



From Executive Director, Kate Hoepke:

Dear Members and Friends:

For the past several months, I've been writing to you about the steady growth of SFV: 500+ members, 250 multi-generational volunteers, six staff, 50+ programs per month. At the State of the Village meeting in February, the staff and I shared with you some thoughts about increasing our organizational capacity to meet this growing demand. We talked about capacity in two ways: adequate financial resources and developing leadership throughout the network.



The Village model is predicated on member leadership, reflected in the Board of Directors, neighborhood circles and interest groups, members' program contributions and consistent feedback. We've built something extraordinary together! Based on principles of reciprocity, mutual support, empathy, and volunteerism we've created a caring community that touches us in deep and meaningful ways.

We've accomplished this by being intentional community builders. We've sought ways to support one another during difficult life transitions. We've gotten curious about who feels included or excluded in our community. We've made decisions to connect with younger generations and explore larger social issues. We've put caring and being cared for in the spotlight.

I believe that most people come to SFV because they want new relationships in their lives – they want to be known for who they are now – a mature adult with a lifetime of experience and a desire to share it. This requires a little structure, lots of mutual respect, shared vulnerability, and a willingness to take risks.

To create this kind of brave space, this month we're offering a three-part experiential workshop to cultivate meaningful connections, for yourself and fellow SFV members, led by Diane Tompkins. Together, we'll explore what meaningful connection means to us, how to

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New Members

Marty Jacobs 94122
Leigh McLellan 94122
Amy Richardson & Donald Collier 94132
Linda Allan 94110
Jan Robbins 94114
Rosanne Liggett 94110
Rolando Pena 94103
Jerry Fuller 94117
Mary Ann Desuyo 94127
Marlo Sagatelian 94121
Sharon Eastman 94114

facilitate it in groups, and what it makes possible when we do. Diane is a coach, strategist, and founder of the Curious Company, a human-centered design firm, that helps organizations discover their true potential. She has been an active participant in the unfolding of the SFV story since 2015, when she helped us construct a brand strategy. Last year she took us through the process of restating our mission, vision and values. Diane brings authenticity to everything she does.

We invite you to join us in this next intention – to strengthen the whole by strengthening the connections between the individual parts. As adrienne marie brown says, “Facilitation is the art of making things easy – making it easier for humans to work together and get things done.”

Grateful to be in community with you,



In Memoriam

John Alander, 94112

John was born in April 1938 in San Francisco,. A lifelong resident, he worked for Muni. He enjoyed Saturday flea markets and garage sales with friends.

Philip Hoehn, 94114

Longtime UC Berkeley Maps and Earth Sciences Librarian Phil Hoehn passed away on February 6, 2023, from complications of colon cancer. He was 81 years old. Phil's knowledge of and deep enthusiasm for maps, all maps, seemed boundless. Anyone privileged to have the opportunity to be guided by him and work alongside him benefited from his professionalism, patience, generosity, and quiet sense of humor.

Lynda Beigel, 94117

Lynda was an active member in the Sunset and 94117 circles. There will be an open house soon and a memorial in June.

Barbara Tetzlaff, 94115

Barbara was an estate lawyer who worked as long and as hard as she could. San Francisco Village members miss her dearly at the monthly Makers and Crafters sessions.

Did You Know?

Office Closed

The San Francisco Village office will be closed Monday, May 29 for Memorial Day.

Mask Policy Update

SFV continues to follow SF Public Health guidelines related to the coronavirus. At this time, we recommend, but no longer require, that masks be worn in the office and for in-person programs.

We will continue to maintain a supply. We also recommend that neighborhood circles have this discussion and arrive at group consensus regarding masks.

Upcoming Events



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, 5/31, 6/7, 6/14

In person at SFV/Golden Gate Park 5/24 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 primarily on Zoom, with two in-person photo taking sessions at the SFV 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!



Crosstown Trail Hikes

Thursdays, May 4 and 6/1, start time 10:30 AM

Meeting spots listed for each date

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

Connecting SF 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, crossing a variety of terrain. We'll use the [OuterSpatial app](#) to know our route and have Crosstown Trail co-coordinator Karen Rhodes to guide us. Each walk is point-to-point and not a loop, so plan transportation accordingly. Carry water, snacks and/or lunch, and anything else you need and dress with layers, hat, sturdy shoes, sunscreen, etc. It is recommended you read about the trail and best transit options at <https://crosstowntrail.org/plan-your-trip/>

May 4, Section 3: Golden Gate Heights Park, Grandview Park, Tiled Stairways (2.1 miles) and the group will decide if continuing to **Section 4:** Inner Sunset, Golden Gate Park, Park Presidio (2.2 miles)

Section 3: Meet at Forest Hill MUNI. The stair section, which leads to elevation and elevation leads to views! While walking down the steps from the sweeping views of Golden Gate Heights' Grandview Park, don't forget to look back. The 16th Avenue Tiled Steps project started in 2003 as a way to connect the community through a project to beautify the neighborhood.

Section 4: We'll either continue Section 4 on May 4 or start on June 1 (if 6/1, meet at the southeast corner of 16th Ave. & Judah and walk to Golden Gate Park.) After wrapping around Stow Lake, we'll visit the park's Rose Garden. We finish at Park Presidio & Geary.

June 1, to be decided if Section 4 or 5 Section 4: Inner Sunset, Golden Gate Park, Park Presidio (2.2 miles) or Section 5: Presidio, Sea Cliff, Lands End (3.8 miles)

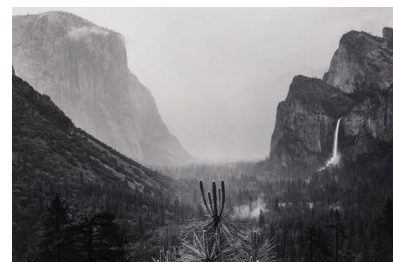
Access Day: Ansel Adams in Our Time

Monday, May 8, 10:30 AM

de Young Museum, 50 Hagiwara Tea Garden Dr

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

Looking forward and back, this exhibition of more than 100 works by photographer and environmentalist Ansel Adams (1902 – 1984) places him in direct conversation with contemporary artists and the photographers who influenced him. Laid out in seven sections tracing Adams's artistic development, the exhibition features some of his most-loved photographs, including images of Yosemite, San Francisco, and the American Southwest.



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.



Intergenerational Play Date!

Thursdays, May 11 and 25, 10:00 – 11:30 AM

Ruth's Table Courtyard, 3260 21st Street

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

Join SF parents and their preschool aged children at Ruth's Table for an intergenerational play date! We'll read children's books, make art, and share some of our favorite music, to see how it has shifted over the generations or stayed the same. Ruth's Table has generously sponsored a professional teaching artist to guide us!

Ruth's Table is an arts nonprofit committed to increasing access to creative opportunities for older adults and adults with disabilities, providing an inclusive and inspiring environment for creative expression and intergenerational connections. With older adults at the core of our mission, Ruth's Table offers a dynamic combination of rotating gallery exhibitions, creative programming, and community initiatives.

Fine Arts Museums Virtual Tour

Friday, May 12, 1:00 – 2:00 PM

Zoom

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

Join us for a virtual docent tour of work in San Francisco's Fine Arts Museums. This month's tour will be announced closer to the date.



Member Walking Group: Hidden Places at Golden Gate Park

Tuesday, May 16, 11:00 AM

Meeting Place: 36th and Fulton, on Park side. Look for your guide, Marilyn Straka, SF Village member and owner of On the Level SF Walking tours.

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

We will explore the area around Spreckels Lake. Created 120 years ago, for the model yachts (which we hope to see), it is a gem in Golden Gate Park.

We will continue west for several blocks to find multiple hidden features: horse stables, polo field, fly casting ponds, and the famous bison. Lastly, we walk the path around North Lake. We return to the start along JFK Dr. or (optionally) shorten the walk by catching the Fulton bus. The total mileage is around 2 miles. Rhododendrons and other colorful blooming shrubs will add another dimension. Bring lunch to eat along the way.

Getting there: Muni #5 Fulton. If driving, park on Fulton, 36th Ave or JFK Dr. in the park.

Scams Targeting Seniors

Wednesday, May 17, 11:00 AM

Third Baptist Church, 1399 McAllister St,

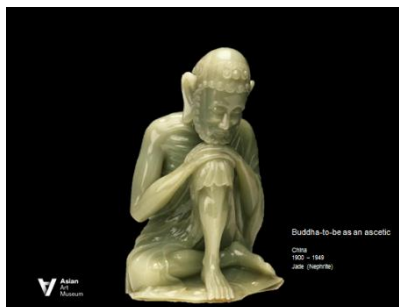
RSVP to (415) 387-1375 or info@sfvillage.org

Please join us for an in-person conversation about current scams targeting seniors and learn tools to protect yourself and loved ones. This presentation will discuss common scams and tactics, as well as some prevention tools. We welcome you to



share your stories and ideas. Presented by Ali Chiu, who currently oversees the Institute on Aging's Elder Abuse Prevention Program.

There is an optional lunch with the seniors at Third Baptist Church. We hope you can stay as our two groups 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.



Asian Art Museum Virtual Tour

Friday, May 19, 1:00 – 2:00 PM

Zoom

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

Mind And Form: Images Of Buddhism Buddhas and bodhisattvas. Taras and Dakinis. Avalokiteshvara, Guanyin, and Kannon. This virtual tour will explore how the various sects of Buddhism have portrayed Buddha and deities over the ages throughout Asia.

The San Francisco Village View: A Current Events Discussion Group

Thursday, 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. Knowing our identities are wrapped up in the political landscape, we will engage each other with respect and an ear to understanding others' views. We are committed to learning, not debating. We allow everyone the chance to speak, and we avoid assumptions about individuals or generalizations about social groups. We ask that all who attend check sources/facts and be prepared to share them. We don't want to contribute to misinformation.

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



Conversations for Mortals

Tuesdays, 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.

Transportation Options

Tuesday, May 30, 3:00 – 4:00 PM

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

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

SFMTA works to keep San Francisco moving and SF Paratransit works to ensure the travel needs of our city's older adults and people with disabilities are met. Join us for this hybrid presentation/workshop to learn about your transportation options in the city and around the Bay Area. You'll learn about transportation resources that fit your individual needs such as the Essential Trip Card, the Shop-a-Round Shuttle, ADA Paratransit, travel training/travel planning, and more!



Paper Collage

Wednesday, May 31, 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!

Recurring Events

Female LGBTQ+ Circle

Mondays, May 1 and 15, 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 May, we'll share and listen to each others' phases of coming out stories.



Tai Chi and Qigong

Mondays, May 1, 8, 15, & 22, 1:00 – 2:00 PM

Zoom

Thursdays, May 4, 11, 18, & 25, 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

Tuesday, May 2, 10:00 – 11:00 AM

Mondays, May 8 & 15, 2:00 – 3:00 PM

Monday, May 22, 10:00 – 11:00 AM

Wednesday, May 31, 11:00 AM – 12:00 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!



Let's Play Games

Tuesday, May 2, 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.

Aging Well with Meditation

Wednesdays, May 3, 10, 17, 24, & 31, 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. All levels of experience are welcome for this drop-in group.



Intergenerational Book Club

Wednesday, May 3, 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 *To Be a Woman* by Nicole Krauss. We will

be meeting on June 7th to discuss *Horses* by Geraldine Brooks.

Music Chat with Marko

Friday, May 5, 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 together and discuss what the music means to us. This month we’re especially excited to talk about Reggae, Jazz, and the San Francisco psychedelic sound.



Makers and Crafters

Friday, May 5, 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 deciding on our next group project so if

you have any suggestions, let us know. Everyone is welcome at the Makers Group, no matter what your craft, handwork or art form is.

Virtual Social Hour

Saturdays, May 6, 13, 20, & 27, 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!



Play Mah Jongg

Monday, May 8, 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 (and would love that to change! We would also need a Chinese style Mah Jongg set).

The Page and the Stage

Tuesdays, May 9 & 23, 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. 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, May 12, 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 that we'll dedicate the May meeting to choosing a book to focus on whether we'll discuss it in small groups or one

large group.

Movies with Steve

Monday, May 15, 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. This month's movie is *Breathless*, directed by Jean-Luc Godard, starring Jean Seberg and Jean-Paul Belmondo.



Art Salon

Tuesday, May 16, 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, May 18, 10:00 - 11:00 AM

Zoom

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

In this session, we will explain next steps for the Third Act *Banking on our Future* campaign, advocating for big banks to stop investing in fossil fuels. The four biggest US banks (Wells Fargo, Citibank, BofA and Chase) invest \$1.4 trillion in petrochemical companies annually. We will tell you more about how you can prepare to



take a stand by moving your money out of the “dirty banks” into other banks or credit unions that do not invest in fossil fuel, if you wish to do so.

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 fuels makes a big difference. Third Act reminds us that older adults have power and we can make a real difference in climate change. Join us on May 18th!



Weekend Walking Group

Saturday May 20, 1:30 – 3:00 PM

Ferry Building

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

Calling all weekend walkers! Let’s explore SF neighborhoods together.

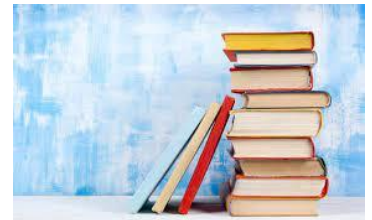
Join us for a walk along the flat, well-paved walkway on the bay side of the Embarcadero. We'll stroll by the water and watch the birds and the boats on the bay. We'll start at the Ferry Building and walk to Chase Center and back. Anyone can turn back sooner if they find this trek too long. Perhaps coffee at the Ferry Building when we return? Led by SFV member Persis Ainey.

San Francisco Village Book Club

Monday, May 22, 4:00 PM

Zoom

RSVP to Sharon Kuester



We will be discussing *His Excellency, George Washington* by Joseph Ellis. Please join us!



Rock and Roll Dance Party

Friday, May 26, 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!

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, May 4 and 18, 4:30 – 5:30 PM

Zoom

RSVP to Steve Hayashi

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

LGBTQ Circle

Friday, May 5, 1:00 – 2:15 PM

Zoom

Friday, May 19, 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 May. 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, May 9, 2:00 PM

Anza Branch Library, 550 37th Avenue

RSVP to Judi Iranyi or Carol Rothman

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

Neighborhood Circles:

Sunset Circle: 94122/94116

West of Twin Peaks: 94127/94132

St. Francis Wood, West Portal, Forest Hill, Park Merced, Ingleside Terraces, Oceanview, Merced Heights and Ingleside

94110/94134: Bernal Hts /Potrero/ Mission/Visitation Valley/Bayview

94107/94103: South of Market/Mission/ Potrero

94109/94133: Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill

94111/94104/05/08: Financial Dist/ Embarcadero

94112: Excelsior/Ingleside TBD

94114/94131: Castro/Noe Valley/Glen Park

94115: Pacific Heights/Western Addition/ Japantown

94117: Cole Valley/Haight

94118/94129: Inner Richmond

94121: Outer Richmond

94123: Marina/Cow Hollow

LGBTQ Circle: Citywide

94107/94103 Circle

Wednesday, May 10, 1:30 PM

Le Central, 453 Bush Street

Wednesday, May 24, 4:00 PM

Amelie, 1754 Polk Street

RSVP to Eve Menger

We'll meet for lively conversation, lunch and good views on 5/10 and happy hour on 5/24—don't forget to RSVP!

94117 Circle

Friday, May 12, 1:00 – 2:15 PM

Zoom

Friday, May 26, 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 5/12. 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, May 19, 12:30 PM

Perry's, 1944 Union Street

RSVP to Gayle Geary

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

94114/94131 Circle

RSVP to Jay Davidson

Thursday, May 18, 10:00 AM

Casual drop-in meetup at Morning Due Cafe, SE corner of 17th & Church

Members have met here before and enjoyed each other's company. There is both indoor and outdoor seating available. Let us know if you plan to attend, so we have a sense of how many seats to save. The place starts to thin out around this time of the morning, so there should be ample seating available. Open to volunteers and members of other Circles.

Wednesday, May 24, 11:00 AM

Duboce Triangle Walk, followed by Lunch

Duboce Triangle is said to have the highest concentration of Victorians in San Francisco. We will enjoy a walk in the neighborhood for about an hour or longer, depending on group decision, and

then choose a place for lunch. Meet outside of the now-closed Café Flor, NE corner of Noe & Market. Open to volunteers and members of other Circles.

94109/94133 Circle

Friday, May 19, 11:00 AM

AlSabeel Masjid Noor al-Islam, 118 Jones Street

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

Continuing our theme of visiting religious institutions in our city, our Circle will be visiting AlSabeel (Path to the Light) Masjid Noor al-Islam on Jones Street on Friday, May 19th at 11:00 a.m. We will have a welcome, a tour of the mosque, and a slide presentation, which will include the five Pillars of Islam and the Articles of Faith. We will also have an opportunity for questions after the presentation. Those who wish may also attend the 1:00 p.m. sermon and prayer service.

94118 Circle

Wednesday, May 24, 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!

West of Twin Peaks Circle

Wednesday, May 24, 1:00 PM

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

RSVP by 5/17 to Roberta Gordon

This restaurant is a neighborhood fixture. It was the heart of a planned community by Henry Doelger. He started building homes in 1950 and later built 6500 homes in Daly City. It was the largest suburban tract beyond San Francisco. The menu reflects the traditional old-school Italian entrees with a modern twist. The staff is helpful, the food is great, and they have two parking lots. Wednesday Special: Chicken Pot Pie with salad: \$17.95

We request that you have cash to pay your individual bill. We add 30% to our order which includes tax and tip. Please bring a mask, ID, and proof of vaccination as they may be required. We cannot coordinate car-pooling, but we encourage you to invite a friend who drives. We welcome the opportunity to introduce people to The Village!

Bernal Circle

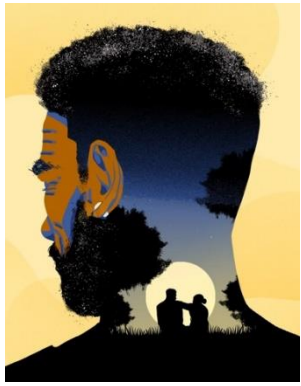
TBD

Lunch at Delancy Street, 600 The Embarcadero

RSVP to Joan Miro

Join us for lunch! Date to be determined.

Save the Dates



Grief Group

Fridays, June 16 – August 4, 12:30 – 2:00 PM

SFV Office, 3220 Fulton

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

Space limited; RSVP required

Grief is love; it's all the love you want to give but cannot. Grief is love with no place to go. Together, we will create a safe, warm, secure space that protects our most vulnerable selves as we bear witness to each other's grief. We intend that the pain of your loss be recognized and validated; that you are supported to feel and express the big emotions of your loss in the

embrace of our community.

This group is guided by SFV members Abby Lehrman and Kathleen Wallace. Both took Patrick Arbore's eight-week Intensive Grief Exploration Group and Kathleen recently completed the Grief Educator Certification with David Kessler. Abby does outreach and case management for marginalized populations and is presently exploring her own grief journey. Kathleen is a counselor at IOA supporting older adults' emotional well-being. She has experienced much grief throughout her life and finds herself on a healing journey.

Please plan to attend all eight sessions. We recognize all the individual and collective grief we have gone through over the last few years and that comes with aging. We respectfully ask that those who sign up are mourning the death of a loved one.

Microaggression Training

Thursday, June 22, 12:00 – 1:00 PM

SFV Office, 3220 Fulton

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

Learn how to effectively intervene when you witness a microaggression. Participants in this training will gain the tools to identify a microaggression and will learn how to challenge, confront, and question a microaggression while being a thoughtful and proactive ally to those impacted.



The Council on American-Islamic Relations (CAIR) is a nonprofit, grassroots civil rights and advocacy organization. CAIR is America's largest Muslim civil liberties organization, with affiliate offices nationwide. Our vision is to be a leading advocate for justice and mutual understanding.



Summer Solstice Soiree and Volunteer Appreciation!

Thursday, June 29, 5:00 – 7:00 PM

Enclaves, ParkLab Gardens, 1379 4th Street, cross street Mission Blvd South

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

RSVP required

Join us to celebrate our awesome volunteers, connect with old friends and make some new ones!

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. 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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