



From Executive Director, Kate Hoepke:

Dear Members and Friends:

Neighborhood Circles are critical to the success of SFV. With over 500 members, the Circles allow for more intimate connections: making friends, extending support, learning new things, venturing out. Some of our members find these connections in special interest groups like Solo Agers, LGBTQ groups and the upcoming Artist’s Way. What all these groups have in common is that they’re led by members, whose contribution of time and talent is invaluable.



In fact, SFV wouldn’t be what it is today without member leadership. I’m deeply grateful to all members, past and present, who have shared a vision for caring community and taken action to make that vision come to life. Some are good planners and organizers who know their way around a spreadsheet, while others have skills for active listening and group facilitation. What they all share is a desire for community, a spirit of experimentation and the heart to forge new relationships at this time in their lives.

I’m most appreciative to Roberta Rothman and Ellen Sandler, two big-hearted women who help manage the Circle leaders and host a quarterly luncheon where people share their joys and challenges of leadership. Bobbie and Ellen, thank you for your wisdom, humor, flexibility and commitment over these many years. You’ve helped SFV grow from a sapling into a Mother Tree.

Last month we added another layer of support with Leadership Plus, a bi-monthly group to energize and encourage leaders with training, problem solving and role playing. To kick us off, we invited Diane Tompkins, principal of the [Curious Company](#), to coach us in active listening and facilitation skills. This summer, we’re drafting a Member Leadership Toolkit to help groups with things like establishing ground rules, active listening guidelines, meeting structure and passing the torch. We’ll most likely roll it out in August or September, so stay tuned.

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Alexandra Yudovich 94121
Sherwin Cotler 98502
Connie Hills & Julie Nicholson 94109
Evelyn Ruethling 94122
Bonnie Gordon 94110
Jacqueline Kanya Matzen 94123
Allan Regenstreif & Adele Clark 94131
Paul & Carol Kameny 94127
Cecile Marie 94122
Gardener Haskell 94109
Jonah "Jojo" Raskin 94122
Susan Kitazawa 94110

Thank you to our Sponsor



The author of Emergent Strategy, adrienne marie brown says, *"The depth of relationship between the individuals in the community determines the strength of the community."*

With deep appreciation for this community,

Kate

P.S. Welcome to our first business sponsor, Kaiser Permanente! The business sponsorship program helps SFV raise funds and connect members with trusted local businesspeople. Let us know if there's someone you'd like us to meet.

Did You Know? Office Closed

The SFV office will be closed Monday, July 3 and Tuesday, July 4 for a long holiday weekend and on Tuesday, July 18 for an all-day staff training.

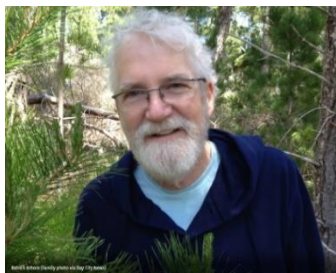
In Memoriam

Constance Bernstein, 94117

Originally from North Carolina, Connie had lived in Denmark and Australia before moving to SF over 40 years ago. She led an interesting life producing documentaries in Australia, teaching English in Denmark, and spent most of her career as a trial consultant helping select juries, presenting cases and working out strategies and communications. She enjoyed doing yoga, making jewelry and going to the symphony.

Fred Park, 94111

Shared by Elaine Park: Fred lived well. He loved deeply and that love was returned. He joked, he laughed and told stories. He was a devoted brother, Dad and Grandpa and everyone's favorite Uncle. Many called him a friend. He was kind to those less fortunate. My Fred lived well.



Patrick Arbore, 94132

Patrick Arbore, founder of the Friendship Line and Grief Counselling Programs at the Institute on Aging (IOA) died on May 27 at the age of 75.

Patrick was a member of San Francisco Village, former board member, mentor, close friend, and strong supporter of our community. He was beloved for his genius ability to show empathy and compassion for others, especially those who were suffering. He could mirror feelings that people

were ashamed to be feeling - despair, grief, loneliness – so they could stop judging themselves and discover the truth that wanted to be expressed.

You can read a [tribute to Patrick](#) here.

Upcoming Events



San Francisco Stories: Writing Workshop

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

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

We all have San Francisco stories to tell but have you ever written yours? 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

Register with SFV at (415) 387-1375 or info@sfvillage.org



Bystander Intervention Trainings teach bystanders about the principles of nonviolence and de-escalation techniques. 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.



Grupo de Conversación en Español

Tuesdays, July 11 and 25, 1:00 – 2:00 PM

SFV Office, 3220 Fulton

Register with Susan Kahn

Add a little more Spanish conversation to your life! This group is led by members and there will be no formal instruction. Not sure if your Spanish is up for it? Check it out! If you are interested and can't attend this session, please reach out to Susan. The group is currently looking for a fluent Spanish speaker to help guide the conversation.

Intergenerational Art Making

Thursday, July 13, 10:00 – 11:30 AM

Ruth's Table, 3260 21st Street

Register with SFV at (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, an arts nonprofit committed to increasing access to creative opportunities for older adults and adults with disabilities, has generously sponsored a professional teaching artist to guide us in viewing artwork in the gallery and making art and conversation.



Grief Group

Fridays, July 14– September 1, 12:30 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

This series has moved from in-person to Zoom.

Coping with the loss of a loved one may be one of the hardest experiences we face in our lifetime. Whether expected or not, the death of a loved one can have a profound effect on us. This eight-week series is a way for those coping with the loss of a loved one to find support, community and healing. The 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.

Please plan to attend all eight sessions. Although we recognize various forms of grief, such as climate disaster and gun violence, we respectfully ask that those who sign up are mourning the death of a loved one.

Fine Arts Museums Virtual Tour

Friday, July 14, 1:00 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



Ansel Adams in Our Time 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. Adams' works are shown alongside prints by 19th-century landscape photographers, such as Carleton Watkins and Eadweard Muybridge, as well contemporary artists like Trevor Paglen, Will Wilson, and Catherine Opie.



Weighing Risks of Covid and Loneliness

Monday, July 17, 2:00 – 3:30 PM

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

Register with SFV at (415) 387-1375 or info@sfvillage.org

As we come out of the pandemic, many of us are wondering if it is really safe to gather together with other people. What are the actual risks of Covid right now? Just a few months ago, we heard from US Surgeon General, Vivek Murthy, about the increasing risks of social isolation and loneliness. How do we assess these two risks and make decisions that protect our health? Join us either in person or on zoom for this hybrid session with Dr. Carla Perissinotto, a UCSF geriatrician and pioneer in researching the health effects of social isolation and loneliness.

Member Walking Group: Yerba Buena Gardens and Festival

Thursday, July 20, 10:30 AM

*Meeting Place: Peet's Coffee, 773 Market St. Look for your guide, Marilyn Straka, SF Village member and owner of On the Level SF Walking Tours. Register with SFV at (415) 387-1375 or info@sfvillage.org



Come and explore Yerba Buena Gardens, an oasis filled with trees, flowers and public art. We start at Yerba Buena Lane, a hidden gem, then pass through Jessie Plaza before heading to the gardens. We will see why SOMA is the fastest growing neighborhood in SF with skyscrapers, residential hotels and museums. The walk will be about a mile with time to get lunch at the Metreon food court (or bring your own bag lunch). Public transportation is recommended to get there.

You may continue the walk using your free self-guided walking tour booklet with a map and points of interest and/or view a free performance of Kohaku (Japanese performing arts) from 12:30 – 1:30. There are chairs for seniors. See details at YBGfestival.org.



Asian Art Museum Virtual Tour

Friday, July 21, 1:00 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Hidden Meanings in Chinese Art: Bats, gourds, peaches, ribbons, and monkeys on horses These images, and many others, are frequently – and artistically – depicted in Chinese art, but what do they mean? Using selected objects from the fabulous collections at the Asian Art Museum discover some of the fascinating and fun meanings and messages hidden in Chinese art.

MoAd Virtual Tour and Discussion

Monday, July 24, 3:00 – 4:00 PM

Zoom

Register with SFV at (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, July 25, 11:00 AM – 12:30 PM

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

Register with SFV at (415) 387-1375 or info@sfvillage.org

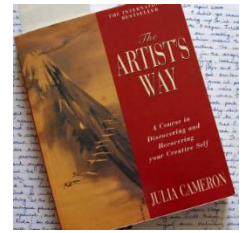
Join Stephanie Crawford, hospice nurse and death doula, for a series that will explore and normalize conversations around death and dying. By opening up the conversation around mortality, we hope to cultivate acceptance, compassion, and connection with one another as we ponder our inevitable fate. This monthly series will be an opportunity for you to share your ideas, beliefs, fears, and desires in a safe and enriching community discussion.

Calling all artists: Let's travel together along *The Artist's Way*

Wednesday, July 26, 1:00 – 2:00 PM

SFV Office, 3220 Fulton

Register with SFV at (415) 387-1375 or info@sfvillage.org



Julia Cameron wrote *The Artist's Way* in 1992. Since then, many artists have helped to unleash their creativity as they work their way through its pages. Members of this group will explore ways of working on their own and together to stay on track with their commitment to creativity.

For the first meeting, you will need to have purchased the book and read the following: [1] the first 24 pages, which include the introduction and an explanation of the basic principles and tools used in the program and [2] the chapter at the back of the book titled *Creative Clusters Guide*, which offers suggestions on being part of a group in this process. If you need to get a copy of the book, check abebooks.com, which has many used copies for under \$10, with free shipping.

RSVP to SFV and send any questions to Jay Davidson



The Beginning of the End of Plastics: The Plastics Labeling Project

Thursday, July 27, 10:00 -- 11:15 AM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

The success of recycling plastics is the big lie. More than 90% of all plastic products wind up in landfills or shipped off to vulnerable countries. Join us to learn about the Plastics Labeling Project (PLP), which started in the SFV Climate Action Group. The initial goal of the PLP is to get warning labels on all plastic products made from petro-chemicals, informing consumers about how long these products will remain in the environment and their negative impact on all forms of life. Our hope is that more accurate labels on all plastic products will have a similar impact as those on cigarette packages, which helped to dramatically reduce smoking in the US.

The PLP is an inter-generational effort. We are collaborating with the Environmental Studies Programs at the University of SF and SF State and will share student research on the science of plastics and the networking potential to end the reliance on plastics. Please join SFV members Frances Payne, Michele Sterling and Bill Haskell, along with SFV volunteer Robert Weiner, to learn about the PLP - and what you can do to stop the damage to our environment caused by plastics!

Access Day Docent Tour of The Tudors

Monday, July 31, 10:30 AM

Legion of Honor, 100 34th Ave

Register with SFV at (415) 387-1375 or info@sfvillage.org



The Legion of Honor is the sole West Coast venue for the first major exhibition of Tudor portraiture, textiles, sculpture, silver, jewelry, and manuscripts in the United States. *The Tudors: Art and Majesty in Renaissance England* follows the development of the arts in England from Henry VII's seizure of the throne in 1485 to the death of his granddaughter Elizabeth I in 1603.

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.



Travel Connections: Exploring California

Monday, July 31, 1:00 – 2:00 PM

SFV Office, 3220 Fulton

Register with SFV at (415) 387-1375 or info@sfvillage.org

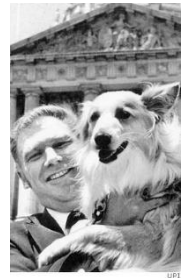
Let's talk local trips, both day trips and overnights! Where would you like to travel in California would you like someone to go with? Travel partners can lead to deep, meaningful and possibly lasting relationships! We'll need people to volunteer to drive and/or find shared transportation and organize the where/when/how!

San Francisco SPCA's Sido Pet Protection Program

Tuesday, August 1, 10:30 -- 11:30 AM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



Pets enrich our lives in countless ways, but many of us worry about what would happen to our cats and dogs if they were to outlive us. The San Francisco SPCA's Sido Pet Protection Programs offers peace of mind knowing your pets will be cared for if you are no longer able to. In this session, you will learn more about this innovative program and how it can help pet guardians who do not have a trusted friend or family member to take care of their pets.

Recurring Events



Virtual Social Hour

Saturdays, July 1, 8, 15, 22, & 29, 5:00 – 6:30 PM

Zoom

Register with Leslie Stafford at staffordsf@gmail.com

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!

Aging Well with Meditation

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

Zoom

Register with SFV at (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 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, July 5, 10:00 – 11:00 AM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Join our intergenerational book club started by volunteer Kiki Couchman. 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*. On August 9 we are discussing *This Other Eden* by Paul Harding.

Art Salon

Wednesday, July 5, 2:00 – 3:00 PM

SFV Office, 3220 Fulton

Register with SFV at (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.



Tai Chi and Qigong

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

SFV office, 3220 Fulton St, 94118

Mondays, July 10 & 17, 1:00 – 2:00 PM

Zoom

Register with SFV at (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, July 7, 1:00 – 2:00 PM

Zoom

Register with SFV at (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.



Makers and Crafters

Friday, July 7, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (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. 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@sfvillage.org know if you are interested in this. Everyone is welcome at the Makers Group, no matter what your craft, handwork or art form is.

Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, July 10 & 24 11:00 AM – 12:30 PM

Zoom

Register with SFV at (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+.



Movies with Steve

Monday, July 10, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

Register with SFV at (415) 387-1375 or info@sfvillage.org

Walkabout is a 1971 adventure survival film directed by Nicolas Roeg and starring Jenny Agutter, Luc Roeg, and David Gulpilil. Set in the Australian outback, it centers on two white schoolchildren who are left to fend for themselves in the Australian outback and who come across a teenage Aboriginal boy who helps them to survive.

Play Mah Jongg

Monday, July 10, 2:00 – 4:00 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org



Mah Jongg is a game of skill and chance like no other. 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).



Member to Member Coffee Chat

Mondays, July 10 & 31, 2:00 – 3:00 PM

Mondays, July 17 & 24, 10:00 – 11:00 AM

Zoom

Register with SFV at (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!

Let's Play Games

Tuesday, July 11, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

Register with SFV at (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.



The Page and the Stage

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

SFV office, 3220 Fulton St, 94118

Register with SFV at (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, July 14, 10:30 AM – 12:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



We gather to provide support for the journey of solo aging as well as problem solving together.



Weekend Walking Group

Saturday July 15, 1:00 – 2:30 PM

Mountain Lake Park, 10th Ave and Lake Street

Register with SFV at (415) 387-1375 or info@sfvillage.org

We'll explore Mountain Lake Park, one of the most scenic spots in the Presidio, amid tranquil environs. Mountain Lake is one of San Francisco's last surviving natural lakes and the only natural lake in the entire 80,000-acre Golden Gate National Recreation Area. Parking can be challenging. Also accessible by 1 California bus (stops a block away). We'll walk about 2.2 miles out and back with very little elevation change and a lovely view of bay at Immigrant Pointe Overlook. Led by SFV member Linda Solis.

San Francisco Village Book Club

Monday, July 24, 4:00 PM

Zoom

Register with Sharon Kuester



Book to be discussed is still to be determined! Reach out to learn more.



The San Francisco Village View: A Current Events Discussion Group

Thursday, July 27, 12:30 -- 2:00 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (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, July 28, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org



Disco Theme this month! Even if your wardrobe no longer includes a miniskirt, or go-go boots, or polyester bell bottoms, or a gold chain necklace, we're sure you can still remember those disco dance nights. And we're sure that you can still remember John Travolta's finger pointing in the air, doing the Bump, and joining a line dance. Although we don't have a disco ball, we've got the music and the spirit. Come join Gloria Gaynor in singing *I Will Survive!*



Let's have fun and speak French!

Location and date to be decided

Register with Bick Simpson

Join us in person 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.

Climate Action Group

For more information, reach out to Bill Haskell or David Kaskowitz

We will be taking a summer break and evaluating topics for future meetings since attendance has been low after our Day of Action collaboration with Third Act in March. Please reach out to Bill and/or David to participate in our survey of what is of interest to SFV members concerned about climate change and interested in climate action--even if you have never attended a meeting before! Our next meeting is scheduled for Thursday, 9/14.



We invite those interested in climate issues to join us on Thursday, July 27th at 10:00 am. for *The Beginning of the End of Plastics: the Plastics Labeling Project* to hear about the intergenerational and visionary work SFV members, volunteers, and students have been embarking on.

Neighborhood Circles

Neighborhood Circles are smaller, hyper-local groups that enable members to develop relationships closer to home, led by members and volunteers. Members are welcomed to attend any circle, even if it is outside of their zip code/neighborhood.

Sunset Circle

Thursdays, July 6 and 20, 4:30 – 5:30 PM

Zoom

Register with Steve Hayashi

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

LGBTQ Circle

Friday, July 7, 1:00 – 2:15 PM

Zoom

Friday, July 21, 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.

94114/94131 Circle

Register with Jay Davidson

Friday, July 7, 5:00PM

Happy Hour at the home of Jay Davidson and Kevin O'Neill

It's always 5:00 somewhere, and today's "somewhere" is at 16th & Church

Thursday, July 13, 10:00 AM

Planning meeting for 94114/94131 Circle on Zoom

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

We are having a planning meeting to discuss the types of events that members would like to see scheduled for upcoming months. Please join us to let us know what you would enjoy doing as part of our Circle. If you can't make the meeting and have suggestions, please email Jay Davidson

Tuesday, July 18, 10:00 AM

Coffee at Morning Due, 3698 17th St

Meet up for coffee with Circle members, volunteers, and all SFV members. No need to RSVP; just show up.

Thursday, July 27, 11:00 AM

Walk + Lunch, meet at the Ferry Building

Meet in front of the main doors, center of the building and we'll walk along the Embarcadero and then have lunch. Open to all volunteers and all SFV members. No need to RSVP; just show up.

94121 Circle

Tuesday, July 11, 2:00 PM

Anza Branch Library, 550 37th Avenue

Register with Judi Iranyi or Carol Rothman

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

94107/94103 Circle

Wednesday, July 12, 1:30 PM

Delancey Street, 600 Embarcadero

Wednesday, July 26, 4:00 PM

Press Club, 20 Yerba Buena Ln,

Register with Eve Menger

Join us for lunch and conversation on 7/12 and happy hour on 7/26—don't forget to RSVP!

94115+ Circle

Wednesday, July 12, 4:00 PM

Gayle Geary's home

Register with Gayle Geary or Lynne Fox

Please join us for afternoon tea and conversation!

94117 Circle

Friday, July 14, 1:00 – 2:15 PM

Zoom

Friday, July 28, 1:00 – 2:30 PM

TBD if in person or on zoom

Proof of vaccination required

Register with 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 7/28 will be decided at the first meeting on 7/14. 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.

West of Twin Peaks Circle

Tuesday, July 18, 1:00 PM

Park Chalet, 1000 Great Highway

Register by 7/13 with Roberta Gordon

The building was designed by Willis Polk and opened in 1925 as a city run restaurant and included changing rooms for beach visitors. It replaced an older building called the Golden Gate Park Chalet, built in 1892, that had stood on the opposite side of the Great Highway.

We request that you have cash to pay your bill. We request that you add 35% to your individual order which includes tax, health mandate and tip. One of our honest, in-charge understanding members will collect the money at each table.

Bernal Circle

Delancey Street, 600 Embarcadero

Register with Joan Miro

Join us for lunch! Date and time to be determined.

Save the Dates



Microaggression Training

Wednesday, August 2, 2:00 – 3:00 PM

Rescheduled from original June date

SFV Office, 3220 Fulton

Register with SFV at (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.

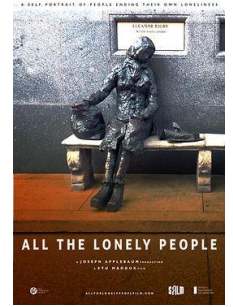
The Council on American-Islamic Relations (CAIR) is a nonprofit, grassroots civil rights and advocacy organization. CAIR is America's largest Muslim civil liberties organization, with affiliate offices nationwide. Our vision is to be a leading advocate for justice and mutual understanding.

All the Lonely People Film Screening

Wednesday, August 9, 1:00 – 3:30 PM

SFV Office, 3220 Fulton

Register with SFV at (415) 387-1375 or info@sfvillage.org



Join us for a film screening and community discussion with the film makers! *All The Lonely People* follows a handful of people from different walks of life as they overcome social isolation and chronic loneliness- a condition that is affecting millions more of us after COVID. The documentary includes the stories of New York residents Ari Rossen and Tony Westbrook living in an urban area. Another cast member, Mary Hill, an 89-year-old caregiver in Shropshire, England, faces isolation in the rural countryside. The film includes teenager Khiloud Alegab who at one point stayed isolated in her room for weeks at a time.

“Those are just a few of the people who I personally identified with as I dealt with my own loneliness.” says Stu Maddux, the director of the film. Researchers believe the effects of loneliness on our health are as bad as smoking 15 cigarettes a day. The added stress of feeling alone increases heart disease and even earlier onset of dementia.



Cross Cultural Connections

Thursdays, 8/17, 9/21, 10/19, 11/16, and 12/21, 11:00 AM – 2:00 PM

IT Bookman Community Center, 446 Randolph St

Register with SFV at (415) 387-1375 or info@sfvillage.org

SFV’s commitment to racial equity led to this collaboration with IT Bookman Community Center in the Lakeview district, a marginalized neighborhood in San Francisco that is home to mostly Black, Chinese and Latinx people. Our purpose is to get to know one another, break down barriers and explore ways that we can work together to benefit all older adults in the City. Each of these five gatherings will include lunch, storytelling, and shared activities facilitated by Carlene Davis MPH, founder of Sistahs Aging with Graces and Elegance (SAGE). Come to one or come to all five!

Dance Class for People with Parkinson’s and Other Movement Disorders

Wednesday, August 23, 2:00 – 3:30 PM

SFV Office, 3220 Fulton

Register with SFV at (415) 387-1375 or info@sfvillage.org



Come learn about the free dance class with the San Francisco Ballet designed for people with Parkinson's. This session will be both informative and experiential. These classes emphasize large balletic movements and integrate modern, folk and social dance and are designed to honor PD-specific concerns such as balance, flexibility, coordination, isolation and depression. Class can be done entirely in a chair, or students may choose to progress to standing movement.



Take Me Out to the Ball Game!

Wednesday, August 30, 12:45 PM

Oracle Park, 24 Willie Mays Plaza

Register with SFV at (415) 387-1375 or info@sfvillage.org

Come cheer on our San Francisco Giants against the Cincinnati Reds at this afternoon game! Tickets are generously donated by the Giants. Please let us know if you use a wheelchair or walker (we have a few accessible seats this year) or if a few stairs are okay.

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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