



# San Francisco Village

## Monthly Newsletter

November 2023

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

November is a month to count our blessings and express gratitude for all the ways that abundance shows up in our lives. We have enough to eat, warm clothes for the winter months and the security of knowing that we belong to a community that cares for us. Generosity is one way to express gratitude and SFV invites you to celebrate the spirit of gratitude and generosity all month long!



SFV is organizing a warm clothing drive to care for our neighbors who are less fortunate. We're coordinating with St. Anthony's Foundation in the Tenderloin to gather new and gently used clothing for men and women, as well as disposable diapers for young families. Please see details inside the newsletter. We'll be delivering our group donation on Tuesday November 28, which is also Giving Tuesday.

We're proud to be participating in Giving Tuesday again this year, a global celebration of giving. You will be receiving several emails throughout the month encouraging you to donate to SFV. Since membership fees cover only 17% of our operating expenses, your donations help to make us whole. Gifts of any size are most welcome!

Also this month, you may receive a new type of email from info@sfvillage.org to renew your annual membership. We have started using a new payment platform that streamlines our administrative work and automatically sends emails for payment reminders and credit card updates.

When you joined SFV, you chose one of two payment methods: annually in one single payment or monthly using a credit card. If you pay annually, you will receive an email reminder to call the office with a credit card number or mail a check. If we don't hear from you by early December, we will send a notice via snail mail. Responding early will save us this expense.

If you pay monthly with a credit card, you will not receive a reminder.

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## New Members

Basya Petnick 94102  
Kathleen & Stephen Canright 94110  
Joan Bush 94110  
D'ann Kohler 94115  
Carol & John Breslin 94116  
Geraldine "Gerri" Riordan 94121  
Gloria Untermann 94109  
Carole Lewis 94118  
Joni Settlemier 94123  
Claudia O'Callaghan 94127  
Sylvia Saunders 94114  
Judy Camuse 94103  
Mary Midgett 94110

## Thank you to our Sponsors

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However, in the future you may see an email asking you to update your credit card information, such as a new expiration date.

One more caveat, if you joined SFV within the past eight months, your membership will renew on the one year anniversary of the date you joined. You will receive an email reminder at that time. Any questions, please don't hesitate to contact one of the staff!!

As always, I am grateful to be co-creating this community with you. Thanks to your contributions of time, talent and treasure we have built something quite extraordinary.

Love,

*Kate*

## In Memoriam Angela Little, 94109



Angela was born January 12, 1920 in North Beach and grew up in what is now Russian Hill. She was a scientist at her core, an uncommon claim for women at the time, and graduated from UC Berkeley in 1940 with a BA in Bacteriology and Biochemistry. As a woman pursuing a career in science in the 1940's and 50's, she dealt with sexism and chauvinism at every turn. A biochemistry department chair asked her, "Why don't you just go home and make more babies?" Furious but determined, Angela received her Masters in 1954, a PhD in agricultural chemistry in 1969, and then joined the faculty in the Department of Nutritional Sciences.

As a lover of words, Angela devoured books and crossword puzzles, and was known for the poems and limericks she would compose for birthday cards and other occasions. She was also a fierce competitor at Scrabble; many of the people close to Angela can say they played Scrabble with her, but few can say they won. Before Angela passed, she invited those at her bedside to join her in relishing one last sip of Prosecco. If so inclined, please raise a glass in her memory.



## Ellen Sandler, 94115

Ellen Sandler was born on July 13, 1941, and passed away on October 3, 2023 at the age of 82. Originally from Brooklyn NY, she was a resident of San Francisco CA for the past 20 years. She died of complications due to a stroke.

Ellen volunteered widely, and served on many different boards and committees, beginning with her own children's' PTA. She was a Board Member at Peninsula Temple Beth El, Peninsula Civic Light Opera and Meeting Planners International. Most notably, she chaired committees with the San Francisco Ballet Auxiliary, the Caring Community at Congregation Emanu-El, and San Francisco Village.

Ellen was known for her authentic warmth, quick wit, legendary organizational skills, direct communication style and incredible memory for names, faces and details. She was a lifelong lover of ballet and Broadway musicals, international travel and July in Cape Cod. Ellen was fiercely independent, prioritized her family and friends above all else, and exemplified a life well-lived.

## Did You Know?

### Holidays Schedule

The San Francisco Village office will be closed November 23 & 24 and the last week in December, starting December 23 and reopening January 2.

## Welcome, Katherine Okpara!



Join us in welcoming Katherine Okpara to the San Francisco Village team! Katherine will be covering for Jessica Da Silva while Jessica is on maternity leave until March. You may have seen Katherine before because she joined our SFV community first as a volunteer. We are SO excited to have her as part of our team!

Katherine grew up in southern California before moving north to earn a bachelor's degree in psychology from UC Berkeley. She is passionate about behavioral science, gerontology, and linguistics. Before joining SFV, Katherine worked as a caregiver and a user experience researcher in the tech industry. In

May 2023, she completed the Certified Aging-In-Place Specialist training to gain a deeper understanding of the services, support, and resources we need to navigate life changes as we grow older. In her free time, you can find Katherine baking, studying languages, reading poetry, and collecting whimsical sweaters from thrift stores!

Katherine can be reached at [katherine@sfvillage.org](mailto:katherine@sfvillage.org) or 415-387-1375 ext. 7

## Welcome Baby Da Silva!

Jessica, Vinny, and big brother Leo are so happy to share that Benicio joined their family on October 18! All are healthy and doing well.



## Spirit of Generosity

Join San Francisco Village in celebrating the spirit of gratitude and generosity all November long! Check out some of the many ways you can give back this season.

## Clothing Drive for St. Anthony's Foundation

As you're pulling out warm clothing from your closet for the Fall/Winter season, keep in mind there are many San Franciscans who don't have, or can't afford, clothing to keep them warm. St. Anthony's has a free clothing program, providing new and gently-used clothing to individuals and families experiencing homelessness and poverty, always free to recipients. SFV is organizing a warm clothing drive this month. St. Anthony's needs NEW underwear, socks, disposable diapers and feminine hygiene products; NEW or GENTLY USED men's shoes, men's and women's clothing, coats, and hats. Please drop off all donations at the SFV office. If you're unable to drop off, please contact Sha'Nice Patterson at [shanice@sfvillage.org](mailto:shanice@sfvillage.org) or call 415-387-1375 x4 to arrange for a volunteer to come by your home. We are imagining a BIG generous response from our community, so please help us make it happen. We'll be delivering our group donation on Giving Tuesday, November 28.

## #GivingTuesday

#GivingTuesday is November 28 and we're proud to be a part of this global celebration of giving. You will be receiving several emails this month encouraging you to donate to SFV. Since membership fees cover only 17% of our income, your donations help to make us whole. Gifts of any size are most welcome!

If you are age 72 or older, please consider directing your IRA custodian (such as Schwab, Vanguard, Fidelity and others) to transfer part or all of your required minimum distribution to San Francisco Village. To learn more about opportunities to contribute on Giving Tuesday, reach out to Katherine Okpara at [katherine@sfvillage.org](mailto:katherine@sfvillage.org) or call 415-387-1375 x7.

## Upcoming Events



### Creative Minds

**Wednesdays, November 1 & 8, 2:00 – 4:00 PM**

**Changed to Zoom**

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

**This series started in October and you are welcome to join at any time**

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 art for brain health initiative. 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.

### Artists Circle

**Register with Jay Davidson**

**Artist-Led Workshop: Mediations on Thread**

**Saturday, November 4, 1:00 to 3:00 PM**

**\*Ruth's Table, 3160 21st Street, between Mission and Capp\***



For more information and registration, go to this link: <https://www.ruthstable.org/community-day-workshop-meditations-on-thread>.

**Friday, November 17, 1:30 to 2:30 PM**

**\*Lost Art Salon, 245 South Van Ness Avenue, #303\***

Welcome to this little-known art treasure. We have secured a visit for up to ten people. Learn more about this space at [lostartsalon.com](http://lostartsalon.com).



### Travel Connections

**Planning Meeting: Monday November 6, 1:00 – 2:00 PM**

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

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

Let's plan local trips, both day trips and overnight. How about the other 49



states? We should not ignore the natural wonders and special opportunities we can find there. Let's go further and plan an overseas trip in 2024 or 2025!

Our planning meetings are on the first Monday of the month and we work by committee to organize trips. For more information, reach out to Travel Connections leader Kathy Moss.

**Pier 24 Photography Tour and Lunch: Friday, November 10, Lunch 11:30 AM, Tour 1:00 PM**  
**Register with Phyllis Scaduto. Limit of 20 people**

We'll meet at the waterside hangout, Red's Java House, on Pier 30 at 11:30 for lunch. Then we'll walk to Pier 24 Photography, which houses the permanent collection of the Pilara Foundation. Our entrance time is 1:00 pm for a self-guided group tour.

Watch for details on December trip: San Mateo Historical Museum, December 12, 2023

## Writers Workshop

**Tuesdays, November 7–November 21, 2:30 – 4:00 PM**

**Zoom**

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

**This series is limited to 12 members. Those on the waitlist will get priority enrollment for next series.**



San Francisco Village Writers' Workshop welcomes writers of all levels. You can start from a completely blank page or bring something you are already working on. We will explore different writing styles – from memoir to poetry to short and long fiction. We will also read poets and authors that resonate with us – and try to figure out how they transfer their experiences, thoughts, and feelings to the written page.

The Writers' Workshop is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and a book reviewer for the Los Angeles Review of Books. Elinson has led writing workshops at SFV since 2015. We welcome those who have been part of the Writers Workshop in the past and we also welcome newcomers! No experience necessary!



## Fine Arts Museums Virtual Tour

**Friday, November 10, 1:00 – 2:00 PM**

**Zoom**

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

*Who is this Woman?* Join docents Lani Shepp and Jenny Broering as we explore artworks featuring women at the deYoung and delve into their origins and artists.

## Choice and Autonomy at the End of Life

**Tuesday, November 14, 10:30 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](mailto:info@sfvillage.org)**



We will discuss different options for facing end of life, including Medical End in Dying (MAID), which is legal in California under the End of Life Option Act, as well as Voluntary

Stopping Eating and Drinking (VSED). We will also look at organizations working to expand eligibility criteria for those wishing to explore medical aid in dying. Our workshop will be accompanied by case studies and short videos and a take-home resource. There will be time for group discussion focusing on the topics of autonomy, self-determination, and our relationship to suffering.

This workshop is for educational and contemplative purposes only, and in no way intends to encourage certain decisions at end of life. The goal is to provide resources so we feel empowered to navigate end of life decision making for ourselves and loved ones.

We will be guided by hospice nurse and death doula Stephanie Crawford. Her business, Awakened Endings, seeks to alleviate the fear and anxieties that accompany death and dying, and to help individuals awaken to the mystery and beauty of this very challenging time.



### **Cross Cultural Connections**

**Thursdays, 11/16, 12/21, 1/18/24 & 2/15/24, 11:00 AM – 2:00 PM**

**\*Kapuso at the Upper Yard, 2330 San Jose Ave\***

**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 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!

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

**Friday, November 17, 1:00 – 2:00 PM**

**Zoom**

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



*Honoring The Dead: Afterlife Beliefs and Funerary Practices in Ancient Asia* Rituals and practices that honor and respect the dead have been part of all cultures and religions across Asia for thousands of years. Belief in an afterlife state is reflected in these practices. Come explore some of the sculptures, paintings, and jewelry that are manifestations of these human emotions to demonstrate respect and love for the deceased.



### **Memoir Class**

**Tuesdays, November 28 - December 19, 11:00 AM – 12:15 PM**

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

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

This memoir writing class provides participants with opportunities to excavate parts of their own life, bring memories to the surface and share their work in a safe environment. Assignments include writing from a photo of a family member, friend or yourself; writing while listening to music; writing about your name; creating a fictional character and writing about him or her; picking a day and writing about what you remember about it.

Jonah Raskin, SFV member, taught memoir writing at Sonoma State University and has published books and essays about himself and his family and friends. He recently moved to San Francisco from Sonoma County and is recreating himself in the city, at the age of 81.

## Passing the Bell: Aging Well with Meditation

Wednesday, November 29, 10:00 – 11:30 AM

^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)



We'll celebrate together as teacher Rachel Lanzerotti passes the "meditation bell" of leadership. Rachel started the SFV Meditation Group ten years ago. Come to this hybrid, in person and zoom, gathering to say farewell to Rachel and welcome Terre Passero, who will guide the group forward. We will spend time in practice together, sharing stories and snacks and creating a community ritual that honors where the group has been and where it's going.



## The Foundation of InnerYoga

Wednesdays, November 29 – December 20, 3:00 – 4:00 PM

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

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

InnerYoga is an approach to yoga. Awareness, breath, ease, and kindness are intertwined in all the yoga styles we teach: meditation and breathing, Jin Shin Jyutsu, Yin, Gentle Hatha Flow and Restorative. All levels and abilities are welcome. We will meet you at your level and support you in your practice.

Led by Jaime Yamamura, CYT, CMT and Cheryl McCue, CYT. Both Jaime and Cheryl are San Francisco natives and have been teaching for over 10 years. Pre-Covid, they taught at the Doelger Senior Center for over five years and are looking forward to sharing their practice with San Francisco Village.

## Recurring Events



### Aging Well with Meditation

Wednesdays, November 1, 8, 15, and 22, 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.

We hope you can join us on 11/29 for a hybrid "pass the bell" ceremony as we thank and say goodbye to Rachel and welcome Terre as our new facilitator.

## Intergenerational Book Club

Wednesday, November 1, 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've been meeting for close to two years now, but we still enjoy new faces joining us even if you can only come for part of the time. We're discussing *Solito* by Javier Zamora (400 pages). For our December 6 gathering, we'll read and discuss *A Little Life* by Hanya Yanigahara (825 pages).



## Tai Chi and Qigong

Thursdays, November 2, 9, 16, & 30, 2:30 – 3:30 PM

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

Mondays, November 6, 13, & 27, 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 warmup 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, November 3, 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, November 3, 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, November 4, 11, 18, & 25, 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!



## Del and Phyllis Posse: Female LGBTQ+ Circle

Monday, November 6, 12:00 PM

\*Harding Park, 99 Harding Rd.\*

Register with Sarah Thompson

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+.

## Member to Member Coffee Chat

Monday, November 6, 2:00 – 3:00 PM

Mondays, November 13, 20, & 27, 10:00 – 11:00 AM

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!



## Let's Play Games

Tuesday, November 7, 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.

## Solo-Agers Circle

Friday, November 10, 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.





### Potluck Group

Sunday, November 12, 4:00 – 6:00 PM

\*Home of Susan Kahn and David Kaskowitz in Bernal Heights near Holly Park\*

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! Parking on the street near Susan and David's home is manageable. Bus transportation is good. Buses 14, 24,49, 67 are fairly nearby. Marvin will try to co-ordinate a ride if you need one.

### Play Mah Jongg

Monday, November 13, 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. Mah Jongg is a game of skill and chance like no other. We have an American Style Mah Jongg set at the office.



### Grupo de Conversación en Español

Tuesdays, November 14 & 28, 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, November 14 & 28, 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.



### Rock and Roll Dance Party

Friday, November 17, 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!

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

Tuesday, November 21, 10:30 AM

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

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



*Back by popular demand!* Rooftop gardens open to the public? Waterfalls in Downtown San Francisco? Yes, to both questions! 1% of 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, 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.



## MoAd Virtual Tour and Discussion

Monday, November 27, 3:00 – 4:00 PM

Zoom

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

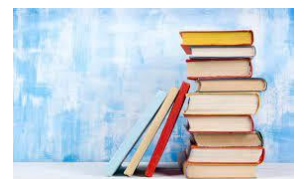
San Francisco's Museum of the African Diaspora, a contemporary art museum, celebrates Black cultures, ignites challenging conversations, and inspires learning through the global lens of the African Diaspora. Sessions explore current or recent MoAd exhibitions and are vibrant, engaging, educational, and have been described as the best art discussion around. Sessions are led by Sedey Gebreyes, Senior Education Manager. Come check it out!

## San Francisco Village Book Club

Monday, November 27, 4:00 PM

Zoom

Register with Sharon Kuester



We will be discussing *The Optimist's Daughter* by Eudora Welty.



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

Thursday, November 30, 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.

## 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.

### Sunset Circle

**Thursdays, November 2 & 16, 4:30 – 5:30 PM**

**Zoom**

**Register with Steve Hayashi**

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

### LGBTQ Circle

**Friday, November 3, 1:00 – 2:15 PM**

**Zoom**

**Friday, November 17, 1:00 – 2:30 PM**

**\*TBD\***

**Register with Bill Haskell**

The LGBTQ Circle meets twice a month - on the first and third Fridays. The first session will be online. The second session will be online or in person. 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.

### 94107/94103 Circle

**Wednesday, November 8, 1:30 PM**

**\*Coppola's Cafe, Cafe Zoetrope located at 916 Kearny St\***

**Register with Dian Miller**

Join us for lunch and conversation on 11/8--don't forget to RSVP since event has a limit of 10 people!

### 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



## **West of Twin Peaks Circle**

**Wednesday, November 8, 4:00 PM**

**\*The Gold Mirror, 800 Taraval\***

**Register by 11/3 with Roberta Gordon**

This restaurant is a neighborhood fixture that originally opened as a New Orleans speakeasy in 1929. In 1969 the DiGrande Family purchased the cocktail lounge and started serving classic traditional Italian food in an old-world setting. The menu reflects old-school Italian entrees with a modern twist - and great cocktails! We request that you have cash to pay your individual bill. We add 35% to our order which includes tax, tip and health mandate.

## **94118 Circle**

**Thursday, November 9, 3:00 PM**

**\*Karen Franklin's house\***

**Register with Karen Franklin**

We'll do an afternoon coffee break at Karen's house. Karen will provide beverages and snacks. We will enjoy games, laughs, and good fellowship. If you would like to use Karen's elevator, contact her to arrange entry. Remember that all Circle meetings are open to all, so encourage your Village friends to join us.

## **94117 Circle**

**Friday, November 10, 1:00 – 2:15 PM**

**Zoom**

**Friday, November 24, 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.

## **94114/94131 Circle**

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

**Monday, November 13, 10:00 AM**

**\*Morning Dew Coffee\***

Everyone is welcome to meet us for coffee at this cafe located at 17<sup>th</sup> Street and Church. No need to RSVP.

**Tuesday, November 28, 10:00 AM**

**Zoom**

Join us on zoom!

## 94121 Circle

Tuesday, November 14, 2:00 PM

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

Register with Judi Irandi 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, November 14, 4:15 PM

\*Zoom\*

Register with Gayle Geary or Lynne Fox

Because of the uptick in Covid, we have decided to meet on Zoom. Please join us as we continue our conversations and getting to know each other better.

## 94109/94133 Circle

Wednesday, November 15, 11:00 AM

\*Congregation Sha'ar Zahav, 90 Dolores St\*

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

Our group continues our theme of visiting religious and cultural institutions in November, with a visit to Congregation Sha'ar Zahav. Located in the Mission district, Sha'ar Zahav is one of the first synagogues in the West Coast founded by LGBT Jews. We will be hosted by the Congregation's Rabbi and the historian. After our visit, we will gather for lunch at a local restaurant.

## Save the Dates



### Poetry Reading

Monday, December 4, 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 us for an intimate reading from some of SFV's local poets. We'll hear from Grace Hughes Chappell, Marie Scott, Jojo Raskin, and Jeanne Powell. Masks requested.

## Makers Group Workshop: Holiday Origami

Friday, December 8, 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 the Makers Group for a special Holiday Season crafting session led by Marcia Weisbrot, an experienced Origami instructor. Stretch your fingers and stretch your imagination as you create holiday origami. Fold and refold and enjoy this process with rewarding results. We will learn to fold an origami ornament ball, flapping bird and dreidel! All supplies will be provided. You bring your fingers.



## Annual Holiday Party

Monday, December 11, 5:00 – 7:00 PM

\*Spark Social, 601 Mission Bay Blvd\*

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

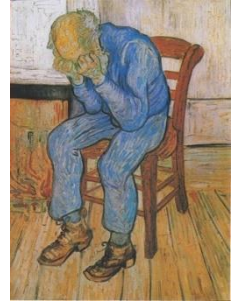
**Please note the date change!** There's even a fire pit to sit around with unlimited makings for s'mores. Join us for a cozy evening with friends, new and old, drinks, and nibbles. Layer up, it's worth it for this time together in the big red party tent!

## Grief and Loss

Thursday, December 14, 1:00 – 2:30 PM

Zoom

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



There are different types of grief: the grief that follows the loss of any kind, grief that often precedes the loss, "anticipatory grief" and other losses that occur on a daily basis. Recognizing all of these as losses is an important part of moving through the world and learning to cope with the hard stuff. As a fundamental human process, grief is unavoidable. As such, it pays to lean into grief rather than to run away from it, and that requires patience, time, and lots of support.

Mettle Health has partnered with San Francisco Village for a series of 3 talks: Grief and Loss on 12/4, Legacy on 2/8, and Changing Your Narrative on 4/18. These discussions are meant to be educational and interactive. We'll begin with a basic overview of the day's topic before opening up to the group for Q&A and conversation. This session should feel as supportive as it does informational, so bring your questions and comments, or feel free to just listen. Together, we'll explore real life examples and address your questions on the topic.

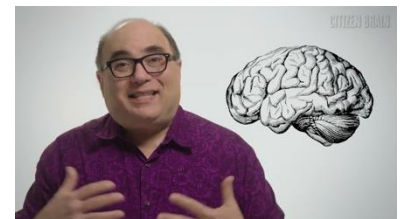
Mettle Health offers a new perspective and approach to palliative care, helping patients, caregivers, and their families navigate the practical, emotional, and existential concerns related to natural aging, chronic disease, disability, health-system utilization, terminal illness and death. In other words, all of the critical issues that are largely unaddressed by conventional healthcare.

## Citizen Brain

Tuesday, December 19, 2:00 – 4:00 PM

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

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



Monologist Josh Kornbluth is working on a solo show titled *Citizen Brain*, which is based on his experiences of studying dementia as a "brain fellow" at UCSF while his stepfather was suffering from Alzheimer's and the country was reeling from the start of Donald Trump's presidency. Josh develops his shows via improvisations, rather than working on scripts -- so this improv will be one of his "drafts," so to speak. A 90-minute improv will be followed by a Q&A to get audience feedback.

## 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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