday, April 20, 10:00 - 11:00 AM

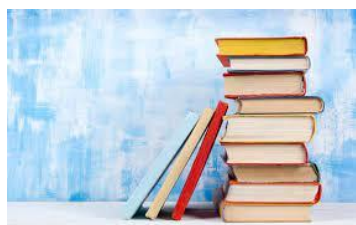
Zoom

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

We will share the successful actions that took place in SF and across the US on 3/21/23, Third Act's National Day of Action. The four biggest US banks (Wells Fargo, Citi-Banks, BofA and Chase) invest \$1.4 trillion in petrochemical companies and campaign was to pressure these four banks to stop investing in fossil fuel. If they don't stop, then many older adults will move their money out of these banks and cut up their credit cards.

BUT - before you make any changes in where you bank and what credit cards you use, you probably need more information. We will explain in greater detail how to take actions related to your money. Older adults have 70% of the financial assets in this country. Money talks. How we invest our money matters. We will explain how you can prepare to move your money out of the "dirty banks" into other banks or credit unions that do not invest in fossil fuel. You don't have to move everything all at once. We understand each person's finances may be complicated. No changes should be made until you have all the information you need to make the right decisions for you.

Climate change is here, reshaping our world in ways big and small—but that doesn't mean our future is predetermined. Every action we take to limit further warming and reduce reliance on fossil fuel makes a big difference. We can hold the biggest US banks accountable for their investments that negatively impact our climate. We can each take our own personal financial actions to make a difference in our future and the future of all life on the earth. Join us on April 20th!



San Francisco Village Book Club

Monday, April 24, 4:00 PM

Zoom

RSVP to Sharon Kuester

We will be discussing *Deadwood* by Pete Dexter. 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.

West of Twin Peaks Circle

Tuesday Walks

April 4, 11, 18, & 25, 10:30 AM

***Top of the Stairs on JFK, Chain of Lakes, Golden Gate Park* NO RSVP. Just show by 10:30. Most Tuesdays, Phyllis Scaduto will be there to greet you.**

You're invited to take a walk! 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. From Fulton, turn into the Park at 43rd Avenue, turn right onto JFK Drive. Chain of Lakes is immediately on your right. From Lincoln, turn into the Park at 41st Avenue, turn left onto JFK Drive. Chain of Lakes is immediately on your

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

right. We will meet at the top of the stairs on JFK and Chain of Lakes.

Early Dinner

Thursday, April 27, 4:00 PM

The Gold Mirror, 800 Taraval Street at 18th Ave

RSVP by 4/22 to Roberta Gordon

This restaurant is a neighborhood fixture that originally opened as a New Orleans speakeasy in 1929. In 1969 the DiGrande Family purchased the cocktail lounge and started serving traditional Italian food in an old-world setting. The menu reflects old-school Italian entrees with a modern twist – and great cocktails! We request that you have cash to pay your individual bill. We add 35% to our order which includes tax, tip and health mandate.

Sunset Circle

Thursdays, April 6 & 20, 4:30 – 5:30 PM

Zoom

RSVP to Steve Hayashi

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

LGBTQ Circle

Friday, April 7, 1:00 – 2:15 PM

Zoom

Friday, April 21, 1:00 – 2:30 PM

In person, location TBA

If you are not already on the LGBTQ Circle master list, RSVP to Bill Haskell

The first session will be on zoom, and the second session will be in person, weather permitting. The location of the in-person get-together will be determined by the first meeting in April. 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, April 11, 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.

94114/94131 Circle

Stir Fry lunch in Jay's kitchen

Wednesday, April 12, 12:00 -- 2:30 PM (flexible ending time)

RSVP to Jay Davidson

Contribute a few veggies, cut them up, and make a group stir fry that everyone in attendance will cook and eat together. This will be a vegetarian meal. Members of other circles are welcome, as are volunteers.

Walk and Lunch

Tuesday, April 18, 10:00 AM -- 1:00 PM

Southeast corner of 20th & Church Streets

RSVP to Jay Davidson

Today is the anniversary of the 1906 earthquake and fire. At 10:00 we will meet at the southeast corner of 20th & Church Streets, the location of the fire hydrant known as the "little giant," which is credited with saving the Mission District from disaster as the fire raged. Every year on this anniversary, the "little giant" is given a fresh coat of gold paint.

After we gather and view the new paint, we will take a walk in the neighborhood and then, upon mutual agreement of attendees, head either to a cafe for coffee or a restaurant for lunch. Members of other circles are welcome, as are volunteers.

94107/94103 Circle

Wednesday, April 12, 1:30 PM

McCormick & Kuleto's in Ghiradelli Square

Wednesday, April 26, 4:00 PM

Harbor View Embarcadero

RSVP to Eve Menger

We'll meet for lively conversation, lunch and good views on 4/14 and happy hour on 3/23—don't forget to RSVP!

94117 Circle

Friday, April 14, 1:00 – 2:15 PM

Zoom

Thursday, April 27, 1:00 – 2:30 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 4/14. We can share what

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

94115+ Circle

Friday, April 14, 12:30 PM

Presidio Social Club, 563 Ruger St

RSVP to Lynne Fox or Gayle Geary

Please join us for good food, lively conversation, and a chance to get to know our neighbors better. Rides may be arrange—ask us when sending in your RSVP.

94118 Circle

Wednesday, April 19, 11:30 AM

Café Coco, 4201 Geary Blvd, at 6th Ave

RSVP to Karen Franklin

We're gathering at Café Coco for conversation and coffee! Join us.

Bernal Circle

Wednesday, April 19, 7:00 PM

Zoom

RSVP to Joan Miro

We will share our stories and welcome some new members.

94102 Circle

Friday, May 26, 11:00 AM

City Hall, 1 Dr Carlton B Goodlett Pl

RSVP By April 7 to Allegra Fortunati

94102 Neighborhood Circle is putting together a group for a tour of City Hall for Friday, May 26th at 11:00 am. It is approximately 45 minutes to one hour long. It is free. There is a limit of 8 people for the tour, first come, first served. Please let Allegra Fortunati know if you are interested. We will be keeping a waitlist, should anyone drop out. The docent indicated that we should let her know as early as we can. So we are asking that people respond by April 7. If you are interested in doing a "meet and greet" with your Supervisor's Office before or afterward, please indicate that too, plus any issue you would like to discuss. We will try to set up a meeting, most likely with the staff, and provide appropriate questions to break the ice if you need them. We can go for coffee/tea afterward for a discussion.

94109/94133 Circle

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

After our wonderful visit to San Francisco's Quaker Meeting House in March, our group will not meet in April, due to our Co-leaders' schedules. Stay tuned for our next adventure, in May, as we continue to explore San Francisco's religious world.

Save the Dates



Scams Targeting Seniors

Wednesday, May 17, 11:00 AM

Third Baptist Church, 1399 McAllister St,

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

Please join us for an in-person conversation on current scams targeting seniors and learn tools to protect yourself and loved ones. This presentation will outline commonly seen scams, tactics used and brainstormed on prevention tools. We welcome you to share your stories and ideas.

Ali Chiu who currently oversees the Institute on Aging's Elder Abuse Prevention Program. Ali brings over 20 years' experience of direct services in the area of domestic violence, human trafficking, and advocacy on rights of seniors and people with disabilities. Ali currently holds a seat on the San Francisco Family Violence Council and is a steering committee member of the National Human Trafficking and Disabilities Working Group.

There is an optional lunch with the Senior Center at Third Baptist Church. We hope you can stay as our communities get to know each other better! Please be sure to let us know if you'll be staying for lunch when you RSVP so the Third Baptist team can prepare enough food. \$4 is a suggested donation for lunch.

Volunteer Support



Request a Volunteer and Volunteer Opportunities

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

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

Reach out to Jill for help with:

- shopping and errand assistance
- technology assistance
- friendly caller connections and/or walking partner
- outdoor gardening
- 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.

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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