



# San Francisco Village

## Monthly Newsletter

November 2024

### From Executive Director, Kate Hoepke:

Dear Members and Friends,

November is a month to count our blessings and express gratitude for all the ways that abundance shows up in our lives. We have enough to eat, warm clothes for the winter months and the security of knowing that we belong to a community that cares for us. I recently spoke with a member who said, "I've lived in this neighborhood for 40 years and it wasn't until I joined San Francisco Village that I felt a sense of community."



Think about that as you read this month's newsletter and consider the wealth of opportunities for connection and belonging that are available to you. Neighborhood circles, special interest groups, intimate conversations, a holiday party, outings to places you'd probably never go alone. If you're a new member and feeling a little shy, I encourage you to challenge yourself and try something new. A relatively low risk for a potentially big return!

For those of you navigating this scary election season alone, please consider joining with other members on Election Night to watch the returns together. Leslie Stafford, Pat Miller and Bonnie Weiss are hosting a virtual watch party where you can see the results live via screen share, taking occasional breaks to share thoughts and feelings. On Wednesday November 6, the day after the election, we will host two meetings to debrief: one in-person and one via Zoom. We will lean into community care and learning, not debating, allowing everyone a chance to speak, and avoiding assumptions. Deep listening and "I" statements are encouraged!

Also, this month.... if you are thinking about making a move or a loved one needs a higher level of care than you can provide at home, you will benefit from the Senior Transitions Seminar addressing real estate, reverse mortgages, and senior placement services. All of us need to think about our future care, yet many of us avoid it. Join Bridget Sumser LCSW for a discussion about all things Advance Care Planning. That same week, you won't want to miss a discussion about

### 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

Paisha Rochlin-Lehrman & Marvin Lehrman 94114  
Hymie Luden 94114  
Anna-Marie Booth 94115  
Heather Kernan 94131  
Linda McKay 94107  
Laverne Simone 94132  
John Steinfirst 94118  
George Knuepfel 94114

## Thank you to our Sponsors

**SEQUOIA**  
LIVING<sup>SM</sup>  
Never Stop Growing



WAYMO



the universality of grief and the role of community and ritual in moving through it.

We hope to see you at the holiday party on December 4 at the Google Community Space (details inside). It is a wonderful opportunity to feel the joy of friendship, the kindness of others and the knowledge that we belong to something bigger than ourselves.

Grateful to be in community with you!

*Kate*

## Did You Know?

### Preparing for Holiday Office Closures

The San Francisco Village Office will be closed on 11/28 & 11/29 and 12/25-1/1.

## Donate A Vehicle

Have a car taking up space? Running or not, please consider donating your vehicle on our behalf. Go to our website to learn more or call 866-392-4483. We partner with Donate for Charity to handle all the details! As a San Francisco Village partner, when you donate your vehicle through Donate for Charity, 70% of the value of your donation goes toward supporting our mission and helping older San Franciscans continue living independently in the places they call home. Here is the link to our page: <https://donateforcharity.com/nonprofit/san-francisco-village/>

## Day of Service

We're thrilled to partner with the staff at Waymo for a Day of Service on Tuesday, December 3! If you have a home project that would be good for a team of two-four volunteers to tackle in a few hours, please reach out. Common tasks are gardening, light cleaning, technology or organizing. This session is extra special since Waymo vehicles will be available to take all of the items you want to donate to Community Thrift, Scrap, or other donation sites!

Please reach out to Sha'Nice@sfvillage.org or (415) 387-1375 ext. 4 by November 19 to sign up—this includes signing up to volunteer in other members' homes (and hopefully getting to ride in an autonomous vehicle) or to sign up to have a group of volunteers at your home. There are often more requests than groups available; thank you for your generous understanding.

## In Memoriam

### Betsy Bannerman, 94110

On Thursday, September 12, 2024, Elizabeth Carter Bannerman passed away peacefully in her bed at home, as she wanted. Diagnosed with a very rare and aggressive form of neuroendocrine cancer Betsy, true to her independent nature, exercised her right under the California End of Life Options Act so that she, and not cancer, would be in charge. She loved music, Maine, vegetarian food, interesting women, red wine, a good fire, reading fiction, playing Scrabble and later Wordle, liberal causes, sunshine on the back deck, art, chocolate, children, the Giants, and especially her friends and family.



## Upcoming Events



### Eldership Connections

**Fridays, November 1 – November 22, 10:30 AM – 12:00 PM**

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

**This series started in October and is at capacity**

What are your experiences with getting older or just being old? Join us for eight sessions as we dive into issues that come up with aging-- for yourself, for your family, for your friends. Sessions won't have agendas, but the group will collectively land on what would be helpful for us to talk about. Please plan to attend all sessions (we understand if you get sick or a last-minute doctor appointment pops up). Before the group starts, Ellen and Joanne will meet with each person individually to learn what your goals and hopes are for the group.

Joanne Seltzer is a psychiatrist who recently retired and is looking for a way to give back in a meaningful way. Ellen Klutznick has been a therapist for half of her life and she'd like to give back to other older adults like herself. Both Joanne and Ellen are members and have benefited from belonging to San Francisco Village.

### Good Vibrations Antique Vibrator Museum Tour

**Friday, November 1, 11:00 AM**

**\*Good Vibes, 1620 Polk St\***

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



The Good Vibrations Antique Vibrator Museum is exactly what it sounds like: a collection of vintage sex toys dating all the way back to the 1800s. Dr. Carol Queen will give us a tour and share other info with the group, depending on what is stirred up! She's an award-winning author, sex-positive activist and educator with a PhD in sexology who has been part of the Good Vibes team since 1990.



### GGP Walks with USF Students

**Fridays, 11/1, 11/8, 11/15, & 11/22, 1:00 PM**

**Tuesdays, 11/5, 11/12, 11/19, & 11/26, 11:00 AM**

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

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

Let's get outside and enjoy our world class Golden Gate Park this fall! We have a few USF students in the Kinesiology Department to walk and talk with members for the fall semester. The walks will be every Tuesday at 11AM and Fridays at 1PM starting October 22 through the beginning of December. All abilities and paces are welcome. Walks can be as long as two hours, though shorter options are available. Meet at the San Francisco Village Office.

### Mary Cassatt at Work Access Day

**Monday, November 4, between 9:30 AM and 1:00 PM**

**\*Legion of Honor, 100 34th Ave. Enter at lower north entrance near café\***

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



Mary Cassatt (1844–1926) was a bold modernist pioneer: a fiercely professional artist, a committed member of the French Impressionist movement, an aesthetically radical painter, pastelist, and

printmaker. *Mary Cassatt at Work* delves into the artist's processes and materials, exploring the daring, experimental methods she used to produce her celebrated images of women and children.

While we don't have a docent tour this time, SFV members can pick up an audio player for a self-tour at any point between 9:30 AM and 1:00 PM. The Artists Circle will be meeting there at 11:00 AM.

Enjoy reduced crowds, free admission, and accessible features, including extra Blue Zone spaces close to the museum, parking maps and public transportation information, extra seating inside and outside the exhibition, and large print editions of the exhibition labels.



### **Share Your Story!**

**Mondays, November 4 - December 16, 10:30 AM – 12:00 PM**

**\*IT Bookman Community Center, 446 Randolph St\* (11/4, 11/18, 12/2, 12/16)**

**\*San Francisco Village, 3220 Fulton St\* (11/11, 11/25, 12/9)**

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

**This series started in September and you can join at any time**

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 SFV and ITB 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!

### **Election Results Virtual Watch Party**

**Tuesday, November 5, 7:30 – 10:30 PM**

**Zoom**

**Register with SFV Member Leslie Stafford**



Join us in community to learn about the results of this vital and likely close election, not only for President, but also for several local San Francisco positions. We will watch the results on KQED-TV (streaming) via screen share, taking occasional breaks to share our thoughts and feelings.

We strive to create a safe space with each other and therefore request that meeting agreements be observed, such as being respectful, staying on mute unless speaking, and waiting for hosts to call on each speaker. Meeting agreements will be sent to those who register ahead of time. SFV members Leslie Stafford, Pat Miller, and Bonnie Weiss are collaborating to hold this much needed space! You might notice registrations are a little different as we work to ensure a secure zoom space.



## Post Election Connections

Wednesday, November 6, 2:00 -- 3:30 PM, \*SFV Office, 3220 Fulton\*

Wednesday, November 6, 7:30 -- 9:30 PM, Zoom

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

Join SFV members and staff to connect regarding what we know and don't know about election results. The in-person session will be facilitated by Alexander Williams, SFV member and co-lead of the current events group. Online will be facilitated by Pat Miller and Leslie Stafford, SFV members and facilitators of the Saturday Night Social Hour.

We'll lean into community care and learning, not debating, allowing everyone a chance to speak, and avoiding assumptions. Deep listening and "I" statements encouraged!

## Exploring Our Self and Our Values

Thursdays, Nov 7, & Dec 5, 10:00 -11:30 AM

Zoom

This series started in September and is at capacity



Join a new reflection and discussion group facilitated by SFV member Peter Gross. The goal is that by exploring our self and our values in conversation with others, we'll deepen our own self-understanding and learn from the experience of others. Each session has a topic, with one or more discussion questions, such as "What qualities of yours do you value most? Why do you value those qualities – what benefits do they bring you?" In order to foster continuity and trust in our sharing, this is a fixed group and limited to 12 people – restricted to those who signed up at the outset.



## Fine Arts Museums Virtual Tour

Friday, November 8, 1:00 – 2:00 PM

Zoom

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

*The British Are Coming* As we get ready to celebrate the 100th anniversary of the founding of the Legion of Honor, please join us for the tour, *The British are Coming*, as we explore the breadth and variety of the museum's British collection through selected paintings, sculpture and decorative arts.

## Senior Transitions Seminar

Tuesday, November 12, 10:30 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)



This Senior Transitions Seminar will feature Senior Specialists in Real Estate, Reverse Mortgages, and Senior Placement Services.

Exceptional Senior Placement is a local family-owned firm specializing in helping seniors and their families find the right licensed Senior Community and is a sponsor of San Francisco Village.



## Grief

**Wednesday, November 13, 2:00 – 3:30 PM at \*SFV Office, 3220 Fulton\***

**Wednesday, November 20, 2:00 – 3:30 PM on zoom**

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

Grief is universal to the human experience, and while every loss is felt differently, there are threads that connect all grievers. Our discussion will center on different types of grief and loss, the role of community and ritual in moving through grief, and the difference between grief and mental health conditions like depression. We will also explore aging as both grief and growth, consider the impacts of ageism and a death/grief-denying culture on how we think about and experience loss. Attendees are invited to bring a photo of a loved one who has died.

Talia Davidow (she/her) is a licensed clinical social worker with ten years of experience working with elders in community-based settings. She is currently the Associate Behavioral Health Director at the Over 60 Health Center in Berkeley and has the honor of providing support to the incredible peer grief group facilitators through SF Village’s grief program.

## Tour of Flore Dispensary

**Thursday, November 14, 10:30 -- 11:30 AM**

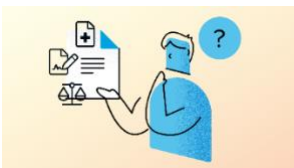
**\*Flore Dispensary, 258 Noe Street\***

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



Terrance Alan, the founder of Flore Dispensary San Francisco, welcomes every person into his cannabis store like an old friend. That’s because everyone who shops at Flore contributes to a cause he has been passionate about for over 40 years: compassionate cannabis. From the way we source it to the way we display it, everything about his store is curated to celebrate cannabis grown in the historic farmlands of Humboldt County and throughout the Emerald Triangle.

Terrance will lead a shop tour, peppered with connections to cannabis history like the compassion movement, Prop 64 and social justice. He’ll continue the conversation over optional lunch at the cafe across the street for folks who want to keep talking.



## Doing What You Can: A Process Focused Approach to Advance Care Planning

**Friday, November 15, 11:00 AM – 12:30 PM**

**Zoom**

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

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

## Asian Art Museum Virtual Tour

Friday, November 15, 1:00 – 2:00 PM

Zoom

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



*Honoring the Dead: Afterlife Beliefs and Funerary Practices in Ancient Asia* Rituals and practices that honor and respect the dead have been an important part of cultures and religions across Asia for thousands of years; common to many of these diverse practices is the belief in an afterlife state. Explore the varied ideas and customs surrounding the afterlife in Asian cultures through an examination of sculptures, paintings, and jewelry from the Asian Art Museum collection that demonstrate respect and love for the deceased.



## SFV's First Ever Crafts and Art Fair!

Tuesday, November 19, 2:00 -- 4:00 PM

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

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

Join us for our first ever sale with SFV artists, crafters, and makers! We'll have greeting cards, paintings, pottery, jewelry, jam, woven baskets, silk scarves, and more!!

Each maker is responsible for their own sales; SFV will not have any cash or credit card machines.

## MoAd Virtual Tour and Discussion

Friday, November 22, 2:00 – 3:00 PM

Zoom

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



Step into a visually stunning and sonically rich experience with a guided tour through a specially curated art exhibition! Each piece of art is brought to life with vibrant music that sets the perfect backdrop, turning your virtual visit into a multisensory journey. Explore contemporary Black art through insightful discussions and thought-provoking inquiries that will leave you inspired and enlightened. 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, November 26, 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.

## Paper Collage

Wednesday, November 27, 12:30 – 2:30 PM

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

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



Take paper and images chosen by choice or chance and cut, tear and glue them into a unique work of art. No experience necessary; we are all artists. Dennis Treanor, an SFV member, has worked in art for nearly 60 years and taught art and ceramics for his entire working career, and continues to do so in his retirement. This workshop happens every other month—come once, occasionally, or regularly!

## Recurring Events



### Makers and Crafters

Friday, November 1, 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 your craft, handwork or art form.

## Virtual Social Hour

Saturdays, November 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!



### Fitness Exercise

Mondays, November 4, 11, 18, & 25, 1:00 – 2:00 PM on Zoom

Thursdays, November 7, 14, & 21, 2:30 – 3:30 PM at \*SFV office, 3220 Fulton St.\*

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.

## Explorers (formerly Travel Connections)

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

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

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



Join us on 11/4 to help plan activities for next year!



**Dinner at the Tonga Room at Fairmont Hotel, 950 Mason Street SF 95108  
Wednesday, November 13, 6:00PM**

Join us at the Tonga Room/Hurricane Bar, a Polynesian-themed restaurant/bar that will immerse you in a tropical paradise with food, Polynesian cocktails, dance floor with live music, a lagoon, thunder/rain and a very upbeat atmosphere. This venue is pricey, so beware. There is a \$15.00 per person charge at 7:00PM when the band starts playing. On-street parking is difficult to find. There are numerous parking lots. RSVP via text to Kathy Moss.

**Hearst Castle and Cambria Christmas Market**

**December 9 - 12, 4 days and 3 nights**

**Estimated cost of trip is \$1100. At this point, hotels and tickets are very limited but still possible.**

**For more information, text LeeAnn DeSalles**

For those attending, Hearst Castle tickets go on sale Thursday, October 10, 2024.



**Artists Circle**

**Mary Cassatt at Work**

**Monday, November 4, 11:00 AM \*Legion of Honor\***

Join us at the Legion of Honor to view the *Mary Cassatt at Work* exhibit. We will meet at the lower entrance near the cafe and take advantage of the museum's access day. For those who wish, we will go to lunch on Clement Street, restaurant to be determined. Please let Jay Davidson and/or Gayle Geary know if you plan to attend.

**Stuck/Unstuck**

**Monday, November 18, 2:00 – 4:00 PM location TBD**

It will have been a couple of months since we last shared and discussed our art so we should have a lot to look at and talk about. If you can host, please let us know. RSVP to Jay Davidson and/or Gayle Geary.

**Let's Play Games**

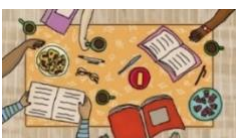
**Tuesday, November 5, 1:00 – 3:00 PM**

**\*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.



**Intergenerational Book Club**

**Wednesday, November 6, 10:00 – 11:00 AM**

**Zoom**

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

Join our monthly intergenerational book club on 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 at this book club or just dropping in one time, everyone's welcome to share, learn, and grow together. Our November book is *New Americans* by Rachel Khong.

## **Aging Well with Mindfulness Meditation**

**Wednesdays, November 6, 13, 20, & 27, 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.



## **Music Chat with Marko**

**Thursday, November 7, 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.

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

**Monday, November 11, 1:00 PM**

**Wednesday, November 20, 1:00 PM**

**\*Cup A Java Café, Geary and Jordan\***

**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+.



## **Grupo de Conversación en Español**

**Tuesdays, November 12 & 26, 1:00 – 2:00 PM**

**Thursdays, November 14, 1:00 – 2:00 PM**

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

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, November 12 & 26, 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, November 8, 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.

## All-Village Lunch

**Monday, November 11, 12:00 PM**

**\*CCSF cafeteria, 52-82 Cloud Circle \***

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



Join other SFV members for lunch at the CCSF cafeteria or restaurant, where all the food is prepared by the college's culinary department and is very reasonably priced. The cafeteria setting needs no reservation. We dined once in the cafeteria and once in the restaurant because a large table opened up and we were able to get in there. There is no way of knowing in advance if a table will be available in the restaurant. Note that the cafeteria closes at 1:00 PM.



## Play Mah Jongg

**Mondays, November 11 & 25, 2:00 – 4:00 PM**

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

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

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

## Over 90!

**Monday, November 11, 2:30 – 3:30 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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 experiences in this decade of life.



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

**Friday, November 15, 2:30 – 4:00 PM**

**Thursday, November 21, 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, 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.

The 3<sup>rd</sup> Friday group is led by member Marymelissa Grafflin and 4<sup>th</sup> Thursday 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.

## **Member to Member Coffee Chat**

**Monday, November 18, 2:00 – 3:00 PM**

**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!



## **Any Book Book Club**

**Tuesday, November 19, 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)**

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.

## **Potluck Group**

**Sunday, November 17, 4:00 – 6:00 PM**

**\*Home of Phyllis Scaduto near Lowell High School in the Stonestown area\***

**Register with Marvin Berkowitz**



Share food and make new friends at members' homes monthly. Please bring a small dish and beverage to share. (If you especially enjoy white wine, please bring some because we've been running out.)

Parking on the street near Phyllis's house is easy. Muni stopping on Ocean Ave and the bus traveling on Sloat Blvd. are within a six-block walk.

Potlucks are fun and a good way to get to know people. The group has been meeting every month for over a year. Typical attendance is in the 15 range but could be less, depending on your space. Please let Marvin know if you can host or co-host in the coming months.



## San Francisco Village Book Club

Monday, November 25, 4:00 PM

Zoom

Register with Sharon Kuester

We will be discussing *Foster* by Claire Keegan.

## Neighborhood Circles

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

### 94114/94131 Circle

Register/get more information with Jay Davidson or Rena Burns

**Thursday, November 7, 12:30 PM, \*lunch at Red Jade, 245 Church Street\***

Our monthly lunch is at this local longtime favorite. Please RSVP to Jay or Rena. Bring cash to pay your bill.

**Wednesday, November 13, 11:00 AM, zoom**

No need to RSVP. Just show up if you can. The zoom link will be sent out prior to the call.

**Wednesday, November 13, 1:00 PM, \*coffee at Morning Due, 17th & Church Streets\***

We're trying something a little different this month: afternoon coffee. Morning Due also has a food menu, so if you would prefer to eat rather than have coffee, you'll be able to find something.

### Sunset Circle

**Thursday, November 7, 4:30 – 5:30 PM on Zoom**

Register with Steve Hayashi

**Monday, November 18, 11:00 AM at \*Java Beach Café on La Playa and Judah\***

Join us on zoom on 11/7. We'll also have another coffee shop meet up this month! No need to RSVP, just show up.

### 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/Visitacion 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

### **94117 Circle**

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

**Friday, November 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.

### **94109/94133 Circle**

**Tuesday, November 12, 10:30 AM, at \*Holy Trinity Cathedral, Green and Van Ness\***

**Register with Bobbie Rothman or Juliet Rothman**

After our amazing tour of St. Ignatius Church, our circle will continue our theme of visiting religious and cultural institutions in San Francisco with a visit to the Holy Trinity Cathedral, the "blue and white church" at the corner of Green and Van Ness Avenue. We will have a tour of the artwork and icons and windows, as well as a presentation on the history of the church, its practices, and its community here in San Francisco. The tour will be followed by lunch at a spot nearby.

### **94121 Circle**

**Tuesday, November 12, 2:00 PM at \*at the community room of the Anza Library on 37 Ave\***

**Register with Judi Iranyi or Carol Rothman**

We meet the second Tuesday of every month. We alternate meetings in the library or a member's home. We meet to create community, provide support and share our experiences, we look forward to welcoming new members.

### **94107/94103 Circle**

**Wednesday, November 13, 12:15 PM at \*Redwood Park, Clay and Montgomery\***

**Register with Dian Miller**

We will meet at 12:15 in front of Redwood Park on Clay St. and Montgomery at the Transamerica building to explore the newly completed sculpture garden (artists are Claude and Francis Lalanne) located among the 50 redwood trees. The garden is part of the renovation of the Transamerica building originally built in 1972. Luncheon at 1:30 at Cafe Zoetrope, located at 916 Kearny St., corner of Columbus, a three-block walk.

### **94115+ Circle**

**Thursday, November 14, 1:00 PM at \*Magic Flute, 3673 Sacramento St,\***

**Register with Gayle Geary**

Let's get together for a delicious pre-Thanksgiving lunch. Please RSVP by November 7th so we can let the restaurant know. Technically, our reservation is for 11-12 people so respond quickly to Gayle Geary.

## 94118 Circle

**Thursday, November 14, 3:00 – 4:30 PM at \*Karen Franklin's house, 11<sup>th</sup> 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.**

## LGBTQ+ Circle

**Friday, November 15, 1:00 – 2:30 PM \* location TBD\***  
**Register with Bill Haskell**

The LGBTQ Circle is meeting once this month in person. 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

**Monday, November 18, 5:00 PM, at \*The Beach Chalet, 1000 Great Highway\***  
**Register by 11/15 with Roberta Gordon**

Prime rib special and live music! We request that you have cash to pay your individual bill. We each add 36% to our order—which accounts for tax, tip, and health mandate.

## Bernal Circle

**Sunday, November 24, 2:00 PM at \*David and Susan's home\***  
**Register with Susan Kahn**

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

## Save The Dates



### Annual Holiday Party

**Wednesday, December 4, 5:00 – 7:00 PM**

**Google Community Space, 188 The Embarcadero (enter Via Embarcadero), San Francisco, CA 94105, US**

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

Our annual holiday party is a time to see new and familiar faces, make warm connections, and bask in our vibrant community! We'll have nibbles and drinks and merriment.

## InnerYoga

**Wednesday, December 18, 3:00 – 4:15 PM**

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

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



InnerYoga is an approach to yoga. Awareness, breath, ease, and kindness are intertwined in all the yoga styles we teach: meditation and breathing, Jin Shin Jyutsu, Yin, Gentle Hatha Flow and

Restorative. All levels and abilities are welcome. We will meet you at your level and support you in your practice.

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

## 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.

---

**\*Programs\*** are in person **^Programs^** are hybrid **Programs** are virtual.

*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](http://www.sfvillage.org) • [www.facebook.com/sfvillage](https://www.facebook.com/sfvillage) • [www.twitter.com/SF\\_village](https://www.twitter.com/SF_village)