



From Executive Director, Kate Hoepke:

Dear Members and Friends:

Prosocial values like empathy, reciprocity and volunteerism are the bedrock of our community. They are the hearty seeds from which a culture of care has evolved, a vast root structure of relationships that grounds us in the knowledge we're not alone. We're known and valued by people outside our family.



Last year we tracked nearly 6000 hours of volunteer service and I'll bet that number is underreported. About half of those hours were contributed by members supporting other members and half came from a multi-generational group of people who want to connect with elders. They tell us their lives are richer for it. They get more than they give. One young woman says, "I believe our culture has forgotten how to listen to its elders and I want to change that, starting with myself."

Many SFV volunteers are in their 20's, 30's and 40's – Millennial and Gen Z young adults who need and want older people in their lives. They come to San Francisco from other places, leaving behind their own grandparents and the security of home. They're looking for wisdom, a larger context of time, some reassurance that they will survive. The mythologist Michael Meade describes an elder as someone with one foot on the ground of survival and the other in deep imagination of what's possible. Elders can be a bridge that connects the two worlds, which releases wisdom, creativity, and an expanded vision for the future. Young adults are hungry for this kind of knowledge.

Older adults are often reluctant to ask for a volunteer because it requires vulnerability and an acknowledgement that they need help. In fact, asking for support is an invitation that allows a young person to connect with exactly what they're looking for – someone who has survived and knows things they can't possibly know yet. A perspective on San Francisco from someone who has lived here decades. A way to cultivate empathy, alleviate loneliness, and develop a new vision for

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Donna Shrout 94110
Mary Grant 94103
Mary Foote 94114
Brian Ball 94123
Kathleen Stern & Johannes
Posthumus 94121
Henry Michalski 94121
Cornelia Hoppe 94133
Mary Anne Lewis 94123

compassionate and inclusive community.

San Francisco Village wouldn't be what it is today without the hundreds of multi-generational volunteers who have contributed their time, talent and love over the years. Please join us on Thursday June 29 to honor ALL our volunteers, old and young alike, and celebrate what we have created together. Please see details about the event on page 7 of this newsletter.

I hope to see you at the party!
Love,

Kate

Did You Know?

Directory Updates needed!

We are in the process of updating our SFV Member Directory. If you have any changes to your home address, phone number or email address please let us know by sending an email to jill@sfvillage.org. Thank you!

Office Closed

The SFV office will be closed Friday, June 2. Virtual programs will be happening.

Upcoming Events



Crosstown Trail Hike

Thursday, June 1, 10:00 AM

Meet at Mountain Lake Park, just north of the intersection of Lake & Funston

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/>

Section 5: Presidio, Sea Cliff, Lands End (3.8 miles) We'll head into the Presidio and then veer west and head to the coast. We'll follow restored Lobos Valley Creek along a boardwalk trail, stroll a stretch of Baker Beach, and catch a glimpse of the Golden Gate Bridge before the final stretch of pathway along the rocky cliffs above the mouth of the Bay. Finish your adventure looking out over the Pacific at the Lands End Lookout Visitors Center, at the northernmost point of the San Francisco Crosstown Trail. The 38 Geary stops nearby. Restrooms at Baker Beach.

Grupo de Conversación en Español

Wednesdays, June 7 & 21, 12:00 – 1:00 PM

SFV Office, 3220 Fulton

RSVP to Susan Kahn



Add a little more Spanish conversation to your life! This group, led by members, is aimed at intermediate speakers and those who speak fluently; there will be no formal instruction. Not sure if your Spanish is up for it? Check it out!



Intergenerational Art Making

Thursdays, June 8 & 22, 10:00 – 11:30 AM

Ruth's Table, 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 art making program, affectionally known as an intergenerational playdate! Take a chance to witness and move at a 3-year old's pace. Ruth's Table has generously sponsored a professional teaching artist to guide us in viewing artwork in the gallery and making art and conversation.

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.

Banking On Our Future

Thursdays, June 8, 15, & 22, 2023, 2:00 – 3:30 PM

To register for the 3-part zoom, please use the link below:

<https://us02web.zoom.us/meeting/register/tZMsde6uqDoiGdQNYVg5kZ53NerqDLP3jFbr>

For questions, clarifications or more information, contact 1000

Grandmothers Nancy Kurshan or SFV staff Sarah

Kent sarah@sfvillage.org or (415) 386-1375x3



Do you want to move your money out of the 4 Big Banks that fund fossil fuels – Wells Fargo, Chase, Citi Bank and Bank of America, but you don't know where to start? Join a cohort of [1000 Grandmothers](#) and other Bay Area elders including members of SFV for a three-part zoom series.

[This Is What We Did](#), an organization that trains elder in how to move their money, will guide us with resources about better institutions, work sheets and their own experiences. Even small steps in this direction will make you feel lighter. And who knows, you may decide to give up a bank but make a new friend along the way as you meet other like-minded elders.

We're talking about checking, savings, and credit card accounts, but if you're fortunate enough to have investments, you might want to start thinking about that as well, if you haven't already. [Here's a link](#) to a Forbes article from last summer entitled *Climate Change Risk Is Emerging As A Mainstream Retirement Issue*.



Fine Arts Museums Virtual Tour

Friday, June 9, 1:00 – 2:00 PM

Zoom

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

Transformations We've all had experiences that have transformed us. Docents Kathi Walsh and Margery Zirin will share artworks that represent a transformation - of the artist or the subject or perhaps we are the ones being transformed by experiencing the art.

Travel Connections

Monday, June 12, 1:00 – 2:00 PM PM

SFV Office, 3220 Fulton

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



Is there someplace on your bucket list you're itching to jet off to? Where would you like to travel 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!



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 online 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, June 11, 2:00 PM *Adriana Mater*

Sunday, June 18, 2:00PM *Chamber Music: Davies Symphony Hall*

Sunday, June 25, 2:00PM *Igor Levit Plays Busoni*

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

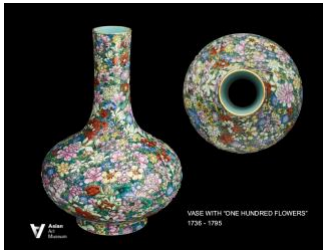
Grief is love; it's all the love you want to give but cannot. Grief is love with no place to go. Together, we will create a safe, warm, secure space that protects our most vulnerable selves as we bear witness to each other's grief. We intend that the pain of your loss be recognized and validated; that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



Asian Art Museum Virtual Tour

Friday, June 16, 1:00 – 2:00 PM

Zoom

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

The Language of Flowers in Asian Art showcases the expressive power of flowers in the arts and cultures of Asia. Since ancient times flowers have been cultivated in gardens, and represented in art. The properties of flowers have come to symbolize both human and divine qualities. Our program, featuring objects from the Asian Art Museum's permanent collection, focuses on six celebrated flowers - lotus, plum blossom, cherry blossom, chrysanthemum, tulip, and rose – and the messages they convey.

Let's have fun and speak French!

Tuesday, June 20, 11:00 AM

Cafe de la Presse, 352 Grant Avenue, corner of Grant Avenue and Bush street

RSVP to Bick or Francine



Join us in person, Francine and Bick, for an informal gathering to share French experiences and learn more about customs, language, fashion, food and special events. It has to be fun so bring all your ideas. We look forward to a wide range of topics including yours.



Grant Avenue Follies

Tuesday, June 20, 3:00 – 4:00 PM

SFV Office, 3220 Fulton

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

Since 2003, members of the Grant Avenue Follies, a senior dance group, have been rediscovering the sheer joy and freedom of dance.

You're invited to a performance where they bring to life the legacy of San Francisco Chinatown's golden nightclub era. The group has evolved from four dance professionals to its current roster of 13. The Follies enjoys a loyal following of seniors, many of whom frequented the Chinatown nightclubs of the '40s, '50s and '60s such as the Forbidden City, the Sky Room and Shanghai Low. However, Grant Avenue Follies has also seen its share of appreciation from 20-somethings, interested in its unique roots in San Francisco Chinatown history.

Microaggression Training

Thursday, June 22, 12:00 – 1:00 PM

SFV Office, 3220 Fulton

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

Learn what microaggressions are and how to effectively intervene when you witness one. 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.



Circle Leadership Information Session

Friday, June 23, 10:30 – 11:30 AM

Zoom

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

Are you curious what circle leadership at San Francisco Village looks like? We'll spend an hour talking about purpose, vision, responsibilities, and sharing ideas! While we're hoping to encourage members to step into the organizing and facilitation roles, this is not an expectation of those who attend—just an open mind and heart about what it takes to build community.

MoAd Virtual Tour and Discussion

Monday, June 26, 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!



Conversations for Mortals

Tuesday, June 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.

Coming Out Under Fire

Tuesday, June 27, 2:30 – 4:30 PM

SFV Office, 3220 Fulton St, 94118

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



The Del and Phyllis Posse (Female LGBTQ group) and the LGBTQ Group invite you to celebrate Pride by attending a movie session at the SFV office. We'll screen the

1994 film *Coming Out Under Fire*, which goes to the heart of the "don't ask, don't tell" policy on gays and lesbians in the military. Recipient of a George Foster Peabody Award and a Sundance Film Festival Special Jury Award, this internationally acclaimed film from Oscar-nominated director, Arthur Dong, uncovers the World War II origins of a military policy which labeled homosexuals as mentally ill and sought their discharge as "undesirables." Stay for the 75-minute film and a social afterwards!



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!

Plastic Free July

Friday, June 30, 10:30 – 11:30 AM

Zoom

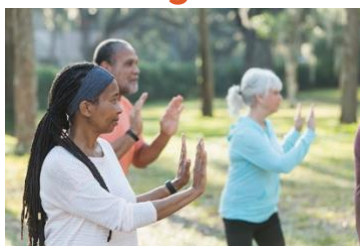
RSVP TO (415) 387-1375 or info@sfvillage.org

Plastic Free July® is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?



We'll have a brainstorming session about resources and ideas to help us reduce single-use plastic waste everyday. Bring your favorite plastic-free ways and any challenges you want some extra brain power behind.

Recurring Events



Tai Chi and Qigong

Thursdays, June 1, 8, 15, 22, & 29, 2:30 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Mondays, June 19 & 26, 1:00 – 2:00 PM

Zoom

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

Tai Chi and Qigong are exercises designed for health of 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.

Music Chat with Marko

Friday, June 2, 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.



Virtual Social Hour

Saturdays, June 3, 10, 17, & 24, 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!

Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, June 5 & 19, 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 we'll share and listen to one another's phases of coming out stories. Open to all members and volunteers that identify as female LGBTQ+.



Let's Play Games

Tuesday, June 6, 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, June 7, 14, 21, & 28, 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 mediation – 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 this month by Terre Passero, who has been teaching mindfulness since 2005 and has decades of experience leading global teams in organizations. She is a Certified Mindfulness-Based Stress Reduction (MBSR) Instructor and a Certified Stress Mastery Educator. She also spent five years in Japan where she practiced (and still practices) Zen meditation.

Intergenerational Book Club

Wednesday, June 7, 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 *Horses* by Geraldine Brooks. We're reading TWO books this time by Annie Ernaux. The books are both prize-winning about her parents – *A Man's Place* and *A Woman's Story*. They are each 96 pages long and available at the library.



Weekend Walking Group

Planning Meeting

Thursday June 8, 10:30 – 11:30 AM

Zoom

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

We'll gather on June 8 to put together a calendar for the next three months of the Weekend Walking Group. 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 June 17, 1:30 – 3:00 PM

Crane Cove Park, 18th Street and Illinois Street

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

We'll explore Crane Cove Park & Other Recent Changes to Mission Bay. Crane Cove Park is on Mission Bay at the northern end of Dog Patch. Once an industrial area, it has been converted into a recreational space, featuring a small sandy beach with direct access to the water, the only one on the Bay side of the city. We can either continue to walk along Mission Bay and stop at the little restaurant on the water, or walk to the huge Chase Center and wander around the outside to take in its unusual architecture. Led by SFV member Bonnie Weiss.

Solo-Agers Circle

Friday, June 9, 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 June meeting to discuss the List of Retirement and Care Facilities in San Francisco.



Makers and Crafters

Friday, June 9, 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. For the next few meetings, we will have a hand embroidery demonstration for beginners and those interested can work on a sample swatch before starting on their own small embroidery project. Please let Jill jill@sfvillage.org know if you are interested in this so she can supply enough materials. Everyone is welcome at the Makers Group, no matter what your craft, handwork or art form is.

Member to Member Coffee Chat

Mondays, June 12 & 26, 10:00 – 11:00 AM

Monday, June 19, 2:00 – 3:00 PM

Zoom

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

Note: You need to send in new RSVPs every month



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!



Play Mah Jongg

Monday, June 12, 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

Tuesday, June 13, 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.



Climate Action Group: Electrify Your Life and Save Money Doing It!

Thursday, June 22, 10:00 - 11:00 AM

Zoom

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

This month we will focus on the specific topic of electrifying our lives. This means, at some point, replacing stoves, water heaters, furnaces, and clothes dryers that use gas with ones that use electricity. It can also mean replacing gas powered cars with new electric vehicles. Because the Inflation Reduction Act provides large incentives for us to electrify our homes, this is an opportune time to start thinking about electrification! Come with your curiosity, questions, knowledge, and ideas to share. Suggestions for speakers who are experts in any aspect of electrification would be most welcome.

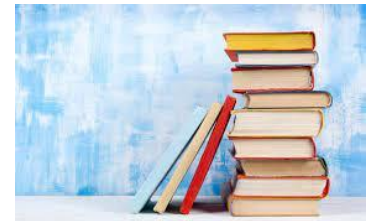
In addition, we'll propose topics for future meetings, possibly speakers for our monthly meeting and/or larger events for SFV. Some members will continue to work with Third Act, and occasionally present critical issues it is exploring and addressing.

San Francisco Village Book Club

Monday, June 26 4:00 PM

Zoom

RSVP to Sharon Kuester



We will be discussing *Midnight in the Garden of Good and Evil* by John Berendt. Please join us!



The San Francisco Village View: A Current Events Discussion Group

Thursday, June 29, 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.

Rock and Roll Dance Party

Friday, June 30, 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, June 1 & 15, 4:30 – 5:30 PM

Zoom

RSVP to Steve Hayashi

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

LGBTQ Circle

Friday, June 2, 1:00 – 2:15 PM

Zoom

Friday, June 16, 1:00 – 2:30 PM

TBD if Zoom or in person

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 or on zoom. The location of the in-person get-together will be determined by the first meeting in June. 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.

94102 Circle

June 6, 1:00 PM

Lunch in the neighborhood

RSVP to Georgia Finnigan by 6/1

Join us for our new quarterly circle meeting lunch! All are welcome including non/potential members but RSVP is necessary.

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

94115+ Circle

Tuesday, June 6, 4:00 PM

Gayle Geary's home

RSVP to Gayle Geary or Lynne Fox

Please join us for afternoon tea and conversation!

94114/94131 Circle

RSVP to Jay Davidson

Thursday, June 8, 2:00 PM

Visit to the Botanical Gardens/Arboretum in Golden Gate Park, 9th Ave entrance

We will meet at the entrance of the Botanical Garden next to the San Francisco County Fair Building, and enjoy the Arboretum, which is free to all residents of San Francisco who can show ID that we live here. Easy access via N-Judah streetcar to 9th & Irving or 44 O'Shaughnessy bus to 9th & Lincoln Way. Open to members of all Circles and to volunteers.

Friday, June 16, 11:00 AM

Stairways in 94114

Meet at the bottom of the stairs at 19th & Sanchez Streets. Climb up the stairs, walk around up there, and descend the stairs at 20th & Noe Streets. Followed by lunch in the area in a restaurant chosen by consensus. Open to members of all Circles and to volunteers

Wednesday, June 28, 10:00 AM

Morning Due, NE corner of Church & 17th Streets

Join us for coffee and to gather and socialize with other members of the Circle and with people from other Circles. Open to members of all Circles and to volunteers

94117 Circle

Friday, June 9, 1:00 – 2:15 PM

Zoom

Friday, June 23 1:00 – 2:30 PM

TBD if in person or on zoom

Proof of vaccination required

RSVP to Bill Haskell

The 94117 Circle meets twice a month, once on zoom and the 2nd could be in person or on zoom. The actual location of 6/23 will be decided at the first meeting on 6/9. We can share what is going on in our lives – what brings us pleasure, what we are enjoying, and what is positive. We can also share any challenges we are facing.

94107/94103 Circle

Wednesday, June 14, 1:30 PM

Spinnaker, 100 Spinnaker Dr, Sausalito

Wednesday, June 28, 4:00 PM

Ula Restaurant and Tapas Bar, 450 Post St

RSVP to Eve Menger

We'll ferry to Sausalito to meet for lively conversation, lunch and good views on 6/14 and happy hour on 6/28—don't forget to RSVP!

94121 Circle

Tuesday, June 13, 2:00 PM

Anza Branch Library, 550 37th Avenue

RSVP to Judi Irazyi or Carol Rothman

We meet the 2nd Tuesday of every month, to know each other better, share experiences and support each other.

West of Twin Peaks Circle

Tuesday, June 20, 1:00 PM

Moss Beach Distillery, 140 Beach Way, Moss Beach CA

RSVP by 6/15 to Roberta Gordon

The distillery sits at the edge of a cliff overlooking the Pacific Ocean and the restaurant dates back to the 1920s. It was a speakeasy that purchased bootlegged spirits during prohibition. There is a Ghost Story about the Blue Lady. You might see her at lunch.

We request that you have cash to pay your bill. We all add 30 % to our order which includes tax and tip. One of our honest, in-charge, and understanding members will collect the money at each table.

94118 Circle

Wednesday, June 21, 11:30 AM

Royal Grounds Café, 3101 Geary between Spruce and Cook

RSVP to Karen Franklin

We'll meet for lunch and conversation. This month we'll meet at Royal Grounds Cafe on Geary Boulevard between Spruce and Cook. Be clear that this is not the same Royal Grounds as for the May meeting. Spruce and Cook Streets are just east of Stanyan and west of Masonic. We hope to see a good crowd!

Bernal Circle

Wednesday, June 21, 7:00 PM

Zoom

RSVP to Joan Miro

We will continue to share our stories and welcome new members.

94109/94133 Circle

Tuesday, June 27, 3:00 PM

Member's home

RSVP to **Bobbie Rothman** or **Juliet Rothman**

Our circle will be having tea and sweets at a member's home. We'll be deciding on our theme for the next year, and discussing what we've enjoyed and learned from this year's experiences - and, of course, having a special time for sharing and enjoying each others' company. Please let us know if you need assistance with transportation.

Save the Dates



San Francisco Stories: Writing Workshop

Thursdays, July 6-August 3, 12:30 – 2:00 PM

Zoom

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

We all have San Francisco stories to tell but have you ever written yours? Over the course of five sessions, journalist and author Denise Sullivan will guide you toward finding, shaping and developing a unique view of our city to tell your story on the page. Unlocking sense memories through writing prompts, we will craft vivid vignettes of times, places and people specific to The City. Discussion and shared readings will inspire beginning, intermediate and more experienced writers to dig deep into the past or draw from present day life to tell your own personal tales of the City.

Denise Sullivan is the author of five books, and editor of *Your Golden Sun Still Shines: San Francisco Personal Histories and Small Fictions*. A literary arts educator, arts and cultural worker and reporter, Sullivan contributes to the *San Francisco Chronicle* and created the SF Lives column for the *San Francisco Examiner*.

Bystander Intervention Training

Wednesday, July 12, 1:00 – 3:00 PM

SFV Office, 3220 Fulton

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



Bystander Intervention Trainings teach bystanders about the principles of nonviolence and de-escalation techniques. In this training participants learn hands-on skills about how to de-escalate a hate incident before it leads to violence, how to create a safe space, and how to support the person being targeted.

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.

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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