



From Executive Director, Kate Hoepke:

Dear Members and Friends,

At SFV we're creating a culture of care – a web of relationships that supports us in being our best selves at this time in life. These relationships are forged in a number of ways: through neighborhood circles, program participation, member leadership, and volunteer connections. Caring relationships aren't automatic though. They require some effort.



When I consider the key ingredients in a caring relationship a few things come to mind. A willingness to be vulnerable – to say what I want or need and expect that my needs can be met. This takes a measure of courage. What if I put myself out there and the other person doesn't respond the way I'd like? I may risk feeling rejected or unimportant. My calculation: I'm fairly resilient so I'll likely recover. Among 600+ members, there's always another opportunity for connection.

I know I'm healthier and happier when I have people in my life. They don't have to be best friends, but fellow travelers with some common interests and movie recommendations. Someone to share coffee and stories with, to take in a ball game, share a ride, or decode the latest bombshell news event. Essential for me is that we develop trust so that I experience what Dr. Dan Siegel calls "feeling felt." Said differently, the other person gets me. Dr. Siegel, a pioneer in social neuroscience says, "Presence, attunement and resonance are the way we create the condition of trust and help restore our sense of safety."

I'll venture to say that we all have a need to feel safe again after the pandemic and a resurgence of Covid. Add to that the shocking news events that pile one on top of another, the threat of extreme weather, and the reports that San Francisco is going to the dogs. It's too much!! My nervous system is dysregulated after 15 minutes of watching the evening news. I need to phone a friend!

In This Issue:

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

Staff Contact

(415) 387-1375
info@sfvillage.org

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

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

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

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

Jessica Da Silva
Communications & Fund Development Director
jessica@sfvillage.org, ext. 6

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

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

New Members

Penn & Joe Barbosa 94123
Karen Whalen 94122
Margarita Ugarte 94115
Linda Gallanter 94121
Mary "Blanche" Chase 94114

Thank you to our Sponsors



A couple of years ago I took the advice of a mentor to find a person in my life who will serve as a committed listener. An ally, who knows how to listen without judgement or advice and is willing to work a trade. I listen to you; you listen to me. A buddy system for tending to our social health. It has made an enormous difference in my sense of well-being.

Watch for the 2024/25 Member Directory in the mail this month. It will be in a new format to cut costs. May it lead to some new adventures!

Grateful to be in community with you!

Kate

Did You Know?

Holiday Office Closure

SFV office will be closed Thursday, July 4 and Friday, July 5.

In Memoriam

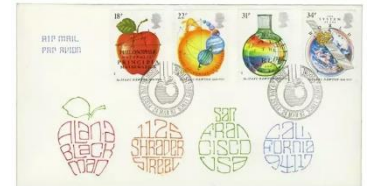


Alan Blackman, 94117

Alan Abner Blackman was born May 26, 1928, in Brooklyn. He studied anthropology and sociology at Queens College. After graduating in 1950, he followed his interest in stamps to a job as a postal clerk at the 42nd Street Airlines terminal in New York City. He then joined the U.S. Army and was trained as a signal slicer in a construction battalion.

Alan could count on receiving one letter per month hand-addressed in perfect calligraphy and sent through the U.S. mail. He knew it was coming because he addressed, stamped and mailed the envelopes himself – an act of art and eccentricity that lasted for 36 years before he finally shared them in a traveling exhibition called "Letters to Myself."

An exalted figure in the insular world of calligraphy, who accentuated his own strange persona by affecting the style and mannerisms of the fictional Belgian detective Hercule Poirot, Blackman died June 6 at VA Medical Center in San Francisco.



Upcoming Events

Share Your Story!

Mondays, July 1 – September 16, 10:30 AM – 12:00 PM



This series started in June and you can join at any time.

Alternating locations:

IT Bookman Community Center, 446 Randolph St (7/1, 7/15, 7/29, 8/12, 8/26, 9/16)

San Francisco Village, 3220 Fulton St (7/8, 7/22, 8/5, 8/19, 9/9)

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

Explore your experiences and memories, and share them with others, in a 12-week series from SFV, Southwest Community Corporation @ IT Bookman Community Center & Litquake's Elder Project.

Evocative writing prompts will inspire you to dig deep into both past and present to tell your story. A supportive writing teacher helps you discover the stories you carry within. If you'd rather tell your experiences aloud, instead of writing, we will record them. At the end of each session, share your words with the group.

Come together to talk, write, and find community. Classes alternate between San Francisco Village and the I.T. Bookman Community Center. Let us know if you can offer a ride or need a ride. We will try to make transportation matches. (Same goes with Muni companionship).

We hope you attend the whole series. You are also welcome to drop in to as many sessions as you can attend!

Civic Engagement: A Partnership between SFV and the Boys and Girls Club of San Francisco

Tuesdays, July 9-30, 10:30 AM -- 12:00 PM

Golden Gate Park, exact location TBD

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



San Francisco Village is joining middle schoolers in the Torch Club of the Boys and Girls Club to brighten and beautify our city! Torch Club is a national Boys & Girls Clubs of America program that encourages middle schoolers to become leaders in their communities. We'll get our hands dirty gardening in Golden Gate Park with SF Park and Rec, build intergenerational connections, and engage in both casual conversations and intentional dialogues about civics, the climate, and things that 12–14-year-olds and 60–100-year-olds find important! Join us for one or all five sessions. Please let us know if you need something to help you physically participate; we're brainstorming ways to have this be accessible to all SFV members.



Fine Arts Museums Virtual Tour

Friday, July 12, 1:00 – 2:00 PM

Zoom

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

Family Dynamics Docents Margaret Grohne and Jeanne Weiss will share paintings that all have one thing in common - family. Together we'll explore how artists from

different cultures and eras portray the love and complexity of family relationships.

Access Day Docent Tour of Japanese Prints in Transition: From the Floating World to the Modern World

Monday, July 15, 1:00 PM

Legion of Honor, 100 34th Ave

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



In 1868 Japan's shogun was overthrown, marking the end of feudal military rule and ushering in the Meiji era (1868–1912), a period of modernization and exchange with other nations. As Japan's society shifted, so too did its print culture. The delicately colored ukiyo-e (floating world woodblock prints) of actors, courtesans, and scenic views that had flourished for over a century were replaced with brightly colored images of Western architecture, technology, Victorian fashions and customs, and modern military warfare. This two-part exhibition (the floating world and the modern world) highlights this stylistic transition and the work of one artist, Tsukioka Yoshitoshi, who successfully spanned them both. His distinctive, sometimes eccentric, images serve as a link between the two eras.

Enjoy a free docent tour with reduced crowds and accessible features including extra Blue Zone spaces close to the museum, extra seating inside and outside the exhibition, and large print editions of the exhibition labels.



Autonomous Cars with Waymo

Wednesday, July 17, 2:00 – 3:30 PM

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

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

Waymo is an autonomous driving technology company based right here in San Francisco. They're on a mission to be the world's most trusted driver by making it safer, more accessible, and more sustainable to get around – without the need for anyone in the driver's seat. Buckle up and join us for a glimpse into the exciting world of autonomous driving technology and the endless possibilities they bring to our roads. Waymo will be sharing information about autonomous driving technology, how they partner with the community, and share information on how you can start riding. For those who attend the event in person, Waymo will be providing rides around the neighborhood to share their technology with the SFV community.

Waymo is a new business sponsor of San Francisco Village. We're thrilled to be partnering with them!

Home Organizing

Thursday, July 18, 10:30 – 11:30 AM

Zoom

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

Over the years, we all accumulate material possessions, often reaching a point where we have more than we know what to do with. If clutter and disorganization have taken over your living space, making it difficult to find items, and causing feelings of overwhelm, frustration, anxiety, or even depression, this presentation is designed for you.



Join Claudia and learn practical tips you can start implementing right away to manage your space and achieve a more organized, stress-free home. This session will help you take control of your environment and improve your quality of life.

Claudia Pugay is the owner of Cloudy to Clear Professional Organizing. She specializes in bringing order and harmony to homes across San Francisco, San Mateo and Alameda counties.



Asian Art Museum Virtual Tour

Friday, July 19, 1:00 – 2:00 PM

Zoom

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

Genghis Khan, Hero or Tyrant Genghis Khan – a name that conjures visions of Mongol hordes riding across Asia. This 12th-century ruler and his descendants came to dominate the largest land empire in history. In this program, explore the history of Khans through objects from the Asian Art Museum’s collection and discover how Genghis Khan’s legacy continued to influence the world for over 800 years.

LGBTQ Ice Cream Social

Friday, July 19, 2:30 – 4:00 PM

SFV office, 3220 Fulton St, 94118

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



Join our robust LGBTQ community for a meet and greet ice cream social. We will provide the ice cream and refreshments; you provide the pride. This is a great chance for new LGBTQ members and those who are longtime members to meet others in the community and deepen our connections. Everyone is welcome!



Monthly InnerYoga

Wednesdays, 7/31, 8/28, 9/25, & 10/30, 3:00 – 4:15 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. Each month will have a theme: June 12 - Balance; July 31 - Flexibility; August 28 - Gentle Flow; September 25 - Yin Yoga & Jin Shin Jyutsu Practices; October 30 - Restorative Yoga

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.

Recurring Events



Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, July 1 & 15, 12:00 PM

TBD

Register with Ellen Klages

Female and female-identifying members of San Francisco Village are invited to join us for a gay “women’s only” lunch. We will get to know each other and talk about our shared history as seniors in the LGBTQ+ community, as well as the joys and challenges of our past, present, and future lives! Open to all members and volunteers who identify as female and LGBTQ+.

Travel Connections

Planning Meeting: Monday, July 1, 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.

San Francisco Zoo, Thursday, July 4, 9:00 – 10:00 AM

If interested, just come, otherwise any questions, text Phyllis Scaduto. Join us for an hour-long docent tour of the San Francisco Zoo, then perhaps coffee or a snack. The first Thursday of each month, the Zoo invites seniors for free entrance and docent tour. If driving, parking is \$11 (free for Zoo members). Please be on time; the tour starts promptly.

Chinatown Night Market and Dinner, Friday, August 9, 5:00 PM

RSVP to Kathy Moss

We will be meeting at the restaurant, Begoni, at 615 Jackson Street for a light meal. We will then walk to the three blocks of Grant Ave. lit up for the monthly Asian-style Night Market. Here we can enjoy featured culinary treats, merchants and performers. Bring cash for anything you may want to buy at the Fair as vendors are not able to accept credit cards.

Monterey Bay, September (dates pending), 2 weekday/1 night trip

We'll go to the aquarium and other possibilities. More details in the August Newsletter and/or Wednesday weekly bulletin.

Hearst Castle and Cambria Christmas Market, December 9 - 12, 4 days/3 nights

Estimated cost of the trip is \$1100. Please Note: This trip is very popular! Hotels and tickets sell out very quickly. For more information, text LeeAnn DeSalles.



Let's Play Games

Tuesday, July 2, 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, playing cards etc.

Intergenerational Book Club

Wednesday, July 3, 10:00 – 11:00 AM

Zoom

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



Join our monthly intergenerational book club on the first Wednesday of the month to discuss the chosen book together. We pick books that we all want to read from all generations. Our discussions are lively and create an environment to share diverse viewpoints. Whether you're a regular at this book club or just dropping in one time, everyone's welcome to share, learn, and grow together.

Our July book will be *An Artist of the Floating World* by Kazuo Ishiguro. We'll discuss *All Fours* by Miranda July on August 7.

Virtual Social Hour

Saturdays, July 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!

All-Village Lunch

Monday, July 8, 12:30 PM

Saluhall, 945 Market Street

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



We will meet at Salu Hall, adjacent to IKEA, at 945 Market Street between 5th & 6th Streets. Meet at 12:30 and go directly to the second floor, where we will gather, order our own meals from one of the many food vendors, and sit together to enjoy our meal.



Fitness Exercise

Mondays, July 8, 15, 22, & 29, 1:00 – 2:00 PM on Zoom
Thursdays, July 11, 18 & 25, 2:30 – 3:30 PM at *SFV office, 3220 Fulton St,*
Register with SFV at (415) 387-1375 or 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.

Play Mah Jongg

Mondays, July 8 & 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.



Over 90!

Monday, July 8, 2:30 – 3:30 PM
Zoom
Register with SFV at (415) 387-1375 or info@sfvillage.org

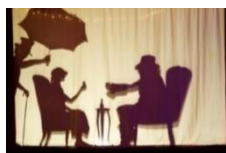
Gather on zoom with your fellow nonagenarians! Requested by a few members, we hope to build new connections and have space to talk about life in this decade of life.

Grupo de Conversación en Español

Tuesdays, July 9 & 23, 1:00 – 2:00 PM
Thursdays, July 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

Tuesday, July 9 & 23, 2:00 – 3:30 PM
SFV office, 3220 Fulton St, 94118
Register with SFV at (415) 387-1375 or info@sfvillage.org

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

Aging Well with Mindfulness Meditation

Wednesdays, July 10, 17, 24 & 31, 10:00 – 10:45 AM

Zoom

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



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

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



Solo-Agers Circle

Friday, July 12, 10:30 AM – 12:00 PM

Zoom

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

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

Makers and Crafters

Friday, July 12, 2:00 – 3:30 PM

Please note our meeting will be on the second Friday this month

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 your craft, handwork or art form.



Member to Member Coffee Chat

Mondays, July 15 & 29, 2:00 – 3:00 PM

Monday, July 22, 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!

Any Book Book Club

Tuesday, July 16, 2:30 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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



The Any Book Book Club is the easiest book club around! There is no assigned book to read - we get together and discuss what we've been reading and what we plan to read next.



Artists Circle

Register with Gayle Geary or Jay Davidson

Friday, July 19, 1:00 -- 3:00 PM

Minnesota Street Project, 1275 Minnesota Street/1150 25th Street

The San Francisco Art Book Fair is having its annual event for the seventh year at the Minnesota Street Project. It's a free exhibition and celebration of printed material from independent publishers, artists, designers, collectors, and enthusiasts from around the world, featuring artists' books, art catalogs, monographs, periodicals, zines, printed ephemera, and artists' multiples.

We will also explore other art galleries in the area. There is no limit on participation, but please RSVP to Gayle or Jay so that we know to look for you.

Tuesday, July 23, 1:00 -- 3:00 PM

Stuck/Unstuck at Rena Burns's house

We each bring a piece of art we have recently completed or are working on, so that we can get a response from each other, especially if we don't know how to proceed. Rena will be hosting; please RSVP to her for the address

The Weekend Walking Group

Saturday, July 20, 2:00 PM

meet at Church and Duboce Street (Near the N Streetcar stop)

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



Duboce Park, The Harvey Milk Center, and the Lower Haight: This charming area of the city has some hidden gems that even long-time San Francisco residents are not aware of. Besides a park where both the people and the dogs are friendlier than those you find at nearby Dolores Park, there is The Harvey Milk Center for Recreational Arts, with classes for kids, adults and seniors, adorable homes on tree-lined streets, a hidden alley with a decidedly French air, charming shops in which to browse, and lots of restaurants and cafes with inventive cuisines.

We'll meet at 2:00 pm at the corner of Church and Duboce Street (Near the N Streetcar stop), and travel through the neighborhood for an hour. We will then head to one of those lovely cafes for tasty refreshments and warm conversations.



Potluck Group

Sunday, July 21, 4:00 – 6:00 PM

Home of Phyllis Scaduto near Lowell High School in the Stonestown neighborhood

Register with Marvin Berkowitz

Share food and make new friends at members' homes monthly. Please bring a small dish and beverage to share.

There is a limit of 12 for this event, so if you're interested, please register quickly. Parking on the street near Phyllis' house is easy. The M and K MUNI will get you to the bus that goes down Sloat... 3 block walk from her house. And the 19th Avenue bus also connects to the bus on Sloat.

We're looking for more members to host from all over the city, so please let Marvin know if you can Host or Co-Host in the coming months. This is fun and a good way to get to know others. Typical attendance is in the 10-15 range but could be less, depending on your space.

San Francisco Village Book Club

Monday, July 22, 4:00 PM

Zoom

Register with Sharon Kuester



We will be discussing *A Woman of No Importance* by Sonia Purnell. Drop-ins are welcome but consider becoming a member.



Conversations for Mortals

Tuesday, July 23, 11:00 AM – 12:30 PM

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

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

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

MoAd Virtual Tour and Discussion

Wednesday, July 24, 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.



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.



The San Francisco Village View: A Current Events Discussion Group

Thursday, July 25, 12:30 – 2:00 PM

SFV office, 3220 Fulton St, 94118

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

Space limited, Registration 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.

West of Twin Peaks Circle

Wednesday, July 3, 1:00 PM at *Trattoria da Vittorio, 50 West Portal Avenue*

Register by 6/29 with Roberta Gordon

Calabrian-inspired pizzas and handmade pasta are their specialties. The lasagna is enough for two meals! Look under your bread plate to see if you are the lucky one who takes home the wonderful flower arrangements by Phyllis, our resident florist.

We request that you have cash to pay your individual bill. We all add 35% to our individual check which includes tax, tip, health mandate. Look for LeeAnne's clever paper/clip reminder (to keep track of what you ordered), and don't forget your wine or cocktail.

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

Embarcadero/FiDi: 94111/94104/ 94105/941108

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

LGBTQ+ Circle

Friday, July 5 1:00 – 2:15 PM Zoom

Register with Bill Haskell

Friday, July 19, 2:30 – 4:00 PM at *SFV Office, 3220 Fulton*

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

The LGBTQ Circle meets twice a month - on the first and third Fridays. The first session will be online. The second session will be an ice cream social at the SFV office! Join our robust LGBTQ community for a meet and greet social event! SFV will provide the ice cream and refreshments, you provide the pride. This will be a great chance for new LGBTQ members and those who are longtime LGBTQ members to meet others in the community and deepen our connections. Everyone is welcome!

94121 Circle

Tuesday, July 9, 2:00 PM at *a member's home, address TBD*

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 or Rena Burns

Wednesday, July 10, 12:30 PM at *Lunch at Dumpling Kind, 3913 24th Street*

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

Thursday, July 18, 10:00 AM at *Morning Due, 17th & Church Streets*

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

Thursday, July 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.

94107/94103 Circle

Wednesday, July 10, 1:30 PM at *Spinnakers, 100 Spinnaker Drive, Sausalito*

Wednesday, July 24, 4:00 – 6:00 PM at *McCormick and Kuleto, 900 Northpoint*

Register with Dian Miller

Join us for lunch and conversation on July 12. We will travel on the 12:10 ferry to Sausalito, leaving from the Ferry Building either gate B or C. You can use your clipper card for the ferry fare and the return ferries will be at 4:20 or 5:45. Reservations were made for 8 with Amanda and waiter Robert will usually do separate checks.

We'll have happy hour on July 24-- they do not accept happy hour reservations, but we are assured at 4pm we should be fine. We will talk to waiter for separate checks.

94118 Circle

Thursday, July 11, 3:00 – 4:30 PM at *Karen Franklin's house, 11th Ave and Cabrillo*
Register with Karen Franklin

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.

Sunset Circle

Thursdays, July 11 & 25, 4:30 – 5:30 PM on Zoom
Register with Steve Hayashi

Monday, July 15, 11:00 AM at *Java Beach Café on La Playa and Judah*

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

We'll also have our first coffee shop meet up this month! No need to RSVP, just show up.

94117 Circle

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

Wednesday, July 24, 3:00 – 5:00 PM at *Gayle Geary's home on Washington*
Register with Gayle Geary or Lynne Fox

Our July 94115+ circle meeting is scheduled for July 24th at 3:00pm. Please join us for tea and other delicious refreshments at Gayle Geary's home on Washington Street. Please RSVP and register with Gayle Geary no later than July 18.

Bernal Circle

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

Please join us as we get to know each other and create a supportive, active group.

94109/94133 Circle

Connect with Circle leaders **Bobbie Rothman** or **Juliet Rothman**

Our circle is on summer break!

Embarcadero/FiDi Circle

Reach out to **Phyllis Goodman**

We're pausing to reflect in July, as we consider members' needs and interests for our Circle. Stand by. Contact Phyllis Goodman for more information.

Save the Dates



Art Salon

Wednesday, August 7, 2:00 – 3:00 PM

SFV Office, 3220 Fulton

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

All About ACP: Advance Care Planning

Thursday, August 22, 11:00 – 12:00 PM

Zoom

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

Join Bridget Sumser, LCSW for a discussion on all things Advance Care Planning. Planning for care in a future state is both a conversation and requires documentation. It's important to understand what goes into both. We'll open with an overview on topics and forms and then head to your questions



Dance Generators

Wednesday, August 21, 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

Dance Generators is an intergenerational dance company housed at the University of San Francisco that fosters artistic collaboration between university students and Bay Area older adults. Ranging in age from 18 to 91 years old, Dance Generators use dance as a tool for bridging generational divides through workshops, performance, and community building events that catalyze connections across differences.

We are currently looking for persons 65+ to join. Come learn more about this energizing and evocative way to meet new people!

Dance Generators is directed by Liv Schaffer.

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

3220 Fulton St., San Francisco, CA 94118 • (415) 387-1375
www.sfvillage.org • www.facebook.com/sfvillage • www.twitter.com/SF_village



This program serving the community is funded by the City of San Francisco's Department of Disability and Aging Services.