



San Francisco Village

Monthly Newsletter

March 2024

From Executive Director, Kate Hoepke:

Dear Members and Friends,

One morning last week a new member strode into the office, walking poles in hand, to say, "Thank you for changing my life!" Betty went on to describe the previous week's schedule: Mah Jongg on Monday, Tai Chi and Qigong on Thursday, Reflect and Connect discussion group on Friday. Throw in a few visits with a volunteer to learn how to use her Apple watch, and she was beaming. Betty relocated to San Francisco a few years ago to be closer to her family and is on the cusp of her 90th birthday. My hat's off to her for navigating big life changes at her age and creating a new sense of belonging in her life.



So much is possible within the context of San Francisco Village! Revitalizing social connections, sharing our gifts, learning new perspectives, finding purpose, and asking for support can change the landscape of our later years. The difference between scarcity and abundance; fear and hope; loss and connection.

Making the Most of Your Membership is the topic of a new monthly program designed to help new members maximize the benefits of belonging. We'll talk about requesting volunteer support, navigating a hospital discharge or recent diagnosis, meeting like-minded people, finding programs and circles that meet your needs, and a lot more. Bring your curiosity, sense of adventure and a notebook to the SFV office on March 26 at 11:00 a.m.

Of course, you don't have to be a new member to join us. It's not unusual for long-term members to have questions that didn't exist several years ago. I'm a caregiver now – where can I find support? My deceased partner always managed our money – who can help me with that? I'm a solo ager and was recently diagnosed with Mild Cognitive Impairment – what can I expect? If for no other reason, attending the session can help normalize what you're experiencing and reveal that you're not alone.

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Sally Currie 94122
Sharyn Zoll 94118
Peter Devine 94115
Jackie Comins 94124
Carole Hay 94117
Susan Kitchell 94121
Jim Fishman 94117
Karla Schiemann 94122
Lourdes Duarte 94112
Gail Moore 94109

As the circumstances of our lives change, so do our needs. San Francisco Village is here to help you figure things out.

Grateful to be in community with you,

Kate

In Memoriam

Leslie Wellbaum, 94114

Leslie worked for the Court of Appeals where she was known for her humor and individuality. She was a French speaker/teacher who felt fortunate to have the opportunity to live in France for a year. She has been a member of San Francisco Village for over 10 years and will be missed.

Thank you to our Sponsors

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 **KAISER PERMANENTE**[®]

Catherine Lyon, 94127

Fiercely independent, strong, a wicked sense of humor, upbeat and friendly are words that describe Catherine Squire Lyon (Cathy) who passed away on December 18, 2023, in San Francisco, at the age of 95.

Did You Know?

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



State of the Village

Friday, March 1, 11:00 – 12:30 PM

Zoom

RSVP to (415) 387-1375 or 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!

Prose Non-Fiction Writing Workshop

Wednesdays, March 6 – March 27, 11:00 AM – 12:15 PM

This series started in February

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or 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.



Mitigating Cancer Risks

Wednesday, March 6, 2:00 – 3:00 PM

Zoom

Register with SFV at (415) 387-1375 or 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.

Reflect and Connect: A Meaningful Conversation Group

Fridays, March 8 – April 26, 12:30 – 2:00 PM

SFV Office, 3220 Fulton

Register with SFV at (415) 387-1375 or 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 eight sessions so we can deepen our relationships (and we understand if you have to miss one!)



Fine Arts Museums Virtual Tour

Friday, March 8, 1:00 – 2:00 PM

Zoom

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

Drawing the Line: Drawing is the primary way for figurative artists to study and analyze nature, learn from masters, memorize objects to enrich a visual vocabulary, and improve their drawing and painting abilities. Join FAMSF docents Joyce Thorn and Pam Reed for a look at rarely seen drawings from the Renaissance to the 20th century, from Michelangelo to Warhol, currently on display in the new Achenbach Gallery at the Legion of Honor. These drawings are part of the Achenbach Foundation for Graphic Arts collection of over 90,000 works on paper, the largest holding of the Fine Arts Museums.

The Weekend Walking Group

Saturday, March 9, 12:00 PM

Tunnel Tops; Meet at Sports Basement Parking Lot, 610 Old Mason Rd

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



The Weekend Walking Group will meet Saturday, March 9 for a walk through the SF Presidio's Tunnel Tops Park and Battery Bluffs. We will meet at 12:00 at the Sports Basement Parking Lot. There is a fee to park in this lot. Also accessible by MUNI - buses #30 and #43 end there.

This is an easy walk with some elevation change - a few slopes and stairs, but we will mostly use the ramps. The walk is about 2+ miles with incredible views of the bay. Bring a snack/lunch or try the food trucks near the end of our trail.



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

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



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!



Asian Art Museum Virtual Tour

Friday, March 15, 1:00 – 2:00 PM

Zoom

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

The Goddess: Images of Power Goddesses are central figures in many Asian religions: from fertile earth maidens to nurturing mothers, wrathful avengers, and wise advisors, female deities play important roles in the lives of their supplicants and followers. This program explores the many depictions of goddesses throughout Asia, using examples drawn from the Asian Art Museum's permanent collection.

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



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

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.

Making the Most of Your Membership

Tuesday, March 26, 11:00 AM – 12:00 PM

SFV office, 3220 Fulton St, 94118

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



Welcome, new members! If you've joined in the last year and haven't yet jumped into our programming and volunteer opportunities, we'd love to make some connections to help you feel a part of this vibrant, caring community! We also invite any members who haven't participated in a while.

Recurring Events



Music Chat with Marko

Friday, March 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, March 1, 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 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, March 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

Mondays, March 4 & 18, 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" social circle. During this hour, we will have a chance to get to know each other and talk about our shared history as seniors in the LGBT community as well as discuss the joys and challenges of our past, present and future lives! Open to all members and volunteers that identify as female LGBTQ+.



Travel Connections

Planning Meeting: Monday March 4, 1:00 – 2:00 PM

SFV Office, 3220 Fulton

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

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.

The Travel Committee is planning a three-night stay in Calistoga in late April or early May. We will publish definite dates in the Weekly Bulletin asap but the trip will be Wednesday thru Saturday.

Besides soaking in the warm mineral pools and hot tubs, there are many things to do and see: Wine tasting, Petrified Forest, Old Faithful Geyser, Villa Ca'toga (artist Carlo Marchiori's home), Sharpsteen Museum (history of Calistoga) and Brannon Cottage (history of Ben Sharpsteen, Disney animator). Estimated cost including one spa treatment is \$1,500 per person/per room. If you share a room, it could much less. The length of your stay and types of activities you choose to do can be customized by you!

Tai Chi and Qigong

Mondays, March 4, 11, 18 & 25, 1:00 – 2:00 PM

Zoom

Thursdays, March 7, 14, 21, & 28, 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 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.

Let's Play Games

Tuesday, March 5, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

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



Come play games with us and have fun while meeting new people. You can bring a game you like or enjoy the ones we have such as rummikub, scrabble, uno, cards etc.



Aging Well with Mindfulness Meditation

Wednesdays, March 6, 13, 20, & 27, 10:00 – 10:45 AM

Zoom

Save the Date for April 3 where the group will be hybrid!

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, March 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 *Going Infinite: The Rise and Fall of a New Tycoon* by Michael Lewis. We will be meeting in April to discuss *The House of Doors* by Tan Twan Eng.



Artists Circle

Making cards for Meals on Wheels recipients

Wednesday March 6, 1:00 – 3:00 PM

Ruth's Table 3160 21st St. between Mission and Capp

Join us at Ruth's Table as we create greeting cards for people who receive Meals on Wheels. We will be working with Monica Lee, a volunteer artist who will provide us with all the materials necessary. If you have not visited Ruth's Table before, you owe it to yourself to see this magnificent work space available to us. All Village members are welcome - not limited to artists.

Dogpatch Art Crawl and lunch
Thursday, March 14, 11:00 AM

Meet at 11:00 AM at ICA SF [Institute of Contemporary Art] 901 Minnesota. We will enjoy the art collection, followed by lunch and further exploring that will be determined by the attendees. Admission is free.

Stuck/Unstuck at the Bernal Heights home of Susan Kitazawa
Tuesday, March 19

Bring an art project you are working on or one you have finished, for which you would like some response from other artists in the circle. Maximum attendance is 12. Register with Jay Davidson.

Solo-Agers Circle

Friday, March 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.



Member to Member Coffee Chat

Mondays, March 11 & 18, 2:00 – 3:00 PM

Monday, March 25, 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!

Play Mah Jongg

Mondays, March 11 & 25, 2:00 – 4:00 PM

SFV office, 3220 Fulton St, 94118

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



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



Grupo de Conversación en Español

Tuesdays, March 12 & 26, 1:00 – 2:00 PM

Thursdays, March 14 & 28, 1:00 – 2:00 PM

SFV Office, 3220 Fulton

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

Add a little more Spanish conversation to your life! This group is led by members and there will be no formal instruction. We meet on the 2nd and 4th Tuesdays and Thursdays of each month. Not sure if your Spanish is up for it? Check it out! We're a fun and lively group who help each other.

The Page and the Stage

Tuesdays, March 12 & 26, 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.



Potluck Group

Sundays, March 17, 4:00 -- 6:00 PM

Home of Betty Vaughan, near 21st Ave. and Fulton Street

Register with Marvin Berkowitz

Special St. Patrick's Day version—wear something green! 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 #5 on Fulton stops nearby.

We're looking for more members to host from all neighborhoods in the city, so please let Marvin know if you can host in the coming months. Typical attendance is in the 10-15 range over the course of the afternoon but could be more limited depending on your space. The main thing is to get together.

Conversations for Mortals

Tuesday, March 19, 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.



MoAd Virtual Tour and Discussion

Monday, March 25, 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, led by Sedey Gebreyes, Senior Education Manager. Come check it out!

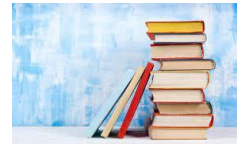
San Francisco's Museum of the African Diaspora, a contemporary art museum, celebrates Black cultures, ignites challenging conversations, and inspires learning through the global lens of the African Diaspora.

San Francisco Village Book Club

Monday, March 25, 4:00 PM

Zoom

Register with Sharon Kuester



Drop-ins welcome but consider becoming a full-time member! We will be discussing *The Art Thief* by Noah Charney.



The San Francisco Village View: A Current Events Discussion Group

Thursday, March 28, 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.

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, March 1, 1:00 – 2:15 PM on Zoom

Friday, March 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.

West of Twin Peaks Circle

Wednesday, March 6

***11:45 AM Lunch at *Pacific Catch, 1200 9th Ave and 1:00PM Botanical Garden Tour ***

Register by 3/3 with Roberta Gordon

Join us on Wednesday, March 6, for SF Botanical Garden Tour with an extraordinary docent, Diane Balter. A trip to see what is in bloom and enjoy the oxygen-rich air! Bring ID showing San Francisco residency for free admission. We'll be meeting at the front gate on 9th Ave. Beforehand, we'll have lunch at Pacific Catch, 1200 9th Ave. Limited to 12 people.

Wednesday, March 20, 1:00 PM *Original Joe's of Westlake, 11 Glenwood Ave*

Register by 3/17 with Roberta Gordon

Wednesday's special is the famous "Chicken Pot Pie." According to our resident florist, Phyllis, it is the best in the Bay Area. A must try! If that doesn't tickle your fancy, there are other great dishes on the menu. We request that you have cash to pay your individual bill. Please bring enough cash so you can add 30% to your order to include the tax and tip. We cannot coordinate car-pooling, but we encourage you to invite a friend who drives. We welcome the opportunity to introduce people to SFV.

94114/94131 Circle

Register/get more information with Jay Davidson

Thursday, March 7, 10:00 AM at *Morning Due, Church and 17th Streets *

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

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

Friday, March 15, 12:30 PM at *Eric's Restaurant Church Street at 27th Street*

To reserve a seat at the table, please contact Jay.

Friday, March 22, 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.

Sunset Circle

Thursdays, March 7 & 21, 4:30 – 5:30 PM on Zoom

Register with Steve Hayashi

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

94117 Circle

Friday, March 8, 1:00 – 2:15 PM on Zoom

Friday, March 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.

Embarcadero/FiDi Circle

Saturday, March 9, 11:00 AM – 1:00 PM

Walking Tour; meet at Transamerica Pyramid

Register with Phyllis Goodman

Free walking tour led by SF City Guides. Meet at Transamerica Pyramid, corner of Clay and Montgomery. Tour ends at Grant and Bush. For those who want to stay for lunch, we'll eat at Sam's Tavern. Lunch limited to 10 people.

Walk in the heart of Gold Rush territory and learn about some of the thousands of French immigrants who influenced San Francisco's development with restaurants, bakeries, shops, laundries, banks and bordellos. No charge for the tour but SF City Guides welcomes donations from guests.

94121 Circle

Tuesday, March 12, 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 provide support to each other, sharing our experiences and strengthening friendships.

94107/94103 Circle

Wednesday, March 13, 1:30 PM at *Fogo de Chao, 201 Third Street*

Wednesday, March 27, 4:00 – 6:00 PM at *Press Club, 20 Yerba Buena Lane*

Register with Dian Miller

Join us for lunch and conversation on 3/13 and happy hour on 3/27--don't forget to RSVP (or cancel!) since each has a limit of 8-10 people!

94109/94133 Circle

Thursday, March 14, 1:30 PM, * Lunch at Split, 2300 Polk St. corner of Green*

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

Let's get together for lunch and conversation at Split, a local café-restaurant that uses local fresh ingredients to prepare salads and sandwiches and more. Order and pay at the counter. We are limiting this event to 12 so respond early.

94118 Circle

Thursday, March 14, 3:00 PM at *Karen Franklin's house, 11th Ave and Cabrillo*

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

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.

94115+ Circle

Monday, March 18, 4:00 PM at *Sheila Simon's condo on Broadway and Webster*

Register with Gayle Geary or Lynne Fox by March 15

Join our 94115+ neighbors for a fun and lively afternoon at Sheila Simon's gorgeous apartment on Broadway at Webster. Good food, good conversation, with new and old friends. Please bring your favorite finger food and/or a beverage of your choice.

Save the Dates



Coming Out Under Fire

Tuesday, April 16, 10:30 AM – 12:30 PM

SFV Office, 3220 Fulton St, 94118

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

The Del and Phyllis Posse (Female LGBTQ group) and the LGBTQ Group invite you to celebrate Pride by attending a movie session at the SFV office. We'll screen the 1994 film *Coming Out Under Fire*, which goes to the heart of the "don't ask, don't tell" policy on gays and lesbians in the military. Recipient of a George Foster Peabody Award and a Sundance Film Festival Special Jury Award, this internationally acclaimed film from Oscar-nominated director, Arthur Dong, uncovers the World War II

origins of a military policy which labeled homosexuals as mentally ill and sought their discharge as "undesirables." Stay for the 75-minute film and a social afterwards!

Personal Narratives

Thursday, April 18, 3:00 – 4:30 PM

Zoom

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



Throughout our lives we are told 'stories' by others about who we are and what our experience means. When we are aging, or living with a serious or chronic illness, or at the end of our life, a lot of these 'stories' are incredibly disempowering. How can we create an empowering story of who we are, as our bodies change, that doesn't require us to be triumphant but rather reflects the grit, vulnerability and magnificence we are already embodying.

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.

Alcatraz Garden Tour

Tuesday, May 21, 10:30 AM

Meet at Pier 33, Alcatraz Landing at 10:15 AM

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

Must purchase 5/21, 10:35 AM Alcatraz Cruise ticket with City Experiences (\$42.65 for 62years+)



Join SFV supporter and former board member Barbara Howald for a tour of the restored gardens of Alcatraz at the best time of year! Barbara has been a volunteer gardener and docent in this program since 2008. Our garden tour focuses on the people and plants that they tended to make Alcatraz a home – military and guards' families as well as incarcerated men. We will visit some normally closed areas. Please wear sturdy shoes. We'll go slowly, compare historic photos to today, and finish on the west side of the island (often windy, so layer up!)

Please arrive 15-20 minutes early for the 10:35 ferry departure. Barbara will meet us at the dock, where we'll join the line of visitors to board. Afterward, you can stay on the island as long as you want; even do the audio tour of the cell house, as it's included in the ferry cost.



Take Me Out to the Ball Game!

Wednesday, May 29, 12:45 PM

Oracle Park, 24 Willie Mays Plaza

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

Come cheer on our San Francisco Giants against the Philadelphia Phillies at this afternoon game! Tickets are generously donated by the Giants. Please let us know if you use a wheelchair or walker (we have a few accessible seats this year) or if a few stairs are okay. Tickets will be distributed via email/MLB app—and we can connect you with another member or volunteer if you don't have a smart phone, so please don't let technology stop you from signing up!

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 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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