



### From Executive Director, Kate Hoepke:

Dear Members and Friends,

If you attended one of the State of the Village meetings last month you heard me talk about culture change and the evolution of SFV, especially during the last four years. It's a developmental perspective that recognizes we're always growing, as individuals and as an organization.



Culture change requires us to look at what is often invisible: values, norms, beliefs and attitudes that underlie our shared experience of San Francisco Village. Then there's the visible evidence of culture: language, stories, behaviors and structures that support our best intentions for creating a caring community.

Last fall we started a year-long training for board and staff members, called Culture of Philanthropy, to expand on the culture change efforts we started in 2020 with diversity, equity and inclusion (DEI). The DEI work led to a new five-year strategic plan, emphasizing our commitments to racial equity, intergenerational community, social justice and the intersection of health care and social care. Culture of Philanthropy is the next step in making sure we have the human and financial resources we need to thrive into the future.

One of the foundations of a culture of philanthropy is acknowledging that resource development is a shared responsibility. It takes all of us! Since the State of the Village meetings we have been blown away by members' enthusiasm and desire to contribute their time, talent and money in the spirit of abundance and mutual benefit. Here are a few examples:

- One member felt inspired to create an intergenerational dialogue group;
- Another member offered to introduce us to a grant making committee at her church;
- Someone asked if she can include SFV in her estate planning;
- Someone else pledged to make a monthly contribution in addition to her membership fee;

### In This Issue:

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## New Members

Phyllis Hamilton 94117  
Katherine "Ming" Ng 94122  
Charlene Richter 94110  
Beth Goldstein 94118  
Rita Schmidt 94129  
Susan Torres & Paul Mayfield 94114  
Mary Hamlet 94112  
Rosemary King 94118  
Marigrace Bannon 94122  
Janet Dong 94114  
Danilo Santos & Steve Taylor 94131  
Dana Thomas 94114  
Denis & Marcy Englander 94118  
Madeleine Robins & Daniel Caccavo  
94131  
Jane Alexander 94122  
Eva Young 94118  
Austin Gutman 94118  
Paul Worobec 94114

- Several folks volunteered their fund development and relationship expertise to support the newly forming Culture of Philanthropy committee.

After the State of the Village meeting one of our members said, "I feel like I've been to church!" We take that to mean she felt inspired by feelings of belonging and the invitation to contribute to something greater than herself. We invite all of you to join us in ensuring this life-affirming web of connection outlives us all!

Grateful to be in community with you,

*Kate*

## Did You Know?

### Directory Updates needed!

We are in the process of updating our SFV Member Directory. If you have any changes to your home address, phone number or email address please let us know by sending an email to [Nidhi@sfvillage.org](mailto:Nidhi@sfvillage.org). Thank you!

## Thank you to our Sponsors

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## Upcoming Events



### The Foundation of InnerYoga

**Tuesdays, April 2 – 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)**

**This series started in March. Please call/email to see if there is space.**

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.

## Lunch at City College

Wednesday, April 3, 12:00 PM

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

We will gather for lunch at City College of San Francisco, which has a culinary department serving food that is not only delicious but also very reasonably priced. Open to all members of the Village who would like to gather for lunch. Register to receive instructions about location, parking, or public transportation and so you will be included on the email to all attendees about who to look out for!



## A Generational Body

Wednesdays, April 3 – 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)

This series started in March and you can join at any time

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.

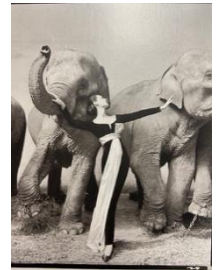
## Fine Arts Museums Virtual Tour

Friday, April 12, 1:00 – 2:00 PM

Zoom

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

*Fascination with Fashion in S.F* Join us for a front row seat at the Fashioning San Francisco Virtual fashion show. We will give you a sneak peek at the deYoung fashion exhibit featuring garments San Franciscans wore over the last 100 years. Hear stories about the designers, owners, and events they attended. Get ready to ohh & ahh!



## San Francisco Life Line and Fire Prevention

Monday, April 15, 2:00 – 3:30 PM

\*SFV Office, 3220 Fulton\*

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

San Francisco *Life Line* is a resource for First Responders that provides timely access to your important healthcare information in case of emergency. It is similar to the popular *Vial of Life*. Join a team of fire department members for a brief presentation about what Life Line contains, how to activate 911 and prevent fires in your home. They will then help members set up the Life Lines on the spot to ensure accuracy. Please bring any medication vials, or medical documentation that includes medications, allergies, primary care physician information and medical history to help the process.

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



The Del and Phyllis Posse (Female LGBTQ group) and the LGBTQ Group invite you to watch 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](mailto: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, 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.

## Asian Art Museum Virtual Tour

Friday, April 19, 1:00 – 2:00 PM

Zoom

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



*Phoenix Kingdom Legends never die. Erased from history. Reborn as legend.*

Experience the splendor, sophistication, and extravagance of two mysterious kingdoms that flourished at the dawn of China's Bronze Age.

Before they were conquered by a powerful emperor and buried by 2,000 years of imperial history, the Yangzi River Valley states were highly advanced cultures with luxurious tastes, imaginative styles, and a yearning for immortality.



## The Weekend Walking Group

Saturday, April 20, 11:30 AM

\*Visitacion Valley Branch Library, 201 Leland Avenue\*

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

The Weekend Walking group meets on Saturday, April 20 for a walk highlighting some of Visitacion Valley's historic buildings, led by neighborhood resident Cynthia

Cox. We begin at 11:30 at the Visitacion Valley branch library, 201 Leland Avenue, corner of Leland and Rutland, and end at the Mission Blue coffee shop.

This is an easy, mainly level walk. Buses #8 or #9 and light rail "T" car get you to the neighborhood; if driving, choose non-metered street parking on nearby streets. Bring a lunch to eat in the greenway afterwards or try one of the modest restaurants along Leland.

Please register for the event to share your cell number and receive Cynthia 's contact information, in case of complications.

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

**Tuesday, April 23, 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 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](http://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.



### **The San Francisco LGBTQ Dementia Project**

**LGBTQ and Dementia: Friday, April 26, 10:30 AM -- 12:00 PM**

**Effective Communication Strategies: Friday, May 17, 10:30 AM -- 12:00 PM**

**Zoom**

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

The Alzheimer's Association, in partnership with Openhouse and Family Caregiver Alliance, offers programs about the care needs of LGBTQ seniors living with dementia and their care partners. This program is funded by the San Francisco Department of Disability & Aging Services. We invite all members and volunteers to attend.

Join us on 4/26 for LGBTQ and Dementia, where we'll cover an overview of dementia, understand the needs and challenges unique to the LGBTQ dementia population, and hear recommendations for working with LGBTQ individuals living with dementia and their care partners.

On May 17, we'll move on to Effective Communication Strategies where presenters will explain communication challenges that take place throughout the course of the disease. We'll help you decode verbal and behavioral messages from the dementia patient and learn to respond in ways that are supportive and strengthen connection.

## Recurring Events



### **Del and Phyllis Posse: Female LGBTQ+ Circle**

**Mondays, April 1 & 15, 12:00 PM**

**\*Harding Park, 99 Harding Rd.\***

**Register with Sarah Thompson at [docmurdock64@gmail.com](mailto:docmurdock64@gmail.com) or (415) 595-5080**

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, April 1, 1:00 – 2:00 PM**

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

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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/four-day stay in Calistoga at the Roman Spa from May 8 – 11. Rooms are still available at the Spa but if you choose to stay elsewhere, that works too. You can reserve a room by calling the Roman Spa at (707) 942-4441. 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 \$1500 per person/per room. If you share a room, it could be much less. The length of your stay and types of activities you choose to do can be customized by you! If you have any questions, contact Phyllis Scaduto.



### **Fitness Exercise (previously Tai Chi and Qigong)**

**Mondays, April 1, 8, 15, 22, and 29, 1:00 – 2:00 PM**

**Zoom**

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

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

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

Simple, slow and gentle exercises to help keep the body limber with an emphasis on improving balance, strength and flexibility. Exercises can be modified for your level. Feel free to join at any time.

Led by Caroline Lew, a certified Senior Fitness and Tai Chi Instructor.

## Member to Member Coffee Chat

**Mondays, April 1 & 22, 2:00 – 3:00 PM**  
**Monday, April 15 and 29, 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, April 2, 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)**

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, playing cards etc.

## Aging Well with Mindfulness Meditation

**Wednesday, April 3, 10:00 – 10:45 AM**

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



**Wednesdays, April 10, 17, 25, 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, April 3, 10:00 – 11:00 AM**

**Zoom**

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



The monthly intergenerational book club meets the first Wednesday of the month to discuss the chosen book together! Our discussions are lively and create an environment to share diverse viewpoints. Whether you're a regular to this book club or just dropping in one time, everyone's

welcome to share, learn, and grow together. We will be meeting in April to discuss *The House of Doors* by Tan Twan Eng. Our May book will be *Eve* by Cat Bohanon.



### **Reflect and Connect: A Meaningful Conversation Group**

**Fridays, April 5 – April 26, 12:30 – 2:00 PM**

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

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

**This series started in March and may be at capacity; please call or email.**

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!)

### **Music Chat with Marko**

**Friday, April 5, 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, April 5, 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.

### **Artists Circle**

**Renegade Craft Fair - Ft. Mason Festival Pavilion**

**Saturday, April 6, 11:30 AM**

We will meet in front of Flax Art Supplies at Ft. Mason for the Renegade Craft Fair.

This fair features many interesting craft designers and artists from Bay Area and

beyond. \$5 suggested donation. Accessible by public transit MUNI #28, #30 and #43. Also Paid

parking lot. Organizer: Linda Soltis





**Open Studios at Art Explosion Studios, 740 Alabama Street and at 2425 17th St.  
April 12 -14: Friday, 7:00-10:00 PM and Saturday and Sunday, 12:00 -- 5:00 PM**  
A Village member - Lynda Hirose's studio is 4a, at the 17th St. location.

**American Bookbinders Museum at 355 Clementina S  
Wednesday, April 17, 11:00 AM**  
Senior Admission \$12  
Unique museum featuring history of bookmaking

**Stuck/Unstuck at home of Irene Cohn at Opera Plaza  
Tuesday, April 23, 1:00 -- 3:00 PM**  
Bring art project you are working on or have finished and that you would like some response/feedback on from other artists in the Village. Register with Linda Soltis



**Virtual Social Hour**  
**Saturdays, April 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!

**Play Mah Jongg**  
**Mondays, April 8 and 22, 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. Nancy Neuhaus, a mah jongg instructor, will review the 2024 card on 4/8.



**Grupo de Conversación en Español**  
**Tuesdays, April 9 & 23, 1:00 – 2:00 PM**  
**Thursdays, April 11 & 25, 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, April 9 & 23, 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.



## Solo-Agers Circle

Friday, April 12, 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. This month, SFV director Kate Hoepke and staff Jill Ellefsen will be attending.

## Potluck Group

Sunday, April 21, 4:00 -- 6:00 PM

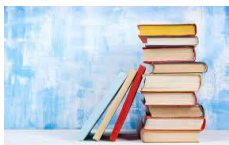
\*Home of Marvin Berkowitz at the border of the Mission and Bernal Heights\*

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 Precita Street or Folsom can be difficult. Muni transportation is good: the #14, 49, 27, 12, 36 all stop within a few blocks. From 24th Street BART, 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 in the city, so please let Marvin know if you can host in the coming months. Typical attendance is in the 10-15 range during the afternoon but could be somewhat smaller depending on size of your home. The main thing is to get together.



## San Francisco Village Book Club

Monday, April 22, 4:00 PM

Zoom

Register with Sharon Kuester

Drop-ins welcome but consider becoming a full-time member! We will be discussing *Jayber Crow* by Wendall Berry.

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

Thursday, April 25, 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.



## MoAd Virtual Tour and Discussion

Monday, April 29, 3:00 – 4:00 PM

Zoom

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

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.

## Conversations for Mortals

Tuesday, April 30, 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. In April, we'll focus on legacy letters and ethics wills.

## 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, April 4 & 21, 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, April 5, 1:00 – 2:15 PM on Zoom**  
**Friday, April 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.

### 94121 Circle

**Tuesday, April 9, 2:00 PM at \*Anza Branch Library, 550 37th Avenue\***  
**Register with Judi Iranyi or Carol Rothman**

We meet the second Tuesday of the month at the library and sometimes at a member's home. We meet to provide support to each other, sharing our experiences and building community.

### 94114/94131 Circle

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

**Wednesday, April 10, 12:30 PM at \*La Méditerranée, 288 Noe\***

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

**Tuesday, April 16, 10:00 AM at \*Martha and Bros, 1551 Church St \***

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

**Thursday, April 25, 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.

### 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

## 94107/94103 Circle

**Wednesday, April 10, 1:30 PM at \*Sanraku, 704 Sutter\***

**Wednesday, April 24, 4:00 – 6:00 PM at \*Burma Love, 8 Mint Plaza\***

**Register with Dian Miller**

Join us for lunch and conversation on 4/10 and happy hour on 4/24! Don't forget to RSVP (or cancel) since each has a limit of 8-10 people!

## 94118 Circle

**Thursday, March April 11, 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 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.

## Embarcadero/FiDi Circle

**Friday, April 12, 12:00 PM at \*Pier 23 on The Embarcadero\***

**Register with Phyllis Goodman**

Let's do lunch at this landmark cafe that's been serving San Franciscans for almost 40 years. Bring something you've owned for 40 years or more and tell us why you've held onto that darned thing for so long. If the weather is nice, we can sit outdoors on the patio. One or two steps, depending on where we sit. After lunch, optional walk south on the Embarcadero as far as your feet want to go. Please bring cash to pay for your meal.

## 94117 Circle

**Friday, April 12, 1:00 – 2:15 PM on Zoom**

**Friday, April 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.

## 94115+ Circle

**Tuesday, April 16, 10:30 AM \*deYoung\***

**Register with Gayle Geary or Lynne Fox**

We are planning a trip to the de Young Museum to view the Irving Penn photography exhibit. We are trying to see if we can arrange a docent tour but haven't heard back yet. The date will be finalized based on what we learn.

## West of Twin Peaks Circle

**Tuesday, April 16, 1:00 PM at \*Elena's Mexican Restaurant, 255 West Portal Ave\***  
**Register by 4/12 with Roberta Gordon**

This newest project from the family behind Original Joe's draws its inspiration from the co-owners' two oldest daughters and features signature Mexican-American dishes. Enjoy a frozen margarita with guacamole, calamari fritos, or another fabulous appetizer. We request that you have cash to pay your individual bill. We add 35% to our order in order to cover tax, tip and health mandate.

## Bernal Circle

**Sunday, April 28, 2:00 PM at \*Susan Kahn and David Kaskowitz's home, near Holly Park\***  
**For more information or to register, email Susan**

After a break we are in the process of re-starting the Bernal Circle. Please join us as we get to know each other and create a supportive, active group.

## 94109/94133 Circle

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

Continuing with our theme of exploring San Francisco's religious and cultural institutions, we will be planning another visit for April, and will keep the group informed as plans develop. We had a wonderful lunch meeting at a local restaurant in March, and plan to continue these regularly. Please stay tuned.

## Save the Dates



## San Francisco Stories Writing Workshop

**Thursdays, May 2-June 6, 12:30 -- 2:00 PM**

**Zoom**

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

We all have a story to tell. Over the course of six 90-minute sessions, journalist and author Denise Sullivan will guide writers of all levels at finding, shaping and developing a unique voice on the page. Unlocking sense memories through fresh writing prompts and memory exercises, we will craft vivid vignettes of the times, places and people of our lives, whether here in San Francisco or afar. SF Stories is an encouraging environment for writers to develop or deepen a writing practice and polish their prose by writing their own "personal histories and small fictions."

Denise Sullivan is the author of five books, and editor of *Your Golden Sun Still Shines: San Francisco Personal Histories and Small Fictions*. A literary arts educator, arts and cultural worker and reporter, Sullivan contributes to news sources online and in print from the *San Francisco Chronicle* to the *Bay City News Foundation*. Her award-winning *SF Lives* column ran from 2018-2023 in the *San Francisco Examiner*; and continues as a livestream discussion series at Bird & Beckett Books.



## Now and Then

Wednesday, May 14 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)

Bring a portrait of yourself for this storytelling event and artist talk! We'll hear from photographer Max Fallon about his *Now and Then* project where his subjects hold significant photos of themselves. He'll share some images, stories, and plans for expanding his project. Each of you will have time to share a story about the photo you brought of your younger self.

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

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



Join SVF 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](mailto: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](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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