



From Executive Director, Kate Hoepke:

Dear Members and Friends:

In the spirit of gratitude and generosity, last month we asked you to donate warm clothes for our neighbors in the Tenderloin. Your response has blown us away! We had to rent a U-Haul truck to transport all of it.

This collective act of kindness reminds me of what's possible when we leverage our power in numbers. Joining together, our impact is that much greater.



But even small acts of kindness can have a huge effect on others. Ask any of our members on the receiving end of volunteer support. Grocery shopping, errand runs, technology troubleshooting, friendly conversations, downsizing, simple home repairs. Small things that can make a world of difference. As one of our members said recently, "The kindness I receive from staff and volunteers at SFV reminds me that I still matter."

Kindness is more than just a 'nice thing to do'. It plays a crucial role in our well-being. Research has shown that kindness improves our physical and mental health – whether we're giving, receiving, or even witnessing kindness. Biochemically, acts of kindness increase levels of oxytocin, dopamine and serotonin which elevate our mood and reduce depression and anxiety. Some studies suggest that kindness can boost energy levels, relieve pain and reduce stress, which all contribute to a healthy and meaningful life.

It's not one and done, though. For a lasting effect, acts of kindness need to be repeated. Make it a practice to greet people on your daily walk, thank the grocery store bagger, offer a fellow SFV member a ride, reach out to someone you met in a Zoom room.

This time of year can be difficult if we're feeling lonely or left out of all the holiday hoopla. A simple gesture like a coffee date or walk in the park with another member can generate feelings of warmth and belonging for both of you. I'm delighted to see the efforts of neighborhood circles and the potluck group to gather around food

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Staff Contact

(415) 387-1375
info@sfvillage.org

Kate Hoepke
Executive Director
kate@sfvillage.org, ext. 1

Jill Ellefsen
Member Services Director
jill@sfvillage.org, ext. 2

Sarah Brigid Newsham Kent
Program & Creative Director
sarah@sfvillage.org, ext. 3

Sha'Nice Patterson
Wellness & Volunteer Coordinator
sha'nice@sfvillage.org, ext. 4

Jessica Da Silva
Communications & Fund Development Director
jessica@sfvillage.org, ext. 6
on maternity leave until 3/2024

Katherine Okpara
Interim Communications Director
katherine@sfvillage.org, ext. 7

Nidhi Patel
Administrative Assistant
nidhi@sfvillage.org, ext. 5

Stephanie Casella
Administrative Support
steph@sfvillage.org, no ext

New Members

Mary Midgett 94110
Zena Tucker & Robert Feinglass
94117
Joost Van Son 94110
Mary Wings 94110
Bev Scott & Courtney 94102
Joan Kwansa 94112
Luis Lamassonne 94118
Ruhama Veltfort 94131
Rachel Johnson 94112
Isabelle Toms 94117
Pauline Watts 94118
Elizabeth Rudzinski 94121
Marie Aranas 94114
Yvonne Cocino 94123
Jana Hutcheson 94110
Miki Ilaw 94102
Joanne Seltzer 94115

throughout the year, and special thanks to Bonnie Weiss and Clint Seiter for organizing a dinner on Thanksgiving for folks who would have spent the holiday alone. Watch the weekly bulletin for other organizing efforts this month.

I am grateful for the countless acts of love and kindness that occur in our village every day and contribute to the health and happiness of everyone involved. To quote the Dalai Lama: "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

Grateful to be in community with you!

Kate

Thank you to our Sponsors

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Did You Know? Holiday Schedule

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

SFV needs your feedback!

The 2023 Annual Member Survey is here and we'd love to hear your thoughts on your membership. San Francisco Village receives more than half of its funding from the City of San Francisco and private foundations, which require that we demonstrate the impact of membership in people's lives. This survey is the primary source of data that we use to tell that story. Your feedback is vital!

The easiest way for both you and our staff is to complete it online, which you can access here: <https://www.surveymonkey.com/r/SFVannualsurvey2023> If you prefer, you can complete and return the paper survey you will receive in the mail. Many thanks for your support!

Call for Art!

2024 is on its way and we want to refresh our walls with member made art! Please submit your ready to hang artwork by Friday, January 12. Paintings, framed drawings, quilts, photos, collage, mixed media, and more are welcome. Made in 1978? That's fine. Created just for this in early 2024? Wonderful. We prefer items we can hang on the wall to sculpture since sculpture is difficult to display in our space. We love pieces that contribute to our vibrant and thoughtful community, the kind that have newcomers walk in and say what a warm and welcoming space we have! Limit of two submissions per person and it is not guaranteed all submitted will be hung. Beginners, hobbyists, professional, all are welcome.

Upcoming Events



Travel Connections

Planning Meeting: Monday December 4, 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 first Monday of the month and we work by committee to organize trips. For more information, reach out to Travel Connections leader Kathy Moss.

San Mateo County Historical Museum and Lunch

Tuesday December 12, Lunch at 11:30 AM and Museum at 1:00 PM

Register with Kathy Moss

We'll travel by train or car to Redwood City and Yokohama's Restaurant (4stars, lunch entree about \$15), then walk or drive to San Mateo County Historical Museum. The Museum is located inside the 1910 County Courthouse and features a stained-glass dome and mosaic tile floor. Exhibits depict the history of the Peninsula from the Native American inhabitants until now.

Definite travel plans (train or drive) can be decided when you RSVP.

Member Walking Group: Holiday Walk in Downtown SF

Monday, December 4, 5:00 PM

***Meeting Place: Ferry Building, inside main entrance. End of**

Tour: at Market and Sansome*

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

This is an annual and beloved holiday event for SFV members! This year we'll take a new route to see all six of the *Let's Glow SF* buildings. We will be walking about a mile and a half, so we'll be done by 7:00pm or earlier.



Let's Glow SF, the country's largest holiday projection event, will return to downtown San Francisco this holiday season, from December 1 – 10. The free outdoor holiday event will use high-tech Panasonic projectors and lasers to project large-scale art concepts across the facade of six iconic SF buildings from 5:00-10:00 pm nightly, including the Ferry Building. The Salesforce Tower will also showcase *Let's Glow SF* artwork on the LED panel atop the building, visible throughout the Bay Area.

At the Ferry Building, look for your guide with flashing lights and antler ears. It's Marilyn Straka, SFV member and owner of On the Level SF Walking tours. Public transportation recommended to get there. Heavy rain and/or winds will cancel.



Memoir Class

Tuesdays, December 5 - December 19, 11:00 AM – 12:15 PM

This series started in November

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, December 6 – December 20, 3:00 – 4:00 PM

This series started in November

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.



Artists Circle

Creativity Explored followed by Happy Hour

Thursday, December 7, 3:00 -- 5:00 PM at Creativity Explored; 5:00 PM, after Creativity Explored, happy hour at Jay's house, two blocks away

***Creativity Explored, 3245 16th Street, between Guerrero and Dolores**

RSVP early to Nancy Berry

Space is limited to 10 people

Join us for an introduction to Creativity Explored, a studio-based collective that partners with artists with developmental disabilities who create and sell their work at this inspiring gallery in the Mission.

Ruth's Table, Creative Reuse

Wednesday, December 13, 1:00 -- 3:00 PM

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

RSVP not required; just show up

We will be joining this weekly program that takes place at Ruth's Table. Attendees will be our Artists Circle in addition to community members who show up. The focus is on creatively re-using paper-based products. All materials are provided at the workshop.

de Young Open 2023

Tuesday, December 19, 12:00 PM

RSVP not required; just show up and meet near the ticketing counter

This is the second of what has now been established as a triennial event at the de Young. More than 800 works of art were chosen from among submissions by residents of nine Bay Area counties. The result is a thrill to behold. What talent we have among us! We will follow up with lunch, either at the de Young or nearby. Several of us have membership and will most likely be able to get free admission for others who don't.

Fine Arts Museums Virtual Tour

Friday, December 8, 1:00 – 2:00 PM

Zoom

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

The Story Behind the Art Have you ever wondered what the meaning is behind a painting or sculpture? There are some intriguing stories behind the art! Join us as we reveal some of the little-known stories inside San Francisco's museums.



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

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.

Happy, Heavenly & Hilarious Holiday Songs

Friday, December 8, 3:00 – 4:15 PM

Zoom

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

In this presentation we'll celebrate the most engaging and entertaining songs written for the December holidays of Christmas and Hanukkah.



You will learn about the fascinating history of these songs and what inspired the songwriters to write them. You'll see performances by such legends as Danny Kaye, Judy Garland, Shirley Temple, Tony Bennett, Tom Lehrer, and the Radio City Music Hall Rockettes as well as delightfully inventive renditions of songs about the Maccabees, latkes, dreidels, menorahs, and other Hanukkah traditions.

Bonnie Weiss, M.A., New York University, is a seasoned theatre educator and writer. She is an OLLI instructor at UC Berkeley, San Francisco State and Dominican Universities. She has also given programs for Road Scholar, New Lehrhaus, Temple Emanu- El, and senior retirement communities throughout Northern California. Bonnie has written feature stories and reviews for TheaterWeek, Stage Directions, and The Sondheim Review. She has co-produced and hosted 3 radio programs on musical theatre and has produced and co-directed 12 cabaret shows. Bonnie has received two grants from The Yip Harburg Foundation for her work honoring the acclaimed lyricist and is cited in the biography, "Stephen Sondheim: A Life" by Meryle Secrest.



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

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

together in the big red party tent! An extra exciting bonus--there's a raffle this year too!

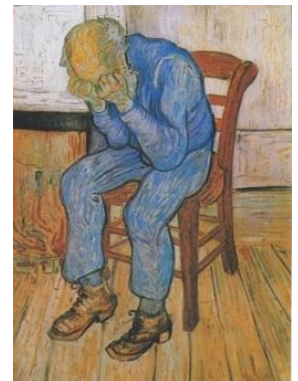
Grief and Loss

Thursday, December 14, 1:00 – 2:30 PM

Zoom

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

Mettle Health has partnered with San Francisco Village for a series of three 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.



Grief and Loss: 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 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.



Asian Art Museum Virtual Tour

Friday, December 15, 1:00 – 2:00 PM

Zoom

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

When The Tiger Smoked A Pipe: The Art Of Korea. Korean stories of long ago begin “When the tiger smoked a pipe...” Explore the varied and fascinating art that Koreans have

produced for thousands of years. Renowned throughout Asia for their ceramics and textiles, Korea also has created, adapted, and refined a broad spectrum of art forms. Today Korea is one of the leaders in contemporary art production.

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



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.



Cross Cultural Connections

Thursdays, 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

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!

Recurring Events

Music Chat with Marko

Friday, December 1, 1:00 – 2:00 PM

Zoom

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

A safe space to share thoughts about music you enjoy, hosted by SFV member Mark “Marko” Fenton. Bring a song, artist, and/or genre, maybe a favorite, maybe a classic, maybe one that has recently stirred something in you. Ideally the music



can be found on YouTube or some other way to share with the group so we can listen together and discuss what the music means to us.



Makers and Crafters

Friday, December 1, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

Join our lively group of makers and bring whatever hand craft and creative projects you are working on as well as completed pieces you would like to show off. This month we encourage makers to bring a fun holiday treat to share. Everyone is welcome at the Makers Group, no matter what your craft, handwork or art form is.

Virtual Social Hour

Saturdays, December 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!



Del and Phyllis Posse: Female LGBTQ+ Circle

Monday, December 4, 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+.

Tai Chi and Qigong

Mondays, December 4, 11, & 18, 1:00 – 2:00 PM

Zoom

Thursdays, December 7, 14, & 21, 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.



Member to Member Coffee Chat

Monday, December 4, 2:00 – 3:00 PM

Mondays, December 11 & 18, 10:00 – 11:00 AM

Zoom

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

Note: You need to send in new RSVPs every month

Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other. Thank you to our board and member facilitators and all attendees for creating this virtual coffee hour!

Let's Play Games

Tuesday, December 5, 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.



Ageing Well with Mindfulness Meditation

Wednesdays, December 6, 13, & 20, 10:00 – 10:45 AM

Zoom

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

Mindfulness is a way of paying attention with kindness and curiosity to what is arising in the present moment. Mindfulness meditation is associated with cognitive, emotional, and physiological benefits, including emotional regulation, stress management, and improved sleep. Mindfulness can help us navigate everyday life, including changes that are a part of the aging process. Come learn and practice mindfulness and engage in discussion. All levels of experience are welcome for this drop-in group.

Terre Passero, the founder of [Mindful Stress Management](#), has been teaching mindfulness since 2005. She is a Certified Mindfulness-Based Stress Reduction (MBSR) Instructor, and a Certified Stress Mastery Educator. She also spent five years in Japan where she practiced (and still practices) Zen meditation.

Intergenerational Book Club

Wednesday, December 6, 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 the first half of *A Little Life* by Hanya Yanigahara (825 pages) and will discuss the 2nd half on 1/10.



Solo-Agers Circle

Friday, December 8, 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.

Potluck Group

Sunday, December 10, 4:00 – 6:00 PM

Home of Jay Davidson and Kevin O'Neill, near 16th & Church

Register with Marvin Berkowitz



Share food and make new friends at members' homes monthly. Please bring a small dish and beverage to share. Parking on the street near Jay & Kevin's home is sometimes manageable. Muni transportation is reasonable, with J-Church and 22 Fillmore stops at the corner. Please note this is a shoes off household!

Note: We're also looking for more members to host, so please reach out if you can do so in the coming months!

Marvin will try to coordinate a ride if you need one.



Grupo de Conversación en Español

Tuesdays, December 12, 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

Tuesday, December 12, 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.



Play Mah Jongg

Monday, December 18, 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.

MoAd Virtual Tour and Discussion

Monday, December 18, 3:00 – 4:00 PM

Zoom

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

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



Rock and Roll Dance Party

Friday, December 22, 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.

LGBTQ Circle

Friday, December 1, 1:00 – 2:15 PM
Zoom

Friday, December 15, 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.

94114/94131 Circle

Register/get more information with Jay Davidson

Monday, December 4, 10:00 AM

Martha & Brothers Coffee, 1551 Church Street @ Duncan

Everyone is welcome to meet us for coffee. No need to RSVP.

Friday, December 22, 11:00 AM

Zoom

RSVP not required; everyone in the Circle will get an email reminder with Zoom link a few days before the call

Sunset Circle

Thursdays, December 7 & 21, 4:30 – 5:30 PM

Zoom

Register with Steve Hayashi

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

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

94117 Circle

Friday, December 8, 1:00 – 2:15 PM

Zoom

Friday, December 22, 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.

94121 Circle

Tuesday, December 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.

94107/94103 Circle

Wednesday, December 13, 1:30 PM

Rotunda at Neiman Marcus (level 4 at 150 Stockton St.)

Register with Dian Miller

Join us for lunch and conversation on 12/13--don't forget to RSVP (or cancel!) since event has a limit of 10 people!

94118 Circle

Thursday, December 14, 3:00 PM

Karen Franklin's house, 11th Ave and Cabrillo

Register with Karen Franklin (or just show up! You're always welcomed)

It's an afternoon coffee break at Karen's house. Karen provides beverages and snacks. We enjoy good conversation and fellowship. Contributions to help Karen with provisions are welcome but certainly not obligatory. If you would like to use Karen's elevator, contact her to arrange entry.

Remember that all Circle meetings are open to all members, so encourage your Village friends to join us.

West of Twin Peaks Circle

Wednesday, December 20, 3:00 – 5:00 PM

*SFV Member's home near Junipero Serra Blvd and Ocean Ave *

Register by 12/17 with Roberta Gordon

We're having a Holiday chocolate martini party; come join in on the fun! We will shake, rattle and roll at mixologist Anne's house. Wear party attire and please bring finger food for 4. We have a limit of 15 people and will have a waitlist.

94109/94133 Circle

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

Our circle won't be meeting in December but watch this space for some special events being planned for January. Wishing everyone a happy holiday season!

Bernal Circle

Our Circle is going through a period of transformation and will be taking a break during the holidays. We will be coming together in January. If you are interested in joining us, please contact Susan Kahn 415-826-6105 or email dkasko@gmail.com

Save the Dates



Poetry Reading

Wednesday, January 10, 2:30 – 3:45 PM

SFV Office, 3220 Fulton St, 94118

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

Please note date change. 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.

California Connect

Tuesday, January 16, 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!



Home Match San Francisco

Wednesday, January 17, 3:00 – 4:00 PM

SFV Office, 3220 Fulton St, 94118

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

At Home Match, we understand the financial strain that medical bills, rent, mortgage, or other living expenses can place on individuals. We can offer a valuable resource to older adults, enabling them to improve their financial stability while fostering social connections and support networks. Home Match is a no-cost program funded by the Mayor's office that connects home providers (homeowners/master tenants) with spare rooms to those seeking affordable housing in San Francisco County. Our program provides benefits like increased income, assistance with daily tasks, and companionship for home providers, while home seekers find compatible roommates through our personalized matching process. We prioritize safety through income verification and background checks, and we assist in lease agreements and offer ongoing support. Beyond that, we have program managers who are fluent in Spanish, Mandarin, Cantonese and English to better serve the linguistic needs of our participants.

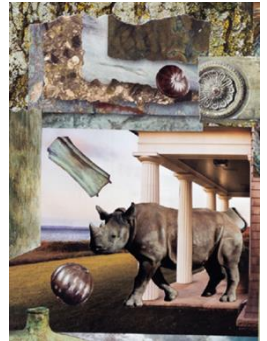
Paper Collage

Wednesday, January 24, 12:30 – 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!



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

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

www.sfvillage.org • www.facebook.com/sfvillage • www.twitter.com/SF_village