



From Executive Director, Kate Hoepke:

Dear Members and Friends,

I'm writing this letter in late December, a liminal time between years, reflecting on where we've been and where we hope to go. This poem came across my desk thanks to Robin Mayforth, an SFV volunteer who offered to lead a spiritual direction group, which she describes as "listening with and sharing from one's heart."



A Blessing for Presence

by John O'Donohue

May you awaken to the mystery of being here
And enter the quiet immensity of your own presence.
May you have joy and peace in the temple of your senses.
May you receive great encouragement when new frontiers beckon.
May you respond to the call of your gift
And find the courage to follow its path.
May the flame of anger free you from falsity.
May warmth of heart keep your presence aflame and anxiety never
linger about you. May your outer dignity mirror an inner dignity of soul.
May you take time to celebrate the quiet miracles that seek no
attention.
May you be consoled in the secret symmetry of your soul.
May you experience each day as a sacred gift,
Woven around the heart of wonder.

As we embark on a new year full of uncertainty and possibility, I am struck by the first line: the mystery of being here right now, at this time in history. Our collective fate is to be present for political and environmental crises we never could have imagined. At the same time, the poet reminds us that each day is a sacred gift, woven around the heart of wonder. I feel stretched between two opposing poles – a paradox of danger and wonder. Another poet, Rainer Maria Rilke, says that being stretched between two opposing poles is where God learns.

I hope you find meaning in the poem too and feel comforted by its blessing. Maybe you'll consider sharing it with friends and family around the dinner table or at your next neighborhood circle meeting. Is

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Emma Jackson 94117
Margie & Bill Snape 94118
Mary & Terry Vogt 94118
Fred Silverman 94114
Deborah Bowes & Cliff Smyth 94131
Liz James 94116
Victoria Kopecky 94044
Bianca Lowy 94121
Linda McBain & Robert Kozlowski
94111
Carole Deitrich 94131
Vi Yuen 94133

there a line that jumps out at you? One you really needed to hear? Is it tied to a story that reveals something new about you? Or reminds you of something you may have forgotten?

Wishing you a year in which you feel connected and cared for.

Love,

Kate

Thank you to our Sponsors

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The Fromm Institute
For Lifelong Learning
at the University of San Francisco

KAISER PERMANENTE

Did You Know?

Holiday Office Closures

The San Francisco Village Office will be closed 1/1 and 1/20.

SFV Second Annual Clothing Drive for St Anthony's!

It's that time of year again! As you're pulling out warm clothing from your closet for the winter season, keep in

mind there are many who do not have access or cannot afford clothing to keep them warm. St. Anthony's has a free clothing program, providing new and gently used clothing to individuals and families experiencing homelessness and poverty. The clothing is always free to recipients. They're in need of underwear, socks, men's shoes, men's pants, coats, hats, children's diapers, and feminine hygiene products (new only).

We'll be collecting items January 2-27. If you have any questions contact Sha'Nice Patterson at shanice@sfvillage.org or call 415-387-1375 x4.

Call for Art!

Let's refresh our walls for 2025! We love having member-made art warm our space! Paintings, framed drawings, quilts, photos, collage, mixed media, and more are welcome. Made in 1978? That's fine. Created just for this in early 2025? Wonderful! We prefer items we can hang on the wall to sculpture since sculpture is difficult to display in our space. We love pieces that contribute to our vibrant and thoughtful community, the kind that have newcomers walk in and say what a warm and welcoming space we have! Limit of two submissions per person and it is not guaranteed all submitted will be hung. Beginners, hobbyists, professional, all are welcome. Please submit your ready-to-hang artwork by Friday, January 31.

Business Partner Program

San Francisco Village is excited to announce that we are seeking partnerships with businesses, large and small, that share our commitment to supporting older adults in our community. Business Partners have an important role to play in supporting older adults' ability to age in community by sponsoring educational programs, social activities, and volunteer opportunities- all of which further our mission.

If you know of a business that might be interested in partnering with us and you can make an introduction, please reach out to Jessica Da Silva at jessica@sfvillage.org or call 415-387-1375 ext 6. We would be happy to discuss the many benefits of partnership! To see our current business partners, please visit our website: <https://www.sfvillage.org/business-partners/>

Upcoming Events



Art Salon

Wednesday, January 8, 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.

Fine Arts Museums Virtual Tour

Friday, January 10, 1:00 – 2:00 PM

Zoom

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



Please join docents Joyce Thorn and Shelley Ford for *Trailblazers, Rule Breakers and Innovators* as we explore the work of four artists who demonstrate groundbreaking approaches to making art.



Access Day: Tamara de Lempicka

Monday, January 13, 11:00 AM

de Young Museum, 50 Hagiwara Tea Garden Dr. Enter through Education Entrance or Garage

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

With works that exuded cool elegance and transgressive sensuality, Tamara de Lempicka (1894–1980) helped define Art Deco. Her paintings captured the glamour and vitality of postwar Paris and the cosmopolitan sheen of Hollywood celebrity. *Tamara de Lempicka*—the first major museum retrospective of Lempicka in the United States—explores the artist's distinctive style and unconventional life

through more than 100 works.

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.

SF CASA

Wednesday, January 15, 2:00 – 3:00 PM

SFV office, 3220 Fulton St, 94118

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

Join us to learn more about SFCASA. Through advocacy and mentorship, the San Francisco Court Appointed Special Advocate Program empowers community members to stand up for a foster child and champion their rights in court. CASAs



are trained adult volunteers who become court-appointed advocates and mentors. They help these young people access essential services and provide a consistent adult presence in their lives.



What is Group Spiritual Direction?

Thursday, January 16, 11:00 AM – 12:30 PM

Zoom

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

It's about...listening, sharing and reflecting, creating a brave space, companioning, & curiosity. Are you curious to explore listening with your heart? "Group Spiritual Direction is a place where individuals can experience what it means to be listened to and loved by others." *Alice Fryling ~ 'Seeking God Together'*

Robin Mayforth has been a volunteer with SFV since 2017 and has enjoyed the variety of ways to be of service through this amazing organization! Originally from Wilmington, DE, Robin moved to the Bay Area in 1997 to become the Concertmaster of San Jose Symphony and held that position until July of 2024. Having recently graduated from Moravian University with a Certificate in Spiritual Direction, Robin enjoys leading small groups that engage in listening with and sharing from one's heart. She also loves working individually with those who are curious to explore the stirrings of their heart and to listen to their still small voice within. Robin lives in Pacifica, CA with her beloved kitty, Tigger.

Asian Art Museum Virtual Tour

Friday, January 17, 1:00 – 2:00 PM

Zoom

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

Lunar New Year lanterns and firecrackers, red envelopes and couplets, Chinese zodiac and auspicious food: learn about the fascinating and colorful traditions and symbolism that accompany the celebration of the Lunar New Year in various Asian cultures.



The Asian Art Museum Docent Program is generously supported by the Dhanam Foundation and Society for Asian Art.



The Power of Song: San Francisco Community Music Center's Neighborhood Choirs Program

Tuesday, January 21, 11:00 AM – 12:00 PM

SFV office, 3220 Fulton St, 94118

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

In this presentation [Community Music Center](#) (CMC) will share information about CMC, its [Neighborhood Choir Program](#), the UCSF Community of Voices study, and the various ways that the choirs make an impact on people's lives. The CMC Richmond District Choir, directed by Beth Wilmurt and accompanied by Sharon Wayne, will perform and invite audience members to sing along in an interactive portion of the event.

CMC has 15 tuition-free neighborhood choirs that have grown out of collaborations between Community Music Center and senior/neighborhood centers around the City to provide the many personal, social, artistic, and quality of life benefits that musical activity can bring to older adults. The CMC Richmond District Choir meets weekly for rehearsals at the Richmond Neighborhood Center and sing at various community events. The [Community Music Center](#) is a non-profit institution in its 103rd year of making high-quality music accessible to people of all ages, backgrounds, and abilities, regardless of financial means. With campuses in the Mission and Richmond neighborhoods of San Francisco, CMC students come from every neighborhood to learn and make beautiful music!

Writers Workshop

Tuesdays, January 21 – February 25, 2:30 – 4:00 PM

Zoom

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

Space limited



Have you always wanted to write your memoir but didn't know where to start?

Have you got some poems tucked away in a drawer? Do you have an idea for a gripping novel? Or do you just want to put pen to paper – wondering if a poem, an essay or a short story will emerge?

San Francisco Village Writers' Workshop welcomes writers of all levels. You can start from a completely blank page or bring something you are already working on. We will explore different writing styles – from memoir, to poetry to short and long fiction. We will also read poets and authors that resonate with us – and try to figure out how they transfer their experiences, thoughts and feelings to the written page. You will receive a robust bibliography of books about writing – and we will draw special examples from *A Swim in a Pond in the Rain: In Which Four Russians Give a Master Class on Writing, Reading and Life* by George Saunders (available at SF Public Library). And we will, to paraphrase poet Robert Frost, learn how to “surprise our readers, and ourselves, with our words.”

The Writers' Workshop is led by author and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and a book reviewer for the Los Angeles Review of Books. Elinson has led writing workshops at S.F. Village since 2015.

We welcome those who have been part of the Writers Workshop in the past and we also welcome newcomers! No experience necessary!

“There are significant moments in everyone's day that can make literature. That's what you ought to write about” -Raymond Carver, *On Being a Writer*



InnerYoga

Wednesday, January 22, 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.

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.

MoAd Virtual Tour and Discussion

Friday, January 24, 2:00 – 3:00 PM

Zoom

Register with SFV at (415) 387-1375 or 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, January 28, 11:00 AM – 12:30 PM

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.

Please note this session is only on zoom! We will meet in person next month, 2/25.

Author's Talk

Wednesday, January 29, 2:00 – 3:00 PM

SFV office, 3220 Fulton St, 94118

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

Sandra Butler will read from her two latest books: *The Kitchen Is Closed and Other Benefits of Being Old* and *Leaving Home at 83*.

In her 80s, Sandra Butler does not identify as elderly. Or mature. She's neither plucky nor a burden, and she's not over any hills. She's old, and she's ready to reclaim that word. In this funny and intensely personal collection of essays, Butler chronicles her experience moving from aging to old, remembering and forgetting all the wrong things, feeling frustrated with technology, keeping up with the avalanche of cultural and political news, mothering two middle-aged daughters, surveying her old body, and ultimately, preparing for her death.



Leaving Home at 83 is an intensely personal story yet one shared with thousands of aging women who are wondering whether to move to be closer to their children and leave their friendships behind

or stay in their communities. Readers will see their questions on these pages and recognize their fears, insecurities, and uncertainties.

Butler examines the often-unspoken struggle to sustain our autonomy as we age and our conflicted longing for dependency as we become more vulnerable. Both longings are embedded in the desire not to be a burden to those we love. With its sharp humor and refreshing honesty, this wry account brings a welcome and necessary perspective to the inevitable moment when we end one chapter of our lives and begin whatever comes next.

Recurring Events



Makers and Crafters

Friday, January 3, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

Do you watercolor? Knit or crochet? Bead? Applique? Open to learning to knit or sharing your craft with others? If so, we welcome you to join our lively group of makers and bring whatever hand craft and creative projects you are working on as well as completed pieces you would like to show off. Everyone is welcome at the Makers Group, no matter your craft, handwork or art form.

Virtual Social Hour

Saturdays, January 4, 11, 18, & 25, 5:00 – 6:30 PM

Zoom

Register with Leslie Stafford a



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!

Explorers (formerly Travel Connections)

Let's Ring in The New Year Together!

Sunday, January 5, 2025, 4:00 - 5:00PM or later

Unwine'd, 9 West Portal Ave

RSVP to Phyllis Scaduto



Join us to toast the New Year with a glass of wine or a non-alcoholic beverage and Greek accented food.

Planning Meeting: Monday, January 6, 1:00 – 2:00 PM

SFV office, 3220 Fulton St, 94118

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

Join us on 1/6 to help plan activities for this year!



Member to Member Coffee Chat

Mondays, January 6, 13, & 27, 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!

Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, January 6 & 20, 12:00 PM

Harding Park, 99 Harding Road

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+.



Fitness Exercise

Mondays, January 6, 13, & 27, 1:00 – 2:00 PM on Zoom

Thursdays, January 2, 9, 16, 23, & 30, 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.

Let's Play Games

Tuesday, January 7, 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.



Artists Circle

Stuck/Unstuck

Tuesday 1/7, 2:00 to 4:00 PM, at * SFV office, 3220 Fulton St,*

Join your fellow artists as we share our work that is either recently completed or on pause because we need help moving forward. For more than a year, we artists have been helping each other to find solutions to situations that have moved us from being stuck to getting unstuck in the creative process.

SFMOMA

Monday 1/13, 1:00 PM

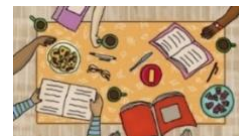
Meet fellow artists to enjoy the wonders currently on display at SFMOMA. If you don't have a membership, NO PROBLEM, as several of us are members who can get you into the museum for free on their cards. To view the current exhibitions on display, visit sfmoma.org.

Intergenerational Book Club

Wednesday, January 8, 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. 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 January book will be *Prophet Song* by Paul Lynch and we will be meeting on 1/8 instead of 1/1.



Aging Well with Mindfulness Meditation

Wednesdays, January 8, 15, 22, & 29, 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.

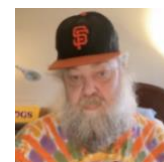
Terre Passero, the founder of [Mindful Stress Management](#), has been teaching mindfulness since 2005. She is a Certified Mindfulness-Based Stress Reduction (MBSR) Instructor, and a Certified Stress Mastery Educator. She also spent five years in Japan where she practiced (and still practices) Zen meditation.

Music Chat with Marko

Thursday, January 9, 1:00 – 2:00 PM

Zoom

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



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



Grupo de Conversación en Español

Thursdays, January 9 & 23, 1:00 – 2:00 PM

Tuesdays, January 14 & 28, 1:00 – 2:00 PM

SFV Office, 3220 Fulton

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

Add a little more Spanish conversation to your life! This group is led by members and there will be no

formal instruction. We meet on the 2nd and 4th Tuesdays and Thursdays of each month. Not sure if your Spanish is up for it? Check it out! We're a fun and lively group who help each other.

Solo-Agers Circle

Friday, January 10, 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.



Play Mah Jongg

Mondays, January 13 & 27, 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, January 13, 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 experiences in this decade of life.



The Page and the Stage

Tuesday, January 14 & 28, 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.

The San Francisco Village View: A Current Events Discussion Group

Friday, January 17, 2:30 – 4:00 PM

Thursday, January 23, 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.

The 3rd Friday group is led by member Marymelissa Grafflin and 4th 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.



Potluck Group

Sunday, January 19, 2:00 -- 4:00 PM

Home of Jay Davidson in Eureka Valley near 16th Street and Church

Register with Marvin Berkowitz

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

This is a shoes off household, so be prepared with socks or slippers. We always welcome a co-host to settle people in and help with the clean-up: let Marvin know if you'd be available.

Parking on the street near Jay's house is difficult. #14, 49, 22, 33 buses and 16th Street BART, also J-Church and F Muni, are within walking distance.

We're looking for more members to host from all over the city, so please let Marvin know if you can 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, depending on host's space, but they could be 6-8 range too.

Any Book Book Club

Tuesday, January 21, 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.



San Francisco Village Book Club

Monday, January 27, 4:00 PM

Zoom

Register with Sharon Kuester

We will be discussing *Smoke and Ashes* by Amitav Ghosh.

Neighborhood Circles

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

LGBTQ+ Circle

Friday, January 3, 1:00 – 2:15 PM on zoom

Friday, January 17, 1:00 – 2:15 PM TBD

Register with Bill Haskell

The LGBTQ Circle is meeting on zoom on 1/3 and our 1/17 meeting might be on zoom or 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.

Sunset Circle

Thursdays, January 2 & 16, 4:30 – 5:30 PM on Zoom

Register with Steve Hayashi

Monday, January 20, 11:00 AM at *Java Beach Café on La Playa and Judah*

Join us on zoom on 1/2 and 1/16. We'll also have another coffee shop meet up this month on 1/20! No need to RSVP, just show up.

94114/94131 Circle

Register/get more information with Jay Davidson or Rena Burns

Wednesday, January 8, 12:30 PM, *lunch at Old Jerusalem, 2966 Mission Street*

Join us for lunch in this restaurant with Middle Eastern cuisine. Please RSVP only if you can attend [no need to send regrets]. If you come to lunch, please bring cash to pay your bill, as that makes the process much easier for us.

Thursday, January 9, 11:00 AM, zoom call

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

Thursday, January 16, 1:00 PM, Morning Due, 17th & Church Streets

Our afternoon coffee in November was such a hit that we are continuing it. In addition to coffee, there is a robust menu of good lunch choices if that is what you prefer.

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

94102: City Center, Opera Plaza

LGBTQ+ Circle: Citywide

94107/94103 Circle

Wednesday, January 8, 1:30 PM at *Brenda's Soul Food Restaurant, 652 Polk St. on the corner of Eddy & Turk*

**Wednesday, January 22, 4:00 PM at *Fly Trap, 606 Folsom, near corner of 2nd Street
Register with Dian Miller**

Join us for lunch on 1/8 and happy hour on 1/22! Brenda's is a popular soul food restaurant and highly recommended. Happy hour at Fly Trap has a very French ambiance.

94117 Circle

Friday, January 10, 1:00 – 2:15 PM on Zoom

Friday, January 24, 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.

94118 Circle

Thursday, January 9, 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.

94121 Circle

Tuesday, January 14, 2:00 PM at *at Anza Branch Library community room*

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.

94115+ Circle

Wednesday, January 22, time and location TBD

Register with Gayle Geary

We're planning a special afternoon! The time and specifics will be announced in early January. Stay tuned. And Happy New Year.

94109/94133 Circle

Thursday, January 23, 1:00 PM, at *The Crepe House, which is at 1755 Polk, at Washington*
Register with Bobbie Rothman or Juliet Rothman

Our circle will be having lunch, sharing our thoughts and catching up on news and adventures. We'll also consider ideas for future visits and gatherings.

West of Twin Peaks Circle

Thursday, January 23, 1:30 PM at * Cypress Grill, Harding Park, 99 Harding Road*
Register by 1/17 with Roberta Gordon

It is wonderful to look out upon the golf course and see the many different birds trying to stay out of the way of the golfers! The staff is always pleasant and accommodating, and parking is readily available. We request that you have cash to pay your individual bill. We each add 36% to our order--that accounts for tax and tip. We cannot coordinate car-pooling, but we encourage you to invite a friend who drives. We welcome the opportunity to introduce people to The Village!

Bernal Circle

Sunday, January 26, 2:00 PM, at *David and Susan's house near Holly Park*
Register with Susan Kahn

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

Save The Dates



Share Your Story!

Mondays, February 3 – April 28, 10:30 AM – 12:00 PM

***IT Bookman Community Center, 446 Randolph St* (2/3, 2/24, 3/10, 3/24, 4/7, 4/21)**

***San Francisco Village, 3220 Fulton St* (2/10, 3/3, 3/17, 3/31, 4/14, 4/28)**

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

Paying Attention to Getting Older

Thursdays, February 6, 13, 20, & 27, 11:00 AM – 12:00 PM

Zoom

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

Join a team from the UCSF Age Friendly Emergency Department for this educational series. We'll talk about recognizing cognitive changes, fall prevention strategies, managing your medications, and benefits of social connection and future planning.



The UCSF Emergency Department, in partnership with the Division of Geriatrics, operates an Age-Friendly Emergency Department Consult Service. An Advanced Practice Provider (NP and PA), Pharmacist, and Social Worker comprise an interprofessional team providing consultative services in concert with emergency department nurses and physicians. The age-friendly care pathway addresses hazards of acute care hospitalization, early detection of geriatric syndromes, intervenes during medication reconciliation, refers directly for formal cognitive evaluation, and connect patients, families, and caregivers to the broader health system and community partners.



InnerYoga

Wednesdays, February 12 & 26, March 12 & 26, 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.

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 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

