



### From Executive Director, Kate Hoepke:

Dear Members and Friends,

Since last fall, a small group of staff and board members have been engaged in a training to help us cultivate the resources we need to support our growing Village. It's called *Culture of Philanthropy* and it is rooted in three basic questions:

- How do we shift from a scarcity **mindset** to one of abundance?
- What are the **behaviors** that support abundance rather than scarcity?
- Do we have the right organizational **structures** to harvest that abundance?



Our coach, Laurie Herrick, defines philanthropy as *love of humankind*. A generous way for community members to advance our cause, expressed in financial gifts, volunteering, program leadership, and many other creative forms of bigheartedness. Our mission statement makes clear our alignment with a culture of philanthropy. *At SFV, we operationalize love for elders by mobilizing the power of intergenerational relationships and mutual support.* At the heart of SFV is love for humankind.

Laurie emphasizes that this kind of wholehearted culture is reinforced when each person sees their vital role in assuring the long-term viability of the organization. As a nonprofit, SFV belongs to all of us. It's in the public trust and relies on each of us to identify our role and responsibility for its success.

For more than a decade, SFV has depended on funding from the City and County of San Francisco. In fact, city funding accounts for about 40% of our annual operating budget. Membership fees only cover 17%. The rest of our income comes from a few foundation grants and individual donations. As I'm sure you've heard, the City of San Francisco is experiencing significant financial losses, which may soon be reflected in budget cuts to programs like ours. We're planning ahead!

### In This Issue:

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

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## New Members

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Claire Trepanier & Holly Reed 94134  
Joan Graff 94121  
Paula Lynch 94131  
Elizabeth DeSimone 94121  
Ellen Slavin & Nancy Yoshitsugu  
94112  
Mary Murphy 94115  
Joan Minninger 94115  
Geraldine McTigue 94117  
Heidi Holman 94110  
Mahasin Thomas-Jacks 94102  
Carol Baillie & Bill Caroli 94132

I hope you will join us at one of two State of the Village meetings scheduled for February 29 (in person) and March 1 (on Zoom) to learn more about the business of San Francisco Village and what that means for you. Is there someone you can introduce us to, a neighborhood circle you're willing to lead, an IRA distribution you can contribute? Let's agree that our love of humankind is a force that brings us together and fuels the long-term security of San Francisco Village.

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 Monday, February 19.

### Updating Newsletter Mailing List

To save resources, we're updating our hardcopy newsletter mailing list. Please let us know if you're

happy with just receiving an email copy only. If you prefer the hard copy, please don't feel like you have to make a sacrifice. We're happy to keep sending it!

## Upcoming Events



### Reflect and Connect: A Meaningful Conversation Group

**Fridays, January 19 – February 23, 12:30 – 2:00 PM**

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

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

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're navigating aging and transitions, share laughter, express frustration, build friendships, and expand kindness and acceptance. Please plan on attending all six sessions so we can deepen our relationships (and we understand if you have to miss one!)

### Magnolias in the Botanical Garden

**Tuesday, February 6, 11:00 AM – 12:30 PM**

**\*San Francisco Bontaiical Garden\***

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

Join San Francisco Village member Joanne Whitney for a walk around the Botanical Garden to see the magnolias in bloom! Bring your SF ID to get into the garden for free.



The group will meet at the cypress tree just inside the entrance near 9<sup>th</sup> Ave.



## Legacy

Thursday, February 8, 1:00 – 2:30 PM

Zoom

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

Legacy is a loaded word. In a capitalist society, we may equate it with donated wealth or sponsored buildings, but each of us has a personal legacy that we will leave behind. 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, yet mighty. Thinking through what you want your final legacy to be can help guide your time and where to put your energies.

Facilitated by Mettle Health; 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.

## Fine Arts Museums Virtual Tour

Friday, February 9, 1:00 – 2:00 PM

Zoom

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



February always reminds people of Valentine's Day. So, for our tour in February, we are going to look at *Love and Friendship* as seen through the eyes of various artists.



## What's on the SF Ballot This Time?

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

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

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

Do you want to be an informed voter but often find it hard to understand the details of so many propositions on our ballots? The League of Women Voters presents the arguments on both sides of the propositions so you can decide which point of view you agree with. We will cover both city and state propositions in an hour or less.

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



Have you ever wondered what happens to the items you put in the blue, green, or landfill bins? Join a Recology Public Tour to find out and become an expert on why we sort and how to do it properly. We'll 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!



### **Cross Cultural Connections**

**Thursday, February 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](mailto:info@sfvillage.org)**

SFV's commitment to racial equity led to this collaboration with IT Bookman Community Center in the Lakeview district, a marginalized neighborhood in San Francisco that is home to mostly Black, Chinese and Latinx people. Our purpose is to get to know one another, break down barriers and explore ways that we can work together to benefit all older adults in the City. This is the last of six gatherings, each of which include lunch, storytelling, and shared activities facilitated by Carlene Davis MPH, founder of Sistahs Aging with Graces and Elegance (SAGE).

### **The Weekend Walking Group Returns**

**Friday, February 16, 10:30 – 11:30 AM**

**Zoom**

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



The SFV Weekend Walking Group needs plans and planners for this year's events. Join us for a planning meeting and introduce us to your favorite walks and favorite neighborhoods. We'll sketch out walks for at least the next three months and brainstorm possibilities for the rest of the year.

Walks are scheduled for the second or third Saturday of each month, weather permitting. They should be about two miles, on gentle, level ground. Remember these are walks, not hikes. A comfy cafe mid-way or at the end would be an added bonus. Proximity to public transportation is a must. We'll aim to offer our first walk of the year on March 9 or 16, weather permitting.



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

**Friday, February 16, 1:00 – 2:00 PM**

**Zoom**

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

*Lunar New Year* Lanterns and couplets, dragons and oranges, red envelopes and housecleaning: learn about the fascinating and colorful traditions and symbolism that accompany the celebration of the Lunar New Year in various Asian cultures.

### **Member Walking Group: Mission Creek in SOMA**

**Tuesday, February 20, 10:30 AM**

**\*Meet at Oracle Ball Park, 3rd St and King, by the statue\***

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



We will explore along Mission Creek, one of the only remaining waterways in San Francisco. The walk will follow Public Shoreline paths, all on the level. All are paved except a short dirt path to see the houseboats. We will walk about two miles, 1 ½ to 2 hours, with several stops along the way for

restrooms, views of the Mission Bay skyline and UCSF Medical Center, houseboats, and wildlife (we may see skates/manta rays from a public pier). Bring your lunch or a snack to eat outdoors on picnic tables or eat lunch at New Belgium Brewery (Newbelgium.com) near the end of the walk. Other restaurant choices are available. We return to the start via the Lefty O'Doul Bridge and see where home run balls fall into the Bay!

Look for your guide Marilyn Straka, SFV member and owner of On the Level SF Walking tours. Getting there: Public transportation recommended. Muni 45, 24, T or N. Parking meters on Berry St. or 2nd St. Note: heavy rain and/or winds will cancel.



### **Prose Non-Fiction Writing Workshop**

**Wednesdays, February 21 – March 27, 11:00 AM – 12:15 PM**

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

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

Prose non-fiction is a big field and includes essays, reviews and profiles. It does not include poetry but writing poetically can enhance an essay or a profile. It does not include fiction but it shares with fiction many elements such as storytelling and narrative, people, plot, suspense, form and structure. All writing is creative writing; making something with words.

Participating in this workshop provides an opportunity to write with regularity, develop a practice and to write in the company of others. Sharing one's writing —reading it aloud —can bring encouragement and praise. (No negative comments please.)

Jonah Raskin, the facilitator, has been a movie, book and restaurant reviewer, a travel and editorial writer, a journalist and reporter for newspapers and magazines. For years, he taught non-fiction writing at Sonoma State University. He is occasionally published in The SF Examiner, the Anderson Valley Advertiser and Tablet and serves as the non-fiction editor at Caveat Lector, an online publication. Writing has been and still is his meat and potatoes, his veggies and pasta, his tofu and brown rice.

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

**Wednesday, February 21, 2:00 – 3:15 PM**

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

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



**Please note date change!** 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.



### **New Art Opening!**

**Monday, February 26, 2:00 – 4:00 PM**

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

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

Our walls have been adorned with art by 20 SFV members! Photos, paintings, ceramics, multimedia, quilts, embroidery, drawings, and more. Our walls have never been more full or colorful!

### **MoAd Museum Tour (in person!)**

**Wednesday, February 28, 2:30 – 3:30 PM**

**\*MoAd, 685 Mission St,\***

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



San Francisco's Museum of the African Diaspora, a contemporary art museum, celebrates Black cultures, ignites challenging conversations, and inspires learning through the global lens of the African Diaspora. Join us for an in-person tour of their current exhibitions!



### **State of the Village**

**Thursday, February 29, 10:30 – 12:00 PM at SFV Office**

**Friday, March 1, 11:00 – 12:30 PM on Zoom**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Please join us for our annual shareholder meeting, held in person on 2/29 and on zoom in 3/1. We'll discuss our goals for 2024, results of the recent member survey and how you can feel more engaged with this vibrant community!

### **Recurring Events**

#### **Tai Chi and Qigong**

**Thursdays, February 1, 8, 15, 22, & 29, 2:30 – 3:30 PM**

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

**Mondays, February 5, 12, & 26, 1:00 – 2:00 PM**

**Zoom**

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



Tai Chi and Qigong are exercises designed for health of body and mind. The current sequence for Monday's virtual class is Sun 73 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.

Coming in March: simple and easy to follow fitness exercises with Caroline. Tai Chi will be on break for the month and will be replaced with simple and easy stretching exercises designed to improve core strength, flexibility, balance and coordination. Exercises can be adapted for both sitting or standing. Feel free to join at any time.



### **Music Chat with Marko**

**Friday, February 2, 1:00 – 2:00 PM**

**Zoom**

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

A safe space to share thoughts about music you enjoy, hosted by SFV member Mark “Marko” Fenton. Bring a song, artist, and/or genre, maybe a favorite, maybe a classic, maybe one that has recently stirred something in you. Ideally the music can be found on YouTube or some other way to share with the group so we can listen together and discuss what the music means to us.

### **Makers and Crafters**

**Friday, February 2, 2:00 – 3:30 PM**

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

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



Do you watercolor? Knit or crochet? Bead? Applique? Open to learning to knit 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, February 3, 10, 17 & 24, 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**

**Mondays, February 5 & 19, 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+.



## Artists Circle

**This month, please send all RSVPS to Gayle Geary**

**Codex 2024**

**Monday, February 5, 1:00 PM at \*Kaiser Convention Center, Oakland\***

This is a beautiful annual exhibit of one-of-a-kind books created by book makers who are really artists. Basya and I plan to take BART and leave SF at about 12:15pm to get to the exhibit at 1pm. The event is at the Kaiser Convention Center in Oakland. Cost for one day is \$15 and is payable at the door. For more information, check out <https://www.codexfoundation.org/codex-2024>

## Fashioning San Francisco: A Century of Style

**Tuesday, February 13, 11:00 AM at \*DeYoung\***

This is going to be a wonderful exhibit at the de Young starting on January 20 through August 11, 2024. Based on the catalogue, it will be a great historical collection of fashion. A number of us are members of the FAMSF and can each bring guests.

## Art Sharing

**Tuesday, February 20, 2:30 PM at \*SFV Office, 3220 Fulton\***

Circle get-together sharing art, ideas, or anything you want about art.

## Travel Connections

**Planning Meeting: Monday February 5, 1:00 – 2:00 PM**

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

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



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

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

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

## 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 a wheelchair or other assistive devices, including an elevator for anyone who may need to use it.





### Member to Member Coffee Chat

Monday, February 5, 2:00 – 3:00 PM  
Mondays, February 12 & 26, 10:00 – 11:00 AM  
Zoom

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

Note: You need to send in new RSVPs every month

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

### Let's Play Games

Tuesday, February 6, 1:00 – 3:00 PM

\*SFV office, 3220 Fulton Street\*

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



Let's have fun! We play cards, board games like Rummikub and Scrabble and love when you introduce us to a new game.



### Aging Well with Mindfulness Meditation

Wednesdays, February 7, 14, 21, & 28, 10:00 – 10:45 AM

Zoom

Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, February 7, 10:00 – 11:00 AM

Zoom

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



Join our intergenerational book club started by volunteer Kiki Couchman. We've been meeting for close to two years now, but we still enjoy new faces joining us even if you can only come for part of the time. We're discussing *Stoner* by John Edward Williams. On 3/6, we will be discussing *Going Infinite: The Rise and Fall of a New Tycoon* by Michael Lewis.



### Art Salon

Wednesday, February 7, 2:00 – 3:00 PM

\*SFV Office, 3220 Fulton\*

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

Come show off what you've been creating! We'd love to see paintings, drawings, photographs, needle work, crafts, hear some of your writings, listen to your songs, and more.

### Grupo de Conversación en Español

Thursdays, February 8 & 22, 1:00 – 2:00 PM

Tuesdays, February 13 & 27, 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.



### Solo-Agers Circle

Friday, February 9, 10:30 AM – 12:00 PM

Zoom

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

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

### Play Mah Jongg

Monday, February 12, 2:00 – 4:00 PM

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

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



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.



### The Page and the Stage

Tuesdays, February 13 & 27, 2:00 – 3:30 PM

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

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

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.

## Potluck Group

Sunday, February 18, 4:00-6:00 PM

\*Home of Jay Davidson and Kevin O'Neill near 16th Street & 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 is somewhat manageable. Muni transportation is good with J-Church and 22 Filmore stops at the corner. From BART to 16th Street, it's a 10 minute walk. Please note this is a shoes-off household. Slippers, socks or bare feet are fine.

We're looking for more members to host from all neighborhoods so please reach out if you can host in the coming months. Typically, 10-15 people attend but could be more limited depending on the size of your home.



## Conversations for Mortals

Tuesday, February 20, 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](mailto: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 month we'll talk about ethical wills.

## Dance Party

Friday, February 23, 2:00 – 3:00 PM

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

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



Let's crank up the tunes 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! This month we'll spend a little time dancing the jitterbug—come learn for the first time or refresh your memory!



## San Francisco Village Book Club

Monday, February 26, 4:00 PM

Zoom

Register with Sharon Kuester

Drop-ins welcome but consider becoming a full time member!

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

Thursday, February 29, 12:30 -- 2:00 PM

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

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

Space limited, RSVP required



Let's gather in community and conversation about what's happening in our world--this could be global or local. Please bring a topic and the group will vote at the beginning of each session. Knowing our identities are wrapped up in the political landscape, we will engage each other with respect and an ear to understanding others' views. We are committed to learning, not debating. We allow everyone the chance to speak, and we avoid assumptions about individuals or generalizations about social groups. We ask that all who attend check sources/facts and be prepared to share them; we don't want to contribute to misinformation.

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

### Neighborhood Circles

Neighborhood Circles are smaller, hyper-local groups that enable members to develop relationships closer to home, led by members and volunteers. Members are welcome to attend any circle, even if it is outside of their zip code/neighborhood.

#### Sunset Circle

Thursdays, February 1 & 15, 4:30 – 5:30 PM on Zoom  
Register with Steve Hayashi

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

#### LGBTQ Circle

Friday, February 2, 1:00 – 2:15 PM on Zoom  
Friday, February 16, 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.

#### 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

## **94115+ Circle**

**Tuesday, February 6, 11:30 AM at \*Chouquet, 2500 Washington Street\***  
**Register with Gayle Geary**

Let's do lunch! We have reservations at Chouquet's for 12 on February 6th at 11:30am. Chouquet's is at 2500 Washington Street at the corner of Sacramento. Please RSVP to Gayle Geary by January 31 or earlier so we may let the restaurant know the final count. A bientot!

## **94114/94131 Circle**

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

**Wednesday, February 7, 10:00 AM at \*Martha & Brothers Coffee, 1551 Church Street @ Duncan\***  
Everyone is welcome to meet us for coffee. No need to RSVP.

**Wednesday, February 14, 11:00 AM on Zoom**

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

**Friday, February 23, 12:30 PM at \*Lunch at Regent Thai, 1700 Church Street\***  
Please RSVP only if you can attend by noon on 2/21.

## **94109/94133 Circle**

**Wednesday, February 7, 10:30 AM at \*Grace Cathedral\***  
**For more info, reach out to Bobbie Rothman or Juliet Rothman**

Continuing our theme of visiting local religious and cultural institutions, our group will be visiting Grace Cathedral on February 7th at 10:30 AM. We will have an hour docent tour, after which we will have time on our own to explore the Cathedral. We have been offered a reduced rate of \$12. for entrance and the tour. We ask that you bring exact change to facilitate the entrance process. Lunch plans yet to be determined.

## **94117 Circle**

**Friday, February 9, 1:00 – 2:15 PM on Zoom**  
**Friday, February 23, 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, February 13, 2:00 PM at \*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, February 14, 1:30 PM at \*Bocado, 701 Folsom\*

Wednesday, February 28, 4:00 – 6:00 PM at \*District, 216 Townsend Street\*

Register with Dian Miller

Join us for lunch and conversation on 2/14 and happy hour on 2/18--don't forget to RSVP (or cancel!) since each has a limit of 8-10 people!

## 94118 Circle

Thursday, February 15, 3:00 PM at \*Karen Franklin's house, 11<sup>th</sup> 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

Friday, February 16, 4:00 PM at \*Park Chalet, 1000 Great Highway \*

Register by 2/13 with Roberta Gordon

The building was designed by Willis Polk and opened in 1925 as a city run restaurant, and it included changing rooms for beach visitors. A few steps from the Chalet is Queen Wihelmina's Windmill and the Dutch Tulip Garden. We request that you have cash to pay your bill. Please add 35% to your individual order, to cover tax, health mandate and tip. One of our honest, understanding, in-charge members will collect the money at each table.

## Bernal Circle

Saturday, February 24, 2:00 PM at \*Susan Kahn and David Kaskowitz's home, near Holly Park\*

For more information or to register, email Susan

Our Circle is going through a period of transformation and are meeting for the first time in a while! We hope you can join us!

## Save the Dates



### Mitigating Cancer Risks

Wednesday, March 6, 2:00 – 3:00 PM

Zoom

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

Your risk of getting cancer is influenced by many factors, such as your environment, lifestyle choices and your genes. Join us to discuss the latest ways in which you can prevent and mitigate your cancer risk. We will discuss diet and lifestyle choices, methods to avoid or reduce the impact of cancer-causing elements in your environment, and how to identify pre-cancerous conditions. Lead by Nichole Adler, RN, the Nurse Navigator with Cancer Services at Sutter Health CPMC.

## The Foundation of InnerYoga

Tuesdays, March 12 – April 23 (not 4/9), 4:00 – 5:00 PM

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

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



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

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



## Smart Phone Training with CA Connect

iPhones on Thursday, March 14, 10:00 AM – 12:00 PM

Android on Thursday, March 28, 10:00 AM – 12:00 PM

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

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

Having difficulty hearing or seeing on your smartphone? Let's make your smartphone work better for you!

In this two-hour session, you'll learn how to make your smartphone louder and easier to hear, send & receive text messages, connect Bluetooth devices, operate the basic functions of your smartphone and much more!

## Making Life Arrangements - the Why, What and How

Monday, March 18, 10:30 AM -- 12:00PM at \*SFV Office, 3220 Fulton\*

Thursday, March 21, 11:00AM -- 12:15PM on zoom

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



A discussion about why we should document "life arrangements," such as advance directives, powers of attorney and estate plans. We'll talk about the purpose of basic documents and how to take steps to put them in place. The goal of the discussion is to increase awareness, face what we may be avoiding and begin to make progress on what may feel daunting. Start where you are – no judgement! If there is interest, this could be the first of a series of interactive discussions that encourage and support planning.



## A Generational Body

Wednesdays, March 20 – May 1, 1:30 – 2:30 PM

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

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

Join us for guided intergenerational storytelling using conversation and creative dance methods to deepen relationships across generational divides. Facilitated by SFV Board Member Liv Schaffer in collaboration with students from the University of

San Francisco.

## Volunteer Support

### Request a Volunteer and Volunteer Opportunities

San Francisco Village is an intergenerational community that brings younger volunteers together with older members to learn from and care for each other. Contact Jill Ellefsen at [jill@sfvillage.org](mailto:jill@sfvillage.org) or (415) 387-1375 ext. 2 to sign up to receive our weekly emails detailing the many volunteer options available to you.



Reach out to Jill for help with:

- shopping and errand assistance
- technology assistance
- outdoor gardening
- friendly caller connections and/or walking partners
- and more!

### Volunteer Connect Phone Number

Thanks to improvements in technology, you'll see (415) 212-6908 on your caller ID when San Francisco Village volunteers call you. Save it to your contacts as SFV Volunteer Connect! Our office number remains the same (415) 387-1375. This only works after being matched with a volunteer. If you haven't been matched yet or have any questions, please call Jill at (415) 387-1375 ext 2.

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*Please note that the programs and events listed in this newsletter are offered to members of San Francisco Village. To learn more about registering for membership, please contact Jill Ellefsen.*

## San Francisco Village

is a membership organization designed with, by and for older San Franciscans and the extended community that champions them.

### Mission

We operationalize love for elders in an ageist society by mobilizing the power of intergenerational relationships and mutual support.

### Vision

We envision a future in which people of all ages, races, cultures and abilities work together to create communities of belonging and in so doing, model possibilities for relationship and connection that benefit the greater good.

### What We Value

Intersection of Health Care and Social Care • Eldership • Intergenerational Relationships  
Co-Creation • Equitable Community • Self-Reflection • Humility • Spontaneity

## San Francisco Village

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