



San Francisco Village

Monthly Newsletter

January 2024

From the San Francisco Village Staff:

Dear Members and Friends:

What an incredible year! We have strengthened our bonds, formed new connections, and grown together in so many ways. As we enter the new year, SFV staff would like to share our reflections on 2023 and hopes for 2024!



Kate: 2023 has been a year of extraordinary growth for SFV. We added 165 new members, bringing the total to nearly 600. WOW! We're delighted that our mission resonates with so many older San Franciscans, reminding us that we belong to something bigger than ourselves. In 2024, we'll be focusing on sustainability and that means new and creative ways to raise the funds we need to continue building this web of connection that enriches so many lives. Thank you for all the ways you contribute to this flourishing community - your time, talent, curiosity, and financial support.

Sarah: I love working at a place where people get to step up with their gifts and needs! In 2023, we averaged 70 opportunities a month to connect, including many member-led programs. In 2024, I'm looking forward to exploring with a lens of abundance what passions, needs, and curiosities we have in this vibrant community and what else might spark.

Jill: Each of our 165 new members holds a unique story and has lived a full life which includes adventure, career, raising families, travels to faraway places, and challenges that test our mettle. It thrills me to see the webs of connection that are spun when members open themselves up to our community. In 2024, I look forward to hearing hundreds more fascinating life stories from new members and connecting them to our awesome SFV community.

Nidhi: 2023 has been a year filled with new experiences and opportunities, both individually and as an organization. While grappling with a housing issue, I received valuable guidance and support from an SFV member. This experience emphasized the

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New Members

Sue Trupin 94131
Janet Moulin 94117
Louise Jarmilowicz 94122
James Pelfini 94110
Don Collier 94132
Sylvia Feldman & Georgina Kaufer 94121
Phyllis Goodman & John Simpson 94111
J. Kay "Judy" Marine 94118
Ellen Klages 94110
Lisbeth "Beth" Beck 94122
Melanie Bartfeld 94118
Neila Shea 94122
Judy Nelson & Jo Ann Stewart 94114
Joanne Tick 94122

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importance of reaching out during challenging times. I am incredibly grateful to be part of a wonderful community!

Sha’Nice: Helping our members truly warms my heart and uplifts my spirits. Just knowing that there are beautiful souls that come from the community to help our members is a huge accomplishment in itself. I’m also proud to be part of the Cross Cultural Connections series with IT Bookman. Being able to diversify our communities, share resources, and help one another, especially through all the transitions of aging, is really important. I can’t wait to continue this work in many other communities in 2024.

Stephanie: It delights me to know that members really enjoy meeting each other. When we have gone on walks and have group meetings, I’ve watched members meet each other for the first time, get caught up in conversation together, and stroll in time, with laughter and a hand on an arm. It is an honor to help facilitate what you all do naturally. What a village we have!

Katherine: My favorite moment of 2023 was the amazing turnout for the St. Anthony’s clothing drive. It was such a beautiful effort to bring warmth and joy to others and it was inspiring to see members, volunteers, and staff all work together to make this possible. I can’t wait to see how our connections, conversations, and community efforts continue to unfold in 2024!

Thank you for being a part of our community. We are so excited to see what we will create and experience together in the new year!

In Memoriam

Yaeko "Pat" Murakami, 94114

Pat was born in Japan and lived in California for over 50 years. She was a restaurant owner, had a great sense of humor and loved meeting new people. One of her joys was travelling to Hawaii and Japan.

Elizabeth Ramos, 94134

Born in the Philippines, Elizabeth lived in SF since 1985. She worked as an executive assistant for Coke-Cola. As a devout Roman Catholic she prayed and listened to the mass every day.

Did You Know?

Holiday Schedule

The San Francisco Village office will be closed January 1 and January 15.

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



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.

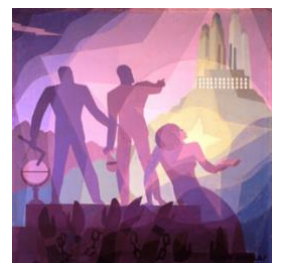
Fine Arts Museums Virtual Tour

Friday, January 12, 1:00 – 2:00 PM

Zoom

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

New Year - New Beginnings With the New Year comes the sense that all things are possible. Join docents Margaret Grohne and Jenny Broering as together we explore paintings and sculpture that illustrate hope, redemption and renewal.



Makers Group Workshop: Quick Knit Hats & Scarves

Friday, January 12, 2:30 – 3:30 PM

SFV Office, 3220 Fulton St, 94118

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

The Makers Group is hosting a session led by SFV member Mary Fitzpatrick who has been knitting newborn caps that are donated to Kaiser. She will explain how people can knit any pattern they want using acrylic yarn, aiming for a size of approximately 6" by 6". These are often knit on size 5 or 6 circular needles, 10-16 inches long, with 68-80 stitches cast on. She also knits adult

hats and scarves for Martin de Porres Soup Kitchen. Mary will have examples of hats and some patterns to share. Please note, the session will be "show & tell" so no knitting supplies needed.

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.

Cross Cultural Connections

Thursdays, 1/18 & 2/15, 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 Grace and Elegance (SAGE). Come to one or come to all!



Reflect and Connect: A Meaningful Conversation Group

Fridays, January 19 – February 23, 12:30 – 1:30 PM

SFV Office, 3220 Fulton

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

"Count your age by friends, not years. Count your life by smiles, not tears." – John Lennon

Join Carole Lewis, SFV member and a psychologist, for meaningful connections and discussions about things that matter. Carole will have quotes, topics, and reflection questions and the subjects discussed will flow with the group--let's share how we are navigating aging and transitions, share laughter, express frustration, build friendships, and expand kindness and acceptance. Please plan on attending all 6 sessions so we can deepen our relations (and we understand if you have to miss one!).

Asian Art Museum Virtual Tour

Friday, January 19, 1:00 – 2:00 PM

Zoom

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

Adornment: Displays Of Wealth And Status Gold, silver, gems, and pearls in the form of crowns, earrings, pendants, and bracelets: for thousands of years, people all over the world have used costly, intricate, and often symbolic jewelry to display wealth, status, and importance. From ancient Persians and Koreans to 18th-century ethnic Indonesians to modern Chinese and South Asian peoples, cultures across Asia have treasured beautifully crafted adornment throughout history. Explore examples of this eye-catching and meaningful wearable art from the Asian Art Museum's fabulous collection.



Tour of Scrap

Friday, January 19, 2:00 PM

2150 Newcomb Ave

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

SCRAP is a creative reuse center and arts education nonprofit founded in 1976. They breathe new life into old arts and crafts supplies and reduce waste by diverting over 200 tons of materials heading to landfill every year.

We'll tour the depot in the Bayview that provides students, teachers, and artists of all walks of life with access to high quality materials at affordable prices. The materials change every day, but you'll always find an abundance of classroom and art supplies, a wide variety of artifacts of inspiring textures, colors, and shapes. The Depot is loosely organized by type of material: paper, wood, metal, glass, fabric, leather, images, office supplies, plastic, natural materials, beads & buttons, arts & crafts, toys, and more.

Interested in clearing out your craft closet and donating items before our tour? Check out what is accepted at <https://www.scrap-sf.org/donatematerials> or learn more on our tour and come back again!

Conversations for Mortals

Tuesday, January 23, 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

Join Stephanie Crawford, hospice nurse and death doula, for a series that will explore and normalize conversations around death and dying. By opening up the conversation around mortality, we hope to cultivate acceptance, compassion, and connection with one another as we ponder our inevitable fate. This monthly series



will be an opportunity for you to share your ideas, beliefs, fears, and desires in a safe and enriching community discussion.

Recurring Events



Let's Play Games

Tuesday, January 2, 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 Mindfulness Meditation

Wednesdays, January 3, 10, 17, 24 & 31, 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.



Tai Chi and Qigong

Thursdays, January 4, 11, 18, & 25, 2:30 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Mondays, January 8, 22, & 29, 1:00 – 2:00 PM

Zoom

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

Tai Chi and Qigong are exercises designed for health of body and mind. Monday's virtual class will begin a new sequence in January 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, January 5, 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 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, January 5, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

Do you watercolor? Knit or crochet? Bead? Applique? Open to learning or sharing your craft with others? If so, we welcome you to 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. Everyone is welcome at the Makers Group, no matter what your craft, handwork or art form is.

Virtual Social Hour

Saturdays, January 6, 13, 20 & 27, 5:00 – 6:30 PM

Zoom

Register with Leslie Stafford



Informality is the theme---if you are TARDY---come anyway! And, if you have over-scheduled yourself, and need to depart early---no worries! Bring your favorite tipples and nibbles, get comfy, and we'll chat and check-in with fellow San Francisco Village members and, perhaps, some volunteers and youngsters as well. We look forward to lively discussions on a wide range of topics including whatever YOU would like, from personal updates to the silly or serious--- limited only by your imagination!



Member to Member Coffee Chat

Monday, January 8 & 29, 10:00 – 11:00 AM

Monday, January 22, 2:00 – 3:00 PM

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, January 8 & 22, 12:00 PM

Cypress Grill at 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+.



Travel Connections

Planning Meeting: January 8, 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 at (415) 730-2833 or kathryn.1165@gmail.com.

KQED Studio Tour and optional lunch

Monday February 26, 11:30 am at local restaurant (TBD); 12:45 pm at KQED Studio in San Francisco

KQED Studio, 2601 Mariposa St

Register with Kathy Moss by 2/20/2024 if you want to attend

Join us for lunch and a docent tour of the KQED studio. There are accommodations for those with wheelchair or other assistive devices, including an elevator for anyone who may need to use it.

Play Mah Jongg

Monday, January 8, 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. We have an American Style Mah Jongg set at the office.



Intergenerational Book Club

Tuesday, January 9, 10:00 – 11:00 AM

Zoom

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

Join our intergenerational book club started by volunteer Kiki Couchman. We'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 2nd half of *A Little Life* by Hanya Yanigahara. February's bookclub will be on Feb 7th and we will be reading *Stoner* by John Edward Williams.

Grupo de Conversación en Español

Tuesdays, January 9 & 23, 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, January 9 & 23, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

We're a playreading/discussion group that meets twice a month. Read aloud (or not), talk a lot (or not), and enjoy your fellow members interested in the page and the stage. We welcome your voice. Drop a note to Barbara Scrafford at bscrafford@aol.com for more information and the title of the next play on our schedule.

Solo-Agers Circle

Friday, January 12, 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.



Artists Circle

Friday, January 12, 11:00 AM

Oakland Museum of California, 1000 Oaks St

We are following up with our visit last month to Creativity Explored by seeing some of these same artists, along with many others, on display during the final weeks of the show "Into the Brightness." If you have an Asian Art Museum membership card with North American Reciprocal Museum sticker, bring it for a discount on entry fee. It's an easy journey on BART, since the museum is only a block away from the Lake Merritt station. Please contact each other if you want to travel together on BART or by car.

Friday, January 19, 1:00 PM

Member's home near Divisadero and Jefferson

Home as Canvas Welcome to the home of Frank Warner and Jean Cleverly. Frank would love to share his art, studio, and home with a maximum of twelve people. He will also be providing snacks. We will have time to talk about our art. Please register directly with Frank.

Tuesday, January 30, 2:00 PM

SFV Office, 3220 Fulton

Stuck/Unstuck: Share a piece of art you are working on; ask for advice if you need it. We will be there to listen to and support you in your efforts.

Potluck Group

Sunday, January 21, 4:00 – 6:00 PM

Home of Carmen Hermida in Richmond District near 25th Ave and Balboa

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 is reasonable. Muni transportation is good with buses on Fulton Street and Geary Blvd a few blocks away. This event is limited to 10 guests so please register soon. Late callers will be put on a waiting list. Marvin will try to coordinate a ride if you need one.

Note: We're also looking for more members to host, so please reach out if you can do so in February and March.



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!

The San Francisco Village View: A Current Events Discussion Group

Thursday, January 25, 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.



Dance Party

Friday, January 26, 2:00 – 3:00 PM

SFV office, 3220 Fulton St, 94118

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

Let's crank up the tunes 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 😊 Let us know your favorite song so we can add it to the play list!

MoAd Virtual Tour and Discussion

Monday, January 29, 3:00 – 4:00 PM

Zoom

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

Join an engaging session that links Black visual artwork with music by Black artists, making each one more powerful in their relationship. Sessions explore current or recent MoAd exhibitions and are vibrant, engaging, educational, and have been described as the best art discussion around and are led by Sedey Gebreyes, Senior Education Manager. Come check it out!



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.



San Francisco Village Book Club

Monday, January 29, 4:00 PM

Zoom

Register with Sharon Kuester

We will be discussing *Small Things Like This* by Claire Keegan

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, January 5, 1:00 – 2:15 PM,
Zoom**

**Friday, January 19, 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.

94115+ Circle

Friday, January 5, 3:00 PM

Gayle Geary's home

Register with Gayle Geary or Lynne Fox

Let's celebrate the New Year. Join us at Gayle Geary's home on Friday, January 5 at 3pm for tea, coffee, bubbly and nibbles. We'll talk about our hopes and aspirations for 2024, and look forward to the New Year together.

Sunset Circle

Thursdays, January 4 and 18, 4:30 – 5:30 PM

Zoom

Register with Steve Hayashi

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

West of Twin Peaks Circle

Tuesday, January 9, 4:00 PM

Unwine'd, 9 West Portal

Join us to ring in the New Year with a toast (and a bite to eat) at Unwine'd, a wine bar at 9 West Portal. Happy hour is 4-6. Foods include hors d'oeuvres, salads and pizzas. No need to RSVP.

Neighborhood Circles:

Sunset Circle: 94122/94116

West of Twin Peaks: 94127/94132, 94112 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

94107/94103 Circle

Wednesday, January 10, 1:30 PM

BOTA Tapas and Paella, 490 Geary Street near Taylor

Wednesday, January 24, 4:00 – 6:00 PM

The Harlequin, 68 Forth Street near Market and Mission

Register with Dian Miller

Join us for lunch and conversation on 1/10 and happy hour on 1/24--don't forget to RSVP (or cancel!) since each event has a limit of 10 people!

94114/94131 Circle

Thursday, January 11, 12:00 PM

Alice's Restaurant, 1599 Sanchez Street

Tuesday, January 16, 10:00 AM

Morning Due, 17th St. and Church St.

Friday, January 26, 10:00 AM

Zoom

Register/get more information with Jay Davidson

Join your Circlemates for a joyous lunch of Chinese food on 1/11 (please RSVP), for coffee on 1/16, and on zoom on 1/26 (no RSVP needed for coffee or zoom if on the 94114/94131 email list)!

94109/94133 Circle

Thursday, January 11, 1:30 PM

Nick's Crispy Taco, 3200 Fillmore Street (at the corner of Greenwich)

Register with to Bobbie Rothman or Juliet Rothman

It's a New Year, so let's get together in person for a casual lunch and conversation! We will meet at Nick's Crispy Taco, an unpretentious Mexican restaurant that uses the freshest ingredients to make delicious tacos, burritos, quesadillas, salads and much more. Order what you like, and pay at the counter. We must limit our group to 12, due to space considerations.

94118 Circle

Thursday, January 11, 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.

94117 Circle

Friday, January 12, 1:00 – 2:15 PM

Zoom

Friday, January 26, 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, January 16, 2:00 PM

Anza Branch Library, 550 37th Avenue

Register with Judi Irunyi or Carol Rothman

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

Bernal Circle

Our Circle is going through a period of transformation. We will be gathering in person in February. If you are interested in joining us, please contact Susan Kahn.

Save the Dates



Legacy

Thursday, February 8, 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 talks: 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.

Legacy: Legacy is a loaded word. In a capitalist society, we may equate it with donated wealth, or sponsored buildings, but each of us has, and will leave, a legacy; a personal legacy. What are your values? Your life lessons? How do you convey these to the people around you? How do you move through the world, and how will you be remembered? Legacy may sound big, but it can be small, but still mighty. Thinking through what you want your final legacy to be can help guide your time and where to put your energies.

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.

Navigating the AI Hype: A Hands on Demo and Journey Into the world of Artificial Intelligence

Tuesday, February 13, 11:00 AM – 12:15 PM

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

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



From driverless cars to chatGPT, artificial intelligence (AI) is suddenly everywhere in society. For over 60 years researchers and computer scientists have worked to build machines capable of mimicking human intelligence, but in recent years developments have accelerated at an extraordinary pace. In this beginner-friendly session, we'll explore the core ideas behind today's modern AI. The lecture will explore the technologies driving the past half century of development and clearly explain the biggest breakthrough in modern AI development; known as machine learning. The session will explore some of the more well known use cases, such as driverless cars and other autonomous systems. Finally it will offer a live and hands-on demonstration of one of the most popular AI systems, chatGPT. Participants will walk away with a clear understanding of how chatGPT works, what it can do, and how to use it themselves.

The session will be led by Aaron Frank who is a researcher, writer, and consultant who works as a technology advisor at Singularity Group.. He recently graduated with an MBA from Oxford University but now lives in San Francisco. He is also a proud volunteer with SF Village.



Climate Action Group: Tour of Recology's Facilities

Wednesday, February 14, 1:00 – 3:30 PM

The John A. Legnitto Environmental Learning Center, 401 Tunnel Ave

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

Have you ever wondered what happens to the items you put in the blue, green, or landfill bins in San Francisco? Join a Recology Public Tour to find out and become an expert on why we sort and how to do it properly. A few things you will see are initial processing of curbside bin material and special recycling programs, studios and in-progress work of current artists-in-residence and the blue bin sorting process at Recycle Central at Pier 96.

We start in the Environmental learning center classroom for a video and presentation, then walk about ¼ mile around the mostly flat transfer station. There is one set of stairs up to see the organics wing and the "pit" where landfill-bound materials go. About 2:15pm we carpool to the Recycle Central facility at Pier 96, which entails another ¼ mile of walking, with one set of stairs to get up to the platform where the conveyor belts, robots, and manual sorters are. Pier 96 is subject to flooding during high tide events, so we built the facility at elevation. It's remarkable!

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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