



From Executive Director, Kate Hoepke:

Dear Members and Friends:

We live in one of the most culturally diverse cities in the country and yet we often don't interact with people outside our own groups. We miss out on the richness of cross-cultural connections because we don't know how to meet people different from ourselves.



San Francisco Village and Southwest Community Corporation (I.T. Bookman Community Center in the Lakeview district) see an opportunity to change that. Last month, we co-hosted the first of five gatherings to break down barriers and discover common cause as we age together in the city we call home. More than 60 people came together from different racial, ethnic and socio-economic backgrounds.

We told stories, shared food, got curious and listened with our hearts. The overwhelming consensus at the end of three hours was delight, mutual respect and appreciation for one another's unique lived experience. One of our members said, "It was so refreshing to go below the surface. People opened their souls to each other. How can we not be moved by that?"

Facilitator Carlene Davis MPH, founder of Sistahs Aging with Grace and Elegance, posed simple yet evocative questions to be shared with a partner or small group. The first question was *Tell us about your name*. Where did it come from, who gave it to you, what does it mean to you? Embedded in this simple question are factors that define identity: race, religion, geography, history. Secondly, she asked us to *talk about someone or something that has had a significant influence on our lives*. We heard about teachers, family members, and mentors. We glimpsed one another's values and registered how much we have in common.

I felt warmth in the room - the beauty of connecting with people when they're invited to tell their stories. We gave each other the gift of listening so that each person felt seen, heard, accepted and valued.

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Patricia Muscatelli 94109
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Arnold Levinson 94117
Mary Beth Frederick 94102
Elizabeth Campbell 94105
Cynthia Cox 94134
Rena Burns 94114
Wik Wikholm 94117
Nan Goldberg 94116

This is how trust takes hold. This is where healing begins.

Join us for any of the upcoming gatherings between now and February. Or share the questions at your next neighborhood circle meeting.

Grateful to be in community with you,

Kate

Thank you to our Sponsors

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In Memoriam

Carlin Holder, 94107

Carlin Paige Holden, 80, died peacefully on August 8. Carlin's entire life was about giving and service, traditions passed down by her parents. San Francisco became her beloved community, where she thrived. She was a volunteer, mentor, philanthropist, and worked as a massage therapist and gardener. A good friend to many in the Bay Area, she also remained true to her New England roots and friends. She was an engaging conversationalist with a wonderful sense of humor and loved a good story. She will be missed.



Upcoming Events



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

Rock Steady Boxing gives people with Parkinson's Disease (PD) hope by improving their quality of life through a non-contact boxing-based fitness curriculum. Training classes include an exercise program that attacks PD at its vulnerable neurological points. While focusing on overall fitness, no boxing experience is necessary, and people of all abilities 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 PD patients at Rock Steady Boxing in San Francisco and has been living with PD for the past 14 years.

Brain Health with UCSF Memory and Aging Center

Wednesdays, October 4 and 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.



Free and Discounted Opportunities 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

San Francisco is a vibrant (and expensive!) city with so many amazing free events and opportunities. Join SFV 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!

Artists Circle

Register with Jay Davidson

The Artists Circle is a group of people who are working toward deepening their relationships with each other by sharing their art and art-based activities as a means of fostering their creative growth.



Stuck/Unstuck

Wednesday, October 11, 1:00 PM

SFV Office, 3220 Fulton

Do you find yourself stuck in the creation of something you are working on? Whether it is visual or something you are writing, bring it along to this gathering and let's see if we can offer responses to each other as a means of getting ourselves unstuck in the creative process.

Studio Visit

Monday, October 23, 3:00 PM

33 Bartlett Street

We will visit the studio of artist Jerry Ross Barrish, whose work involves creating masterpieces with found and discarded objects. See his website <https://jerrybarrish.com>



Intergenerational Weekend Walk in GG Park

Saturday, October 14, 11:00 AM – 1:00PM

Meet at SFV Office, 3220 Fulton

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

If you're looking for ways to connect with others, enjoy conversation and want to get your steps in, this is a perfect opportunity for you. The walk starts at the San Francisco Village office and leads us to Stow Lake. Along the route there will be bathrooms and benches for short

breaks. The stairs leading up to Stow Lake have handrails and there will be volunteers who can assist you.

We're joined by the Spinsters of San Francisco, a social nonprofit of young professional women making a positive difference in the Bay Area through volunteering and fundraising.

Travel Connections

Monday October 16, 1:00 – 2:00 PM

SFV Office, 3220 Fulton

Register with SFV at (415) 387-1375 or 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 third Monday of the month and we work by committee to organize trips. Some excursions coming up soon: November 10, 11:30 a.m. we're going for lunch at Red's Java House followed by Photography Exhibit Pier 34. In early December we'll be heading to the San Mateo County History Museum. For more information, reach out to Travel Connections leader Kathy Moss.



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

A unique chance to hear from some SFV writers and support their 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.

Cross Cultural Connections

Thursdays, 10/19, 11/16, 12/21, 1/18/24 and 2/15/24

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 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, October 20, 1:00 – 2:00 PM

Zoom

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

Demons, Creatures, And Monsters – Oh My! Mythical creatures, legendary beasts, terrifying monsters. They are supernatural, mystical, often god-like or demon-like beings, and they have fascinated us since ancient times. Even today, they continue to thrill, terrify, entertain, and inspire us. They have filled folklore, stories, songs, and works of art. They may even protect us.

Art Making with MoAd: Self Portraits, Expressing the Inner You

Monday, October 23, 2:30 – 4:00 PM

SFV Office, 3220 Fulton

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



Join MoAd for a workshop for people of all skill levels. We will cover a few basic drawing tips to begin with, but we will quickly get to the more interesting part: who are you below the surface? We often think of a self-portrait as merely a depiction of our outer appearance. However, we will explore how to form a more complete self-portrait by considering elements of our interests, values, traits, and history. We will also explore how we can use color, mark-making, and even words to express a more accurate and livelier “us.” You will leave this workshop with the ability to make a lifetime’s worth of self-portraits that hold deep (and perhaps even hidden!) meaning to you.

Ramona Soto has been a teaching artist for many years, and she’s been working with MoAD for over a decade. In her own art practice, she enjoys using many kinds of materials. Currently, she’s working mostly with pastels, colored pencils, watercolor, ink, and collage. She loves it most when she can’t quite control the results and winds up with something unexpected and unique!



California Connect

Tuesday, October 24, 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

Having 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!

Writers Workshop

Tuesdays, October 24–November 21, 2:30 – 4:00 PM

Zoom

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

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



Have you always wanted to write your memoir but didn’t know where to start? Have you got some

poems tucked away in a drawer? Do you have an idea for a gripping novel? Or do you just want to put pen to paper -- wondering if a poem, an essay or a short story will emerge?

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!



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

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 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.

Fine Arts Museums Virtual Tour

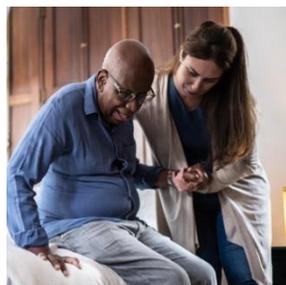
Friday, October 27, 1:00 – 2:00 PM

Zoom

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



Please note the change in regular schedule! *Memories in Porcelain*: Bouke de Vries is a Dutch ceramic artist who finds value and beauty in damaged and broken porcelain. He rearranges the fragments to give them a new life and a new future. His reconstructions combine his interest in history, Dutch still life painting, 17th century Chinese porcelain, 18th century English porcelain, and a Japanese restoration technique that highlights rather than hides the repair. We'll look at his ceramic creations currently at the Legion of Honor that show us the "beauty of destruction" and the old and new memories they contain.



Domestic Employer Workshop

Monday, October 30, 2:00 – 3:30 PM

SFV Office, 3220 Fulton

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

Do you employ someone for in-home care or are you interested in doing so? Join us for a workshop on the rights and responsibilities of domestic employers. Come share your experiences and learn more about how to develop

a positive working relationship. Presented by Senior and Disability Action.

Conversations for Mortals

Tuesday, October 31, 11:00 AM – 12:30 PM

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

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



We will gather on Halloween to discuss death rituals and traditions around the world. There will be a short presentation describing different cultural traditions, and ample time to discuss our own personal experiences with death and dying. Learning about different death traditions from around the world is educational and may serve as inspiration as we consider what types of ritual and ceremony we may want for our own deaths!

During this time of the year, it is believed that the barrier between the human and spirit world is very thin, making it an ideal time to honor and commune with the dead. Participants are invited to bring photos and objects as we build a temporary communal altar to remember our deceased loved ones together.

Recurring Events



Member to Member Coffee Chat

Mondays, October 2, 16, and 23, 2:00 – 3:00 PM

Monday, October 30, 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!

Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, October 2 and 16, 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+.



Tai Chi and Qigong

Mondays, October 2, 9, 16, 23, and 30, 1:00 – 2:00 PM

Zoom

Thursdays, October 5, 12, 19, and 26, 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 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.

Let's Play Games

Tuesday, October 3, 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, October 4, 11, 18, and 25, 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 Book Club

Wednesday, October 4, 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'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 *Reading Time Shelter* by Georgi Gospodinov. On November 1, we'll read and discuss *Solito* by Javier Zamora (400 pages) and on December 6, *A Little Life* by Hanya Yanigahara (825 pages).



Music Chat with Marko

Friday, October 6, 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.

Virtual Social Hour

Saturdays, October 7, 14, 21, and 28, 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!



Movies with Steve

Mondays, October 9 and 30, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

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

October 9: *The Grand Budapest Hotel* (2014)

October 30: *Night of the Living Dead* (1968)

Grupo de Conversación en Español

Tuesdays, October 10 and 24, 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, October 10 & 24, 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.



Climate Action Group (in person!!)

Thursday, October 12, 10:00–11:00 AM

Simple, 1001 Stanyan Street, at Carl Street

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

A new reuse and refill store called Simple has opened near Cole Valley. This is a neighborhood eco-market that offers a range of zero-waste items, including a large selection of refillable products for the home and body, with a focus on local goods. Simple makes it as convenient to choose sustainable and refillable products as is it to buy mainstream, polluting products from far-off places. Simple is also a place for community, education, and exploration, where people can gather, share ideas, and create. Join our host, Abbe Clemons, the owner of Simple, for a tour, an explanation of the shop, and a conversation about how we call all make choices that improve our participation in climate resilience.

Solo-Agers Circle

Friday, October 13, 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.



Makers and Crafters

Friday, October 13, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

Please note this group is meeting a week later! 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.

Weekend Walking Group

Saturday, October 14, 1:00 PM

Wood Yards Park at 22nd Street and Minnesota

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



A follow-up to previous Dogpatch walks, this time to the southern half which is mainly parks and gardens. We will meet at Wood Yards Park, then walk south past the Hells Angels house and the Cord Factory, walking through recently installed street gardens. Then under the 280-freeway including an outdoor martial arts area and the 22nd St. Cal Train station and ending back at Woods Yard Park.

Please be aware there will be hills and steps and we will cover a fairly large distance. You can opt out at any point if it's too strenuous. In case of rain we can go to the Minnesota St. Gallery. Most of the coffee places close early on Saturday but Humphrey Slocomb Ice Cream will be open.



Play Mah Jongg

Monday, October 16, 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 will have an American Style Mah Jongg 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.

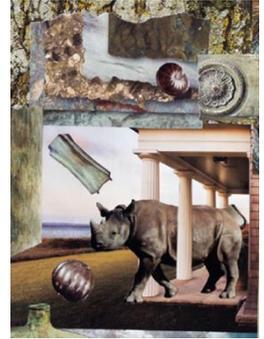
Paper Collage

Wednesday, October 18, 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!



French Conversation

Friday, October 20, 11:00 AM – 12:00 PM

Bick Simpson's Home

Register with Bick Simpson (required for entry to building)

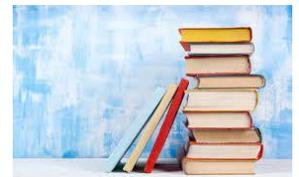
Join us in person for an informal gathering to share French experiences and learn more about customs, language, fashion, food and special events. It has to be fun so bring all your ideas. We look forward to a wide range of topics, including yours. This is for intermediate and fluent speakers.

San Francisco Village Book Club

Monday, October 23, 4:00 PM

Zoom

Register with Sharon Kuester



We will be discussing *Smiley's People* by John LeCarre.



The San Francisco Village View: A Current Events Discussion Group

Thursday, October 26, 12:30 -- 2:00 PM

SFV office, 3220 Fulton St, 94118

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

Space limited, RSVP required

Let's gather in community and conversation about what's happening in our world--this could be global or local. Please bring a topic and the group will vote at the beginning of each session. Knowing our identities are wrapped up in the political landscape, we will engage each other with respect and an ear to understanding others' views. We are committed to learning, not debating. We allow everyone the

chance to speak, and we avoid assumptions about individuals or generalizations about social groups. We ask that all who attend check sources/facts and be prepared to share them; we don't want to contribute to misinformation.

This group is led by members Marymelissa Grafflin and Alexander Williams. The topics and viewpoints discussed are individual member's beliefs, not necessarily those held by the organization.

Rock and Roll Dance Party

Friday, October 27, 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!

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, October 5 and 19, 4:30 – 5:30 PM

Zoom

Register with Steve Hayashi

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

LGBTQ Circle

Friday, October 6, 1:00 – 2:15 PM

Zoom

Friday, October 20, 1:00 – 2:30 PM

Garden Party in a backyard near Alamo Square

Register with Bill Haskell

The first session will be on zoom, and the second session will be a garden party!

Neighborhood Circles:

Sunset Circle: 94122/94116

West of Twin Peaks: 94127/94132
St. Francis Wood, West Portal, Forest Hill, Park Merced, Ingleside Terraces, Oceanview, Merced Heights and Ingleside

94110/94134: Bernal Hts /Potrero/ Mission/Visitation Valley/Bayview

94107/94103: South of Market/Mission/ Potrero

94109/94133: Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill

94111/94104/05/08: Financial Dist/ Embarcadero

94112: Excelsior/Ingleside TBD

94114/94131: Castro/Noe Valley/Glen Park

94115: Pacific Heights/Western Addition/ Japantown

94117: Cole Valley/Haight

94118/94129: Inner Richmond

94121: Outer Richmond

94123: Marina/Cow Hollow

LGBTQ Circle: Citywide

We cordially invite members of the SFV LGBTQ community to an outdoor Masquerade Party in a member's lovely backyard near Alamo Square. We dare you to don your best disguise, feathers,

sequins, or anything you feel fabulous in and come celebrate and mingle with fellow LGBTQ community members. We extend an extra warm welcome to new members and hope to see many of our longtime members as well. If you have room in your car and could transport another member, or if you need a ride to the party please contact jill@sfvillage.org.

94121 Circle

Tuesday, October 10, 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, October 10, 4:00 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.

94107/94103 Circle

Wednesday, October 11, 1:30 PM

Markado, 130 Townsend

Wednesday, October 25, 4:00 PM

The Mortimer in Hotel Adagio, 550 Geary

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

Join us for lunch and conversation on 10/11 and happy hour 10/25—don't forget to RSVP since each event has a limit of 10 people! Bring cash for 10/11, ideally singles, since they can't do separate checks.

94114/94131 Circle

Register/get more information with Jay Davidson

Thursday, October 12, 10:00 AM

Martha and Brothers coffee

Everyone is welcome to meet us for coffee at this cafe located at 1551 Church at Duncan. No need to RSVP.

Tuesday, October 17, 11:00 AM

Zoom

Join us on zoom!

94118 Circle

Thursday, October 12, 3:00 PM

Karen Franklin's house, 11th Ave and Cabrillo

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, October 13, 1:00 – 2:15 PM

Zoom

Friday, October 27, 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.

West of Twin Peaks Circle

Wednesday, October 18, 1:00 PM

Trattoria da Vittorio, 150 West Portal Avenue

Register by 10/13 with Roberta Gordon

Calabrian-inspired pizzas and handmade pasta are their specialty. The lasagna is enough for two meals! Look under your bread plate to see if you are the lucky one to take home the wonderful flower arrangement by Phyllis our resident florist. We request that you have cash to pay your individual bill. We all add 30% to our individual check which includes tax and tip. Ask about LeeAnne's clever paper/clip reminder to write down what you ordered.

Bernal Circle

Wednesday, October 18, 7:00 PM

Zoom

Register with Joan Miro

We continue to welcome new members and share our stories.

94109/94133 Circle

Reach out to Bobbie Rothman or Juliet Rothman for more information

We have sent surveys to all our members asking for suggestions and comments to help us in planning additional future events and thanks to everyone who already responded with their thoughtful

ideas. If you haven't yet responded, please do! We value your input in our planning. Our group's next gathering will be in early November, and plans are still developing.

Save the Dates



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

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.



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

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.

Annual Holiday Party

Thursday, December 7, 5:00 – 7:00 PM

Spark Social, 601 Mission Bay Blvd

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



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!

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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