



From Executive Director, Kate Hoepke:

Dear Members and Friends:

At SFV we're invested in creating a culture of care – a web of relationships that support us in being our best selves at this time in life. These relationships are forged in a number of ways: through neighborhood circles, program participation, member leadership, and volunteer connections. Caring relationships aren't automatic though. They require some effort.



When I consider the key ingredients in a caring relationship a few things come to mind. A willingness to be vulnerable – to say what I want or need, which takes a measure of courage. What if I put myself out there and the other person doesn't respond the way I'd like? I may risk having my feelings hurt. My calculation: I'm fairly resilient so I'll likely recover. Among 500+ members, there's always another opportunity for connection.

I know I'm healthier and happier when I have people in my life. They don't have to be best friends, but fellow travelers with some common interests and movie recommendations. Someone to share coffee and stories with, to take in a ball game, share a ride with, or decode the latest bombshell news event. Essential for me is that we develop trust so that I experience what Dr. Dan Siegel calls "feeling felt." Said differently, the other person gets me. Dr. Siegel, a pioneer in social neuroscience says, "Presence, attunement and resonance are the way we create the condition of trust and help restore our sense of safety."

I'll venture to say that we all have a need to feel safe again after the pandemic. Add to that the shocking news events that pile one on top of another, the threat of extreme weather, and the reports that San Francisco is going to the dogs. It's too much!! My nervous system is dysregulated after 30 minutes of watching the evening news. I need to phone a friend!

I'm reading a book called *Choose Abundance* by Laurie Herrick and she talks about finding a person in your life who will serve as your *committed listener*. An ally, who knows how to listen without

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Rachelle Goodfriend 94112
Georgene Keeler 94115
Marlene Forde 94121
Hope Kessler 94118
Elise Bodtke 94131
Kathy Moss 94110
Nancy Scoles 94122
Antonio "Tony" Kong 94115
Annelise Zamula 94117
Haydee Lind 94015

judgement or advice and is willing to work a trade. I listen to you; you listen to me. A buddy system for tending to our social health. I like it!

Watch for the 2023/24 Member Directory in the mail this month. May it lead to some new adventures.

Grateful to be in community with you,

Kate

Thank you to our Sponsor



Upcoming Events

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 Program offers peace of mind knowing your pets will be cared for if you are no longer able to do so. In this session, you will learn more about how this innovative program can help pet guardians who do not have a trusted friend or family member to take care of their pets.



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.

San Francisco Stories: Writing Workshop

Thursday, August 3, 12:30 – 2:00 PM

Zoom

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

This series started in July and is at capacity.



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*.



Grief Group

Fridays, August 4– September 1, 12:30 – 2:00 PM

Zoom

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

This series started in July.

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.

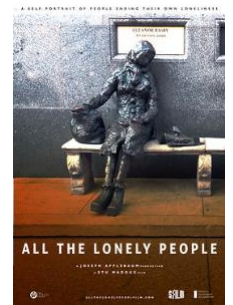
All the Lonely People Film Screening

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 the threat of heart disease and earlier onset of dementia.



Fine Arts Museums Virtual Tour

Friday, August 11, 1:00 – 2:00 PM

Zoom

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

The Tudors: Art and Majesty in Renaissance England from Henry VIII to Elizabeth I. The monarchs of England's Tudor Dynasty have captured the

public imagination for 500 years. This is the first major American exhibition of Tudor portraiture and decorative arts. Featuring paintings, sculpture, and tapestries by some of the finest European craftspeople of the sixteenth century, this talk will take you back to the lavish court of the Tudors and show how the arts flourished under their patronage.

Navigating the Road Ahead

Tuesday, August 15, 2:30 – 4:00 PM

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

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



Join us for an in-depth presentation on how to best approach the prospect of senior housing, and how to make the decision to move. We will cover the various options available as we age, including a cost overview, resources to pay for long-term care, and the pros and cons of each option. Exceptional Senior Placement is a local family-owned firm specializing in helping seniors and their families find the right licensed Senior Community.



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!

Asian Art Museum Virtual Tour

Friday, August 18, 1:00 – 2:00 PM

Zoom

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

Seeking The Divine: Deities of Asia What happens when the divine is given a body? Have gods created humans in their own image, or is it the other way around? Artworks from the Asian Art Museum's renowned collection show how artists have envisioned the divine, imbuing it with forms that are meant to reflect supernatural qualities. The presentation explores how ideal beauty is interpreted in different Asian



cultures, and different religions, how that beauty can be transformed by altering the forms of the body, how deities maintain their identity despite changes to their form, and how divine beings are represented after their death.



Potluck Group

Sunday, August 20, 5:00 – 7:00 PM

Marvin Berkowitz's home

Register with Marvin Berkowitz

Share food and make new friends at members' homes monthly. Please bring a small dish or drink to share. We're also looking for more members to host so please reach out if you can do so!

Note: this is on 2nd floor. Parking on the street is difficult, but manageable if you're willing to walk a block. Bus and BART transportation is good: BART to 24th Street; Buses 12,14,27,49, 67,36 have close stops.

MoAd Virtual Tour and Discussion

Monday, August 21, 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!



Staying Safe Online and Avoiding Cyber Scams

Friday, August 25, 11:00 AM – 12:00 PM

Zoom

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

Concerned about the increased risk of cyber scams that may impact you and your loved ones? We live in an increasingly digital world where everything is conducted online. This has led to more scammers trying to steal people's online identities and personal information, which allows them to defraud people and steal money from them.

- How do we identify potential scammers online?
- What can we do to protect ourselves?
- If a family member or spouse dies or becomes incapacitated, why is it important to clean up their digital accounts and identities?
- How do we manage our digital identities?

Maria Pienaar currently serves on the Board for Cyber Security startup iCrypto (USA), and she previously served on the Board of Directors of The Number Porting Company (South Africa). She is a Founding Partner of Blue Label Ventures, whose portfolio focuses on investments in Digital Health,

IOT, Cyber Security, and Fintech (including Insurance Tech). She has worked in many international markets including the US, South Africa, Mexico, Brazil, and the UK.

Recompose

Monday, August 28, 3:00 PM – 4:00 PM

Zoom

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



While in architecture school in 2011, Recompose founder Katrina Spade began thinking about updating contemporary death care practices with a sustainable alternative, one that would nourish the land rather than take away from it. After years of extensive research with green death care experts, ecologists, biologists, legislators and more, human composting emerged. It's been legal in Washington State since 2019 and is now legal in six other states as well. This session will cover the Recompose journey so far, as well as provide an easy-to-understand framework for how human composting works and why this end of life option is such a benefit to the earth and to humanity.

Laura Sullivan Cassidy is a longtime Seattle journalist and editor turned grief and death-care worker. After assisting with funerals for a year at Seattle's largest conventional funeral home and memorial park, she joined Recompose at the end of 2022. Laura is also a coach, a consultant, and an artist; her work and her projects concern personal narratives, storytelling, human connection, and death awareness.



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.

Recurring Events



Let's Play Games

Tuesday, August 1, 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.

Aging Well with Meditation

Wednesdays, August 2, 9, 16, 23, & 30, 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 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 Art Making

Thursday, August 3, 10:00 – 11:30 AM

Saturday, August 12, 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. On 8/3, parents will be leading the group and on 8/12 Beth Wilmurt, from the Community Music Center, will be leading a cross generational music session! Ruth's Table, an arts nonprofit committed to increasing access to creative opportunities for older adults and adults with disabilities, has generously sponsored the event by hosting and paying a teaching artist.

Music Chat with Marko

Friday, August 4, 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, August 4, 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 be working on knitting, crocheting, embroidery, and anything other creative endeavors you bring to the table. Everyone is welcome at the Makers Group, no matter what your craft, handwork or art form is - beginners and those wanting to learn knitting or crochet welcome.

Virtual Social Hour

Saturdays, August 5, 12, 19, & 26, 5:00 – 6:30 PM

Zoom

Register with 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!



Member to Member Coffee Chat

Monday, August 14, 2:00 – 3:00 PM

Mondays, August 21 & 28, 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!

Tai Chi and Qigong

Mondays, August 7, 14, 21, & 28, 1:00 – 2:00 PM

Zoom

Thursdays, August 10, 17, 24, & 31, 2:30 – 3:30 PM

SFV office, 3220 Fulton St, 94118



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 current sequence for Monday's virtual class is Tai Chi for Energy while Thursday's in person class is focused on the Sun Style which is more basic. 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.



Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, August 7 & 21, 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

Mondays, August 7 and 28, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

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



August 7: *The Last Picture Show* (1971). Set in a small town in northern Texas from November 1951 to October 1952, it is a story of two high-school seniors and long-time friends, Sonny Crawford (Bottoms) and Duane Jackson (Bridges).

August 28: TBD



Grupo de Conversación en Español

Tuesdays, August 8 & 22, 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 Page and the Stage

Tuesdays, August 8 & 22, 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.



Intergenerational Book Club

Wednesday, August 9, 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 discussing *This Other Eden* by Paul Harding. On September 6, we'll read and discuss *Yellowface* by RF Kuang.

Solo-Agers Circle

Friday, August 11, 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.

Play Mah Jongg

Monday, August 14, 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). In August, we will have an instructor present to help beginner players who need a reminder of how to play, though won't be in depth for folks who have never played before.



Paper Collage

Wednesday, August 16, 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!

Let's have fun and speak French!

Friday, August 18, 11:00 AM – 12:00 PM

SFV Office, 3220 Fulton St, 94118

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. This is for intermediate and fluent speakers.



Weekend Walking Group

Saturday August 19, 1:00 – 2:30 PM

Lake Merced, Sunset Blvd and Lake Merced Blvd.

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

We'll explore Lake Merced. Our meeting place is the parking lot at the south end of Sunset Boulevard at Lake Merced Blvd. We'll meet by the statue of Juan deAnza. We will walk over the bridge, past the Harding Park Clubhouse, and continue west on Harding Road to the Boathouse. We will go back the same way to the parking lot. This route is FLAT, except for a short staircase in either direction.

Rock and Roll Dance Party

Friday, August 25, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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



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!



San Francisco Village Book Club

Monday, August 28, 4:00 PM

Zoom

Register with Sharon Kuester

We will be discussing *The Bluest Eye* by Toni Morrison.

The San Francisco Village View: A Current Events Discussion Group

Thursday, August 31, 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.

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, August 3 & 17, 4:30 – 5:30 PM

Zoom

Register with Steve Hayashi

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

LGBTQ Circle

Friday, August 4, 1:00 – 2:15 PM

Zoom

Friday, August 18, 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. 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.

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

94114/94131 Circle

Register with Jay Davidson

Friday, August 4, 5:00PM

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

We begin the month with a happy hour at Jay and Kevin's place. Bring a beverage and a snack to share with others. Open to members of all circles and to volunteers.

Thursday, August 10, 10:00 AM

Coffee at Martha & Brothers, 1551 Church Street at Duncan

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

Thursday, August 15, 11:00 AM

Zoom

For this gathering, attendees will talk about their San Francisco biographies: what attracted us to the City and why we have stayed. If you are a member of 94114/94131 Circle, you will get a Zoom link before the call. If you are from another circle, contact Jay Davidson so he can send you the link. Open to members of all circles and to volunteers.

Thursday, August 24, 11:30 AM, with lunch to follow

Flatiron buildings walk on Columbus Avenue

We will gather at the northeast corner of the Transamerica Pyramid, Montgomery & Washington Streets. Our walk will take us four blocks up Columbus Avenue, most of which is flat, but there is one block slightly uphill. Followed by lunch nearby in either North Beach or Chinatown, decided by those in attendance. If you would like a map that you can print for yourself beforehand, contact Jay Davidson and he can send it to you. Open to members of all circles and to volunteers.

94121 Circle

Tuesday, August 8, 2:00 PM

Anza Branch Library, 550 37th Avenue

Register with Judi Iranyi

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

94107/94103 Circle

Wednesday, August 9, 1:30 PM

Cesario's, 601 Sutter Street

Wednesday, August 23, 4:00 PM

Executive Order, 868 Mission St.

Register with Dian Miller

Join us for lunch and conversation on 8/9 and happy hour on 8/23—don't forget to RSVP to new circle leader Dian!

94117 Circle

Friday, August 11, 1:00 – 2:15 PM

Zoom

Friday, August 25, 1:00 – 2:30 PM

TBD if in person or on zoom

Register with Bill Haskell

The 94117 Circle meets twice a month, once on zoom and the second could be in person or on zoom. If we meet in person, the location will be determined at the first meeting. 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

Tuesday, August 15, 4:00 PM

Gayle Geary's home

Register with Gayle Geary or Lynne Fox

Please join us for afternoon tea and conversation!

West of Twin Peaks Circle

Friday, August 18, 11:00 AM

* Cypress Grill, 99 Harding Road*

Register by 8/14 with Roberta Gordon

Cypress Grill is spacious and has large windows overlooking Lake Merced and the 18th hole of the golf course. It is an incredible suburban oasis away from the city serving modern American cuisine. It is wonderful to look out upon the golf course and see the many different birds trying to stay out of the way of the golfers! The staff is always pleasant and accommodating and parking is readily available.

We request that you have cash to pay your individual bill. We all add 30% to our order which includes tax and tip. 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

Wednesday, August 23, 7:00 PM

Zoom

Register with Joan Miro

We continue welcoming new members and sharing our stories.

94109/94133

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

Our group had a lovely in-person meeting at a member's home in June, as we do each year, to select our theme for the following year. After discussing several alternatives, the 23 people in attendance chose to continue our theme of visiting various religious institutions around the city and learning

about their history, practices, and beliefs. This will be our third year with this theme, which will be interspersed with visits to various ethnic and cultural centers as well. We may add additional activities to our monthly calendar as well. Stay tuned for more details as we enjoy our summer "break"!

Save the Dates



Balance Fit

Tuesday, September 5, 3:00 – 4:00 PM

Zoom

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

Join three practicing clinicians from the UCSF Department of Physical Therapy & Rehabilitation Science for a session about exercise and fall prevention. We'll also talk about Parkinson's disease and other disorders that mimic Parkinson's.

Erica Pitsch, PT, DPT Clinical Professor and neurologic physical therapy division lead is a board certified Neurologic Clinical Specialist. She sees patients at the Mission Bay Faculty Practice and Health and Wellness Center.

Jo Bergh, PT, DPT, Associate Clinical Professor and board-certified geriatric clinical specialist. She sees patients at the Mt Zion and Lakeshore clinics.

Ana (Lucy) Lotz, PT, DPT, Associate Clinical Professor and board-certified neurologic clinical specialist. She sees patients at the Mission Bay Faculty Practice and Health and Wellness Center.

Brain Health with UCSF Memory and Aging Center

Wednesdays, September 13 – October 11, 2:00 – 3:00 PM

Zoom

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



Brain health, dementia, and the arts...Join experts and leaders in brain health equity from the UCSF Memory and Aging Center and Global Brain Health Institute to learn about the brain and cognitive health, dementia and Alzheimer's disease, and how the arts and creative expression can support healthy aging.



Matter of Trust Eco Hub Tour

Thursday, September 14, 11:00 AM

1566 Howard Street

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

[Matter of Trust](#) is a 501(c)(3) environmental public charity established in 1998. We have two locations in San Francisco, our showcase [Eco-Home](#) with urban edible garden and our [Eco-Industrial Hub](#) – a working model factory with exhibit hall. At our model factory we make oil spill clean-up mats out of recycled clippings of hair, fur and fleece from salons, groomers, and farmers. Our exhibit hall walls discuss best practices for sorting waste into resources, as well as perspectives, incentives, challenges and solutions for clean air, water, energy, materials and manufacturing. Come learn more on this tour!



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

Monday, September 18, 2:00 – 3:30 PM

SFV Office, 3220 Fulton

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

Please note date change

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.



Quit Carbon

Tuesday, September 19, 2:30 – 3:30 PM

Zoom

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

We've all seen the increased wildfires here in California (and around the world), record heat waves, worsening storms, and drought - all resulting from too much carbon pollution. Now you can be part of the solution! SF Bay Area-based QuitCarbon will present a fast-paced educational session in which you'll learn about the impact fossil fuel-powered appliances have on the health of our families and the planet. They'll share free resources to help you quit carbon – including how to switch to cleaner and more efficient appliances like heat pumps and induction stoves. They can work with both homeowners and renters.

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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