



# San Francisco Village

## Monthly Newsletter

September 2023

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

In less than two decades, San Francisco Village has become a vital link for older adults in the City; a multi-generational, multi-cultural community committed to operationalizing love for elders in an ageist society. Based on prosocial values like reciprocity, empathy, interdependence and volunteerism 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.



The Covid 19 pandemic put our connections to the test, and we have emerged stronger than ever. Today, our community includes 550 members over the age of 60, more than 200 multi-generational volunteers, a staff of six, an 11-member board of directors and hundreds of donors, supporters, workshop leaders and partners.

We've come together to optimize health and well-being for everyone involved. As a donor, volunteer, or member you have played a critical role in building this intentional caring community. You've helped us grow from a seedling into a Mother Tree with your contributions of time, talent, and financial support.

As we look toward the future, we hope to live into a bigger vision that includes people of all ages, races, cultures and abilities working together to create a community of belonging and, in so doing, demonstrate possibilities for relationship and connection that benefit the greater good. For generations to come.

Our long-term organizational health and resilience depend on resources – both human and financial. In the past few years, sources of revenue have fluctuated. Foundation grants are few and far between with only 2% of foundations nationwide prioritizing aging. A sliding scale fee structure has made SFV membership accessible to more people, but fees now make up less than 20% of the operating budget. We're grateful for the funding we receive from the City and County of San Francisco, but huge city budget deficits force us to

### In This Issue:

- From the E.D.
- Did You Know?
- Upcoming Events
- Recurring Events
- Neighborhood Circles
- Save the Dates
- Volunteer Support

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## New Members

Valerie Young 94110  
Elaine Molinari 94114  
Joanne Keaney 94122  
Mary Dias 94124  
Roger Herring 94114  
Lucinda Formiduval 94115  
Lynda Hirose 94117  
Carrie Gradney 94102  
Lois De Castro 94112  
Nancy Berry 94122  
Homer Hobi 94114  
Linda Blackaby 94131  
Misha Cohen 94103  
Diane Knutson 94116  
Diana & Gary Arsham 94115

consider what might happen if our funding is cut.

As one of the stewards of this community with a deep investment in its long-term success, I'm reaching out to ask if you will consider a tax-saving contribution to SFV as part of your annual giving plan. We've enclosed a flyer describing how to direct an IRA *required minimum distribution* to SFV as one option. Donor advised funds are another. Contributions of any amount are welcome and tax deductible.

On behalf of the staff and board of directors, we're grateful to be in community with you!

Kate

## Did You Know?

### Holiday Schedule

San Francisco Village will be closed on Monday, September 4 in observation of Labor Day.

## Don't Forget to Register!

We've had programs rescheduled a few times in the past months due to illness. Don't forget to register to make sure you're on the list if we need to notify folks of any last-minute changes.

## Upcoming Events



### Learn How to Volunteer to Become a Reading Tutor

Tuesday, September 5, 11:00 AM – 12:00 PM

^Hybrid: In person at SFV Office, 3220 Fulton, and on Zoom^  
Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Experience Corps Bay Area aims to increase child literacy rates by connecting older adult volunteers with non-fluent readers in 1st-3rd grades. There is no experience necessary to volunteer for our program as we provide all the training and support. Come learn about this meaningful program and make a difference in a child's life.

### Balance Fit

Tuesday, September 5, 3:00 – 4:00 PM

Zoom

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



### **Fine Arts Museums Virtual Tour**

**Friday, September 8, 1:00 – 2:00 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

When we meet new people, we first see their face and hear their voice but we also notice what they are wearing...and the clothes they wear do tell a story. Join us as we look at artwork from the American galleries at the de

Young and discover what the clothes might tell us about the subject, artist, or time in which it was created.

### **Important Documents Follow Up**

**Tuesday, September 12, 10:30 – 11:30 AM**

**Zoom**

**Tuesday, September 26, 10:30 – 11:30 AM**

**\*SFV Office, 3220 Fulton\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



In February, SFV member and retired lawyer Susan Pollack lead a conversation about organizing and sharing information about one's estate and other critical documents - both for oneself and for those who will have to deal with it. This is your chance to follow up and share the work you've done and any roadblocks you've encountered!

The outline Susan works from is one she developed for herself after her husband died, and now uses in discussions with her friends and colleagues. We talked about all the kinds of information you want to consider, such as: important contact details, estate and health care documents, property arrangements, where to find things, accounts to stop/monitor/pay, insurance, automobiles, etc.

If you missed the first go around, reach out to [Sarah@sfvillage.org](mailto:Sarah@sfvillage.org) and she can forward you the recording and outline.



### **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](mailto: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](mailto:info@sfvillage.org)**



[Matter of Trust](#) is a 501(c)(3) environmental public charity established in 1998.

They have two locations in San Francisco, the showcase [Eco-Home](#) with urban edible garden and the [Eco-Industrial Hub](#) – a working model factory with exhibit hall. At the model factory they make oil spill clean-up mats out of recycled clippings of hair, fur and fleece from salons, groomers, and farmers. The 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!



### **Asian Art Museum Virtual Tour**

**Friday, September 15, 1:00 – 2:00 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

*Luxurious Lacquerware* Lacquerware has been a treasured luxury item for thousands of years throughout Asia. High-quality lacquer is precious because of the skill, time, and expense required to produce it. Over the centuries, lacquer has been worked in a variety of ways functional, protective, and beautiful. Revel in some of the gorgeous lacquer items from the Asian Art Museum's collection.

### **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](mailto: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](mailto:info@sfvillage.org)**

We've all seen the increased number of 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.

### Cross Cultural Connections

Thursdays, 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](mailto: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 four 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!



### Tech Day of Service hosted by Yahoo!

Friday, September 22, 12:00 – 4:00 PM by appointment only

\*SFV Office, 3220 Fulton St.\*

Register with Sha'Nice at (415) 387-1375 x 4 or [sha'nice@sfvillage.org](mailto:sha'nice@sfvillage.org)

Volunteers from Yahoo will be coming to SFV to offer in-person tech help to our members on their smartphones, laptops and tablets. Think photo organization, how to use QR codes, organize files, and general iPhone or Android phone 101.

A message from our friends at Yahoo: "We look forward to teaching you something or taking our best shot to fix issues you may be having with your smartphone or computer. We hope that you'll be leaving with a smile on your face."

If you would like to book a 45 minute 1:1 appointment with a volunteer, please RSVP with what type of device you will be bringing in and what you would like assistance with. Please note: this is not a drop-in event - we will be able to accommodate confirmed appointments only. Limited availability for appointments, so please RSVP early. We may be able to accommodate a small number of members at home if they are unable to travel to the SFV office.

### Performance: *Tongues* and *The War in Heaven*

September 26, 2:00 – 3:30 PM

\*SFV office, 3220 Fulton Street\*

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

San Francisco actors Lorraine Olsen and Val Hendrickson perform two short plays by Joseph Chaikin and Sam Shepard. In *Tongues*, a man's death is only the beginning of a mysterious journey wherein the voices of loved ones



inhabit the soundscape of his passing. In *The War in Heaven*, an extraterrestrial regales her captors with tales of previous incarnations, both celestial and human. The plays evoke the elusive logic of a dream and form a fantasia of the afterlife.

## Recurring Events



### Music Chat with Marko

Friday, September 1, 1:00 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, September 1, 2:00 – 3:30 PM

\*SFV office, 3220 Fulton St, 94118\*

Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, September 2, 9, 16, 23 & 30, 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!

## Let's Play Games

Tuesday, September 5, 1:00 – 3:00 PM

\*SFV office, 3220 Fulton Street\*

Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, September 6, 13, 20 & 27, 10:00 – 10:45 AM

Zoom

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

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation – paying attention purposefully and non-judgmentally in the present moment – is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group. The group is led by Rachel Lanzerotti, IAYT-Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. All levels of experience are welcome for this drop-in group.

## Intergenerational Book Club

Wednesday, September 6, 10:00 – 11:00 AM

Zoom

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



Join our intergenerational book club started by volunteer Kiki Couchman. We're discussing *Yellowface* by RF Kuang. On October 4, we'll read and discuss *Reading Time Shelter* by Georgi Gospodinov.



## Art Salon

Wednesday, September 6, 2:00 – 3:00 PM

\*SFV Office, 3220 Fulton\*

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

## Weekend Walking Group

Planning Meeting, Thursday, September 7, 10:30 – 11:30 AM

Zoom

Walk, Saturday, September 9, 12:00 PM lunch, 1:00 PM walk

\*Flower Piano, SF Botanical Gardens\*

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



Join us on September 7 to plan our next few months of weekend walks!

On September 9, we will explore Flower Piano at the SF Botanical Garden, "one of the most unique and creative events in the Bay Area" where the garden is "once again the city's own alfresco concert hall where everyone is invited to play and listen."

We will meet as a group and then disperse to follow our own inclinations, individually or in small groups. We will meet at the main gate to the Botanical Gardens, inside Golden Gate Park, just north of 9th Avenue and Lincoln Way. Arrive at 12:00 noon to join us for lunch, 1:00 p.m. to meet up for the walk. We'll be free to wander until 6:00 p.m. Tickets are necessary: \$0 to SF residents, holders of

Museums For All pass, veterans; non-resident seniors \$7.00. Purchase tickets at: [sfbg.org/flowerpiano/](http://sfbg.org/flowerpiano/)  
Public transportation (necessary – no parking available): Muni Bus: 44 , 7, Metro: N Judah



### **Tai Chi and Qigong**

**Thursdays, September 7, 14, 21, & 28, 2:30 – 3:30 PM**

**\*SFV office, 3220 Fulton St, 94118\***

**Mondays, September 11, 18, & 25, 1:00 – 2:00 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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.

### **Solo-Agers Circle**

**Friday, September 8, 10:30 AM – 12:00 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



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



### **Member to Member Coffee Chat**

**Mondays, September 11 & 18, 10:00 – 11:00 AM**

**Monday, September 25, 2:00 – 3:00 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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!

### **Del and Phyllis Posse: Female LGBTQ+ Circle**

**Mondays, September 11 & 25, 11:00 AM – 12:30 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, September 11 & 25, 1:00 – 3:00 PM**

**\*SFV office, 3220 Fulton Street\***

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

September 11: *Monsieur Hulot's Holiday*, 1953, Jacques Tati

September 25: *Tampopo*, 1985

### **Play Mah Jongg**

**Monday, September 11, 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.



### **Grupo de Conversación en Español**

**Tuesdays, September 12 & 19, 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, September 12 & 26, 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 at bscrafford@aol.com for more information and the title of the next play on our schedule. The September 28 session will be a live performance of the plays we're reading, at the SFV office.



### **Member Walking Group: Rooftop Gardens and Open Spaces in Downtown San Francisco**

**Wednesday, September 13, 10:30 AM**

**\*Meeting Place: #1 Kearny (entrance on Geary at 23 Geary). Meet outside or in lobby.\***

**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**

Rooftop gardens open to the public? Waterfalls in Downtown San Francisco? Yes, to both questions! 1% of the funds spent on any private building in San Francisco must go toward public spaces. Sometimes this is an art exhibit in the lobby BUT sometimes it's an open space park or a water feature or a rooftop garden (with a great view). Many are unknown to the general public. Join your guide, "On the Level" Marilyn Straka, for a walking tour of downtown San Francisco to see these hidden treasures. About two miles of level walking. Elevators to rooftop gardens. We will have lunch at about noon at the rooftop garden pictured, located at 343 Sansome. This is the official end of the tour. Options will be offered to continue exploring after lunch. Getting there: Muni #38 Geary or any route with stops on Market; driving – park at Sutter Stockton Garage.

## French Conversation

Friday, September 22, 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.



## San Francisco Village Book Club

Monday, September 25, 4:00 PM

Zoom

Register with Sharon Kuester

We will be discussing *A Spy Among Friends* by Ben Macintyre.

## The San Francisco Village View: A Current Events Discussion Group

Thursday, September 28, 12:30 -- 2:00 PM

\*SFV office, 3220 Fulton St, 94118\*

Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, September 29, 2:00 – 3:30 PM

\*SFV office, 3220 Fulton St, 94118\*

Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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!

## 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 welcome to attend any circle, even if it is outside of their zip code/neighborhood.

### LGBTQ Circle

Friday, September 1, 1:00 – 2:15 PM

Zoom

Friday, September 15, 1:00 – 2:30 PM

TBD if Zoom or in person

Register with Alex Abensohn (this month only!)

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.

### West of Twin Peaks Circle

Lunch

Wednesday, September 6, 1:00 PM

\*Original Joe's of Westlake, 11 Glenwood Ave. \*

Register by 9/2 with Roberta Gordon

Wednesdays special is the famous "Chicken Pot Pie" and according to our resident florist, Phyllis, it is the best in the Bay Area. A must try! If that doesn't tickle your fancy there are other great dishes on the menu. We request that you have cash to pay your individual bill. We 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.

### 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

## **Golden Gate Park Shuttle and Lunch**

**Monday, September 11, 12:00 PM**

**\*Meet at Stow Lake, shuttle stop behind the Boathouse\***

**Text Phyllis Scaduto if you'd like to join us.**

We'll meet behind the Stow Lake Boathouse, the first stop of the shuttle, which leaves at noon, then return to lunch at Stow Lake. The Boathouse, built in 1893, serves hamburgers, salads, wraps and the best "dogs and fries" in town. The ride is about 25 minutes and includes JFK Drive where sculptures and seating areas (including a piano) now adorn that drive.

## **Sunset Circle**

**Thursdays, September 7 & 21, 4:30 – 5:30 PM**

**Zoom**

**Register with Steve Hayashi**

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

## **94114/94131 Circle**

**Register/get more information with Jay Davidson**

**Thursday, September 7, 5:00 – 7:00 PM**

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

All are welcome to join us for a happy hour at the home of Jay Davidson and Kevin O'Neill. Bring a beverage and snack to share. No need to RSVP, just show up if you like. If you are not in the Circle and need the address, send an email to Jay Davidson for info.

**Thursday, September 14, 12:00 PM**

**\*Tunnel Tops Park\***

Enjoy one of our newest parks with each other. The free Presidio Go bus departs at 11:32 AM from in front of the Hyatt Regency, Drumm & Market. If you need more information, contact Jay Davidson.

**Tuesday, September 19, 11:00 AM**

**Zoom**

Our meeting will focus on conversations about favorite features of living in San Francisco. It could be anything you love: a neighborhood, a restaurant, a museum, a hidden treasure you would love to share.

**Tuesday, September 26, 10:00 AM**

**\*Morning Due coffee\***

Everyone is welcome to meet us for coffee at this popular cafe located at the SE corner of 17th & Church Streets. No need to RSVP.

## **94117 Circle**

**Friday, September 8, 1:00 – 2:15 PM**

**Zoom**

**Friday, September 22, 1:00 – 2:30 PM**

**TBD if in person or on zoom**

**Register with Judy Jacobs (this month only!)**

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.

## **94121 Circle**

**Tuesday, September 12, 2:00 PM**

**\*Anza Branch Library, 550 37th Avenue\***

**Register with Judi Iranyi or Carol Rothman**

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

## **94115+ Circle**

**Tuesday, September 12, 4:00 PM**

**\*Gayle Geary's home\***

**Register with Gayle Geary or Lynne Fox by 9/8**

Please join us for afternoon tea and conversation!

## **94107/94103 Circle**

**Wednesday, September 13, 1:30 PM**

**\*Spiazzo, 33 West Portal Ave \***

**Wednesday, September 27, 4:00 PM**

**\*Brickhouse, 426 Brannon St**

**Register with Dian Miller or Val Flood between 8/30-9/12**

Join us for lunch and conversation on 9/13 and happy hour on 9/27—don't forget to RSVP to new circle leader Dian! Bring cash for 9/13, ideally singles, since they can't do separate checks.

## **94109/94133 Circle**

**Wednesday, September 13, 2:00 PM**

**\*Swedenborgian Church, 3200 Washington St\***

**Register with Bobbie Rothman Juliet Rothman**

Our group is continuing to explore and learn about religions and cultures in our San Francisco community during this next year. We will be visiting the Swedenborgian Church and then have coffee

nearby. The Church, located in Pacific Heights, is a National Historic Landmark. Opened in 1895, it is both a unique spiritual place of worship and an architectural masterpiece.

## 94118 Circle

**Thursday, September 14, 3:00 PM**

**\*Karen Franklin's house, 11<sup>th</sup> Ave and Cabrillo\***

**Register with Karen Franklin**

A different approach this month - our monthly get-together will be an afternoon coffee break at Karen Franklin's house. Karen will provide beverages and snacks. We will provide conversation and good fellowship. If you would like to use Karen's elevator, contact her to arrange entry. Remember that Circle meetings are open to all, so encourage your Village friends to join us.

## Bernal Circle

**Date to be determined**

**\*Delancy Street Restaurant, 600 The Embarcadero\***

**Register with Joan Miro**

Join us for lunch!

## Save the Dates



### Rock Steady Boxing

**Tuesday, October 3, 11:00 AM – 12:00PM**

**\*SFV Office, 3220 Fulton\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Rock Steady Boxing gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points. While focusing on overall fitness, no boxing experience is necessary, and people of all ages are invited to participate.

Join us for an informative session with Veronica Garcia-Hayes, a Rock Steady Boxing Certified Coach. Twice a week, Veronica teaches boxing classes to Parkinson's patients at Rock Steady Boxing in San Francisco. Veronica has been living with Parkinson's disease for the past 14 years. "(RSB) pulls me out of my funk. It's nice to be around people in the same boat as you," she said. "Sometimes, I feel really terrible at the beginning of my day, but then after boxing and teaching classes I feel good again."

## Free and Discounted Events in SF!

**Thursday, October 5, 10:30 AM – 12:00 PM**

**\*West Portal Branch Library, 190 Lenox Way\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

San Francisco is a vibrant (and expensive!) city with so many amazing free events and opportunities. Join San Francisco Village staff Jill Ellefsen and Sarah Brigid Newsham Kent as they share free and low costs programs, resources, discounts, and more for people over 60. We'll be crowdsourcing ideas too so come with some of your favorite spots to share!





## Authors' Talk

Tuesday, October 17, 2:30 – 4:00 PM

\*SFV Office, 3220 Fulton\*

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

A unique chance to hear from some of San Francisco Village's writers and support their work and favorite social justice and nonprofit organizations!

We'll hear from Henry Michalski, author of *Torn Lilacs*, the true story of what his parents endured during the second world war, from Diane LeBow, the author of the travel memoir *Dancing on the Wine-Dark Sea: Memoir of a Trailblazing Woman's Travels, Adventures, And Romance*, and from multimedia artist, poet, and essayist Susan Kitazawa, whose sampled work can be found on the Asian American Women Artists Association. Proceeds from book sales will go to Women for Women International, San Francisco Village, and others. Please bring cash or Venmo to purchase. Book purchase is not required or expected to attend.

## California Connect

Tuesday, October 24, 1:00 AM – 12:00 PM

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

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



Have difficulty using your landline or cell phone? California Connect can help! CA Connect is an official state program that offers over 20 different types of specialized telephone equipment to eligible CA residents FOR FREE. We even have a free smartphone training that teaches folks how to use their smartphone better/easier. Learn about how you can benefit from this wonderful state resource!



## Creative Minds

Wednesdays, October 25 – November 8, 2:00 – 4:00 PM

\*SFV Office, 3220 Fulton\*

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

Creative Minds is a workshop series where art and community are combined as components of brain health. We'll learn about the brain and how the brain changes as a person gets older, and share life experiences.

Creative Minds is a community arts for brain health initiative in San Francisco. This unique collaboration between the UCSF MAC Community Outreach Program and Atlantic Fellows at GBHI engages older adults through photography, art, storytelling, movement, and craft-making.

## 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](mailto: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.

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*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

3220 Fulton St., San Francisco, CA 94118 • (415) 387-1375  
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