



### From the Interim Executive Director, Avi Rose:

Dear Members and Friends,

As I complete my first month serving as your Interim Executive Director, I'm glad for the opportunity to share some observations with this wonderful community.

First, my thanks to all of you - staff, board, members, volunteers - who have helped me get oriented and feel warmly welcomed. This has been like jumping into a fast-moving stream, and I appreciate all the help I can get!



I am deeply impressed by the quantity, quality and scope of SFV programs. I want to give a special shout-out to the staff who play such a key role in making it all come together, feeling immense respect and gratitude that they haven't missed a beat during this time of transition. I also want to salute the board members who have stepped up in many ways, largely invisibly, to ensure the continuity of essential organizational functions. It truly takes a village to sustain a village, and each of us has our part.

As someone who has served in an interim role for a number of nonprofits, I understand that transitions are challenging. Kate was a powerful presence here, admired and beloved by many. Her departure is a personal as well as organizational loss for this community.

It was previously announced that there would be a gathering for people to express their appreciation to Kate and bid her farewell. I'm sorry to report that at Kate's request, this gathering will not take place. However, Kate has reiterated her permission to share her personal email here, should you wish to express your appreciation with her directly: it is kate.hoepke@gmail.com.

There are various opinions and feelings about Kate's resignation. I believe that our recent listening sessions were helpful to those of you who were able to participate. I hope that we are all united in wanting to heal whatever divisions might exist and find our way forward, building on the foundation that has been built by Kate, the exceptional

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### Staff Contact

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## New Members

Audrey Adelson 94114  
Nancy Berger 94132  
Robert Goldstein 94127  
Toni Torrey 94118  
Victoria Cowan 94131  
Carol Sheinkopf 94115  
Joseph Castrovinci & Gordon Smith  
94131  
Roberta D'Alois & Bob Scott 94117  
Carole Sears 94115  
Janis Greenberg 94118

## Thank you to our Sponsors



staff, the hard-working board, and all of you. There is so much power and promise in this community, and we want to sustain it long into the future.

I look forward to continuing to work alongside you in my interim role as SFV moves forward to choose its next Executive Director. This will be a very important process, led by the board while including significant involvement from members and staff. For example, when the new job announcement is ready, all of us can help by circulating it to our own personal and professional networks, casting a wide net to find the right person who will lead the Village forward. In my experience, this type of executive search process often takes 4-6 months. Please stay tuned for further details from SFV's board of directors.

And if you haven't done so already, please come introduce yourself when you're next in the office!

## In Memoriam

### Glady Thacher, 94118

Gladys Stevens Thacher, beloved longtime San Francisco nonprofit leader, died peacefully on April 3rd at home, surrounded by her family. She was 95 years old. Glady was instrumental in the creation of many successful organizations that have impacted the lives of many generations of San Franciscans; her work focused on assisting individuals through unmapped life transitions: Enterprise for High School Students, Alumnae Resources, Life Plan and the San Francisco Education Fund. Continuing her tradition of leading-edge solutions to improve people's lives, Glady's visionary skills were fundamental to the launch of San Francisco Village. When asked why she became so involved with San Francisco Village, Glady said "I am too old to be young and too young to be old. San Francisco Village is my network." Her family requests any inquiries, reflections and memories of Glady be sent to [glady.memories@gmail.com](mailto:glady.memories@gmail.com).



## Did You Know?

### Office Closure

The San Francisco Village office will be closed Monday, May 26 in observance of Memorial Day and Thursday, June 5 for a staff retreat.

### Directory Updates needed!

We are in the process of updating our SFV Member Directory. If you have any changes to your home address, phone number or email address please let us know by sending an email to [Nidhi@sfvillage.org](mailto:Nidhi@sfvillage.org) by 5/23.

## Business Partner Program

Do you know a business that cares about older adults? San Francisco Village is seeking partnerships with businesses, large and small, to support our vital programs and services. 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](mailto: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/>

## Open Board Meeting

The next San Francisco Village board meeting is open to SFV members and volunteers who would like to attend. It is Tuesday, May 27, 4:15 – 6:15 PM. Please reach out to Board Chair Gretchen Addi if you are interested in attending [gretchenaddi@gmail.com](mailto:gretchenaddi@gmail.com).

## June Day of Service

Do you need extra help around the house that requires 2 or 3 people? We are now taking submissions for an upcoming Day of Service on June 12. We are partnering with employees of Herdricks & Struggles who have generously offered to assist SFV members with household projects lasting 2-3 hours. They will be available to assist with tasks such as light house cleaning, organizing assistance, decluttering, Technology troubleshooting, and gardening! If you're interested in receiving volunteer assistance, please email Sha'Nice Patterson at [shanice@sfvillage.org](mailto:shanice@sfvillage.org)

Please note slots fill up fast, so please get your request in early. All volunteers will be background checked.

## Upcoming Events



### Support in Today's Political Climate

**Mondays, May 5 – June 9 (skip 5/26), 2:00 – 3:30 PM**

**SFV office, 3220 Fulton St.**

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

**Space limited; This series started in April and you can join at anytime**

A member led 6 session series as a way to lean into our intentional caring community for support during unprecedented times. We're creating space for emotional support, share coping strategies, and create a safe space for people to talk about the impact of political turmoil. Led by SFV members Cadell Child and George Woyames.

### Paper Collage Series

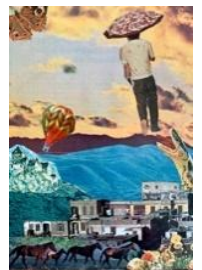
**Wednesdays, May 7 – May 28, 1:30 – 3:30 PM**

**SFV Office, 3220 Fulton St.**

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

A 4-session series to take paper and images selected 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.





## Fine Arts Museums Virtual Tour

Friday, May 9, 1:00 – 2:00 PM

Zoom

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

*Wayne Thiebaud: Art Comes From Art* Bay Area artist Wayne

Thiebaud (1920-2021) became famous for his colorful paintings of cakes and buffets. He described himself as an "art thief" who openly appropriated and reinterpreted old and new European and American artworks. An influential teacher at the University of California, Davis, Thiebaud felt art history was a continuum that connects artists of the past, present and future, and that "art comes from art and nothing else." Highlighting works from across the beloved artist's six-decade career, the exhibition features Thiebaud's inventive reinterpretations and direct copies of famous artworks.

## Sunday Sessions

**Mom's Pops Concert, Golden Gate Park Bandshell**

**Sunday, May 11, 1:00 PM**

Register with Ilene Rich Holtzberg



It is a free, outdoor concert that starts at 1 p.m. You can bring a picnic; there are food trucks, or we can meet for lunch at the de Young.

**Farmers Market at Stonestown**

**Sunday, May 25, 11:00 AM – 1:00 PM**

Register with Ilene Rich Holtzberg

Enjoy a Sunday morning by buying fresh fruits and veggies, listening to music and viewing crafts.

**Picnic at the Boathouse at Blue Heron Lake**

**Monday, May 26, 11:00 AM – 2:00 PM**

Register with Ilene Rich Holtzberg

While this is a Sunday, it is Memorial Day so a day off for those of us still working! Bring a picnic, or you can buy food at the Boat House. We can rent a boat and pedal around the lake for extra fun! Parking is available on the road before and after the Boat House. Call 311 for MUNI information. A shuttle bus runs through the park every 15 minutes on the weekends.



## Access Day: Wayne Thiebaud

**Monday, May 12, 11:00 AM**

**The Legion of Honor, 100 34th Avenue, Terrace Entrance**

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

*Wayne Thiebaud: Art Comes from Art* explores the artist's career as a self-described "thief" who appropriated and reinterpreted old and new European and American artworks. The exhibition illustrates his perception of art history as an encyclopedic repository and resource that offers working artists community with their predecessors and communion with their artworks.

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.

## **The Alzheimer's Association Educational Series** **Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



Please join us for one, a few, or all the upcoming programs!

### **Dementia Conversations, on zoom** **Thursday, May 15, 11:00 AM – 12:00 PM**

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult – but important – conversations about changes that may be related to dementia.

### **Managing Money: A Caregiver's Guide To Finances, on zoom** **Thursday, May 29, 11:00 AM – 12:00 PM**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

### **Responding To Dementia-Related Behaviors, on zoom** **Tuesday, June 3, 11:00 AM – 12:00 PM**

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

### **Exploring Care and Support Services, on zoom** **Tuesday, June 17, 11:00 AM – 12:00 PM**

Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.



### **Asian Art Museum Virtual Tour**

**Friday, May 16, 1:00 – 2:00 PM**

**Zoom**

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

*Persia: Crossroads of Art and Culture* Ancient Persia was at the axis of the trading world, simultaneously influencing and influenced by both Asia to the east and Europe to the west. Explore the unique art traditions of this fascinating and dynamic region as exemplified by objects from the Asian Art Museum.

### **Organizing and Sharing Important Information**

**Tuesday, May 20, 11:00 AM – 12:00 PM at SFV Office, 3220 Fulton St.**

**Tuesday, May 27, 11:00 AM – 12:00 PM on Zoom**

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



Join SFV member and retired lawyer Susan Pollack for a conversation about organizing and sharing information about one's estate and other critical documents - both for oneself and for those who will



have to deal with it. We'll talk about all the kinds of information you want to consider, such as: important contact details, estate and health care documents, property arrangements, where to find things, accounts to stop/monitor/pay, insurance, automobiles, etc.

Rather than legal advice and how to fill out a will, trust, or health care directive, we'll be focusing on how to think about the types of information and documents you should have, who you want to share it with, and the necessary conversations to have with people you've chosen. The outline Susan works from is one she developed for herself after her husband died, and now uses in discussions with her friends and colleagues. Think of something else? Bring it to the group so we can all think about it together!



### **Member Walking Group: Rooftop Gardens and Open Spaces in Downtown San Francisco**

**Thursday, May 22, 11:00 AM**

**Meeting Place: #1 Kearny (entrance on Geary at 23 Geary). Meet outside or in lobby.**

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

Rooftop gardens open to the public? Yes!! 1% of the funds spent on any private building in San Francisco must go toward public spaces. Sometimes this is an art exhibit in the lobby BUT sometimes it's an open space park or a water feature or a rooftop garden (with a great view). Many are unknown to the general public. Join your guide, "On The Level" Marilyn Straka, for a walking tour of downtown San Francisco to see these hidden treasures. About 2 miles of level walking.

This tour is similar to my 2023 walk and is back by popular demand. Elevators to rooftop gardens. We will have lunch at about 1pm at the rooftop garden located at 343 Sansome. Bring your own lunch or buy food nearby. Getting there: Muni #38 Geary or any route with stops on Market. If driving – park at Sutter Stockton Garage.

### **Blockchain/Crypto 101**

**Friday, May 23, 11:00 AM – 12:00PM**

**Zoom**

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



How does blockchain technology work? Is Bitcoin used only for criminal activities? Join us to learn about blockchain, cryptocurrency, Bitcoin, and the differences between them as we seek to distinguish hype from reality. This introductory workshop will be tailored for those who have no previous technical knowledge and will include a Q&A session.

Professor Michele Neitz is a visiting professor at the University of San Francisco School of Law and the Founding Director of the Center for Law, Tech, and Social Good. She is a current member of the United Nations Development Programme's Discussion Group on AI and Development in Latin America and the Caribbean, as well as the New York State Department of Financial Services' Virtual Currency Advisory Board. Prof. Neitz publishes and lectures regularly on the ethical, regulatory, and social impact issues in emerging technology.



### **LGBTQ+ Potluck**

**Saturday, May 24, 4:00 to 6:00 PM**  
**Home of David L. on Page Street near Central**  
**Register with David L.**  
**Limited to 12 guests**

Join us for a LGBTQ+ potluck at the home of David Lindsey. Please bring a small portion for about 4 people and drinks. Dinner plates, flatware, and beverage glasses will be provided. Street parking is usually available on Oak Street. There are 13 stairs from the sidewalk to the front door. When you register, please suggest what you might bring so we do not have too much of the same dishes. After you register you will receive a confirmation and the address.

### **Planning for Future Care Needs**

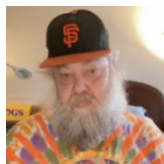
**Friday, May 30, 10:30 AM – 12:00 PM**  
**Zoom**

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



Join Sage Eldercare Solutions Clinical Care Manager Jill Melvin for a conversation about what kind of care is utilized and helpful as older adults' needs increase.

### **Recurring Events**



#### **Music Chat with Marko**

**Thursday, May 1, 1:00 – 2:00 PM, on 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.

### **Fitness Exercise**

**Thursdays, May 1, 8, 15, 22, & 29, 2:30 – 3:30 PM at SFV office, 3220 Fulton St.**  
**Mondays, May 5, 12, & 19, 1:00 – 2:00 PM on Zoom**  
**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.



### **Makers and Crafters**

**Friday, May 2, 2:00 – 3:30 PM, at 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, May 3, 10, 17, 24, & 31, 5:00 – 6:30 PM on 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!



## Member to Member Coffee Chat

**Monday, May 5, 12, & 19, 10:00 – 11:00 AM, on 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, May 5 & 19, 12:00 PM, at 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+.



## Explorers

**Planning Meeting: May 5, 1:00 – 2:00 PM, at SFV office, 3220 Fulton St.**  
**Register with SFV at (415) 387-1375 or info@sfvillage.org**

Join us to help plan activities for this year!

## Muir Woods National Monument and Lunch, May 28, 8:00 AM

**RSVP or questions to Barbara Elbl**

Explorers are planning a trip to Muir Woods at the end of May. We are carpooling, although it is possible to take public transportation. If you are driving there, you must first reserve a parking reservation for your car for 9:30am - 10:00am at 1-800-410-2419. Parking space is limited, so you should make a reservation asap. There are other ways to reach Muir Woods, by bus, by ferry or by finding someone who wants to drive there.



Afterwards we will be stopping at Pelican Inn for a delicious lunch. We will return to San Francisco around 2:30 or 3:00pm. The costs are as follows: \$ 9.50 for parking a car at Muir Woods, \$15.00 entrance fee, per person, to enter park, plus cost of lunch, determined by what you order.

## VA Donation

### Any questions, contact Carol Thompson

Are you searching for something positive to do in these extraordinary times? The Explorers Group will be sending thank you cards to as many veterans as possible to commemorate this Fourth of July. We've like to fulfill some of a wish list from the VA on Clement Street.

Wish list: All items must be new. sweatpants, sweatshirts, pajamas, underwear, reading glasses, blankets, sunscreen, lip balm, gloves, hats, scarves, long and short sleeved T-shirts, bottled water, healthy snacks, Safeway/Walmart gift cards from 10-25 dollars, crossword puzzles, word search, coloring books, drawing pencils, watercolor pads, paints, markers, craft kits and models.

Any questions, call Carol Thompson.

**June 2 -- June 16:** We will be collecting cards, notes, and items in a box the SF Village Office.

**Tuesday June 17, 1:00 – 3:00 PM at Phyllis Scaduto's home** If you'd like to join us, we will be writing postcards, cards, notes and letters for the veterans, and assembling our donations to bring to the VA.

**Monday, June 30:** We will bring our cards and goodies to the VA on Clement. We are welcome to join the hospital staff in delivering our donations if we'd like. There will be a sign-up for that as the date gets closer.

## Play Mah Jongg

**Mondays, May 5, 12, & 19, 2:00 – 4:00 PM, at SFV office, 3220 Fulton St.  
Register with SFV at (415) 387-1375 or info@sfvillage.org**



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



## Grupo de Conversación en Español

**Tuesdays, May 6, 13, 20, & 27, 1:00 – 2:00 PM, at SFV Office, 3220 Fulton St.  
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. Not sure if your Spanish is up for it? Check it out! We're a fun and lively group who help each other.

## Let's Play Games

**Tuesday, May 6, 1:00 – 3:00 PM, at SFV office, 3220 Fulton St.  
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 or playing cards.



## Aging Well with Mindfulness Meditation

Wednesdays, May 7, 14, 21, & 28, 10:00 – 10:45 AM, on Zoom  
Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

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

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

## Intergenerational Book Club

Wednesday, May 7, 10:00 – 11:00 AM, on Zoom  
Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)



Please join our intergenerational “hip and cool” book club for lively discussions. We mainly concentrate on D.E.I., contemporary, often award-winning, fiction/authors, only occasionally deviating to nonfiction or to older books that were notable during our misspent youths, to educate the young ones and to see if they are still “relevant”. Everyone (including members, staff, and volunteers) is welcome to join, on a regular basis or book-by-book. For May 7<sup>th</sup>, the book is *North Woods: A Novel* by Daniel Mason, and on June 4<sup>th</sup>, we are reading *Animal Dreams* by Barbara Kingsolver.



## LGBTQ+ Member Drop in Planning Meeting

Thursday, May 8, 1:00 – 2:00 PM, at SFV Office, 3220 Fulton St.  
Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Join us for a monthly drop-in planning session to explore new ideas of socializing together for members of the LGBTQ Circle AND the Del & Phyllis Posse, PLUS any other LGBTQ+ members of SFV, AND their allies! We'll discuss activities and ways of connecting in the coming months, as well as how to get involved in organizing these activities. So far, we are planning: a potluck lunch at the home of David L on Saturday, 5/24; and (3) a walk and picnic at Stern Grove on Saturday, 6/21. Let's plan some additional social activities. Bring your ideas and your calendars!

## Solo-Agers Circle

Friday, May 9, 10:30 AM – 12:00 PM, on 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.



## Artists Circle

**Collage Cut & Paste Party**

**Saturday, May 10 from 1:00 – 4:00 PM at Main Branch of the SF Public Library**

Join us in collage making!

**Ruth Asawa at SFMOMA**

**Tuesday, May 13, 12:00 PM**

**RSVP to Gayle Geary or Jay Davidson**

We plan to view Asawa's exhibit at the SF Museum of Modern Art. Join us at the membership desk at 12pm. A number of us are members and are able to provide guest passes for non-members. For those who wish, we will go to the café for a coffee or tea afterwards to discuss the exhibit and more.

**Stuck/Unstuck**

**Monday, May 19, 12:00 -- 1:30 PM at SFV office, 3220 Fulton St.**

**RSVP to Nancy Berry**

Join us for a conversation about the projects we are working on. Whether or not you have anything to show, please come and share your thoughts and ideas.

## Over 90!

**Monday, May 12, 2:30 – 3:30 PM, on 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 Page and the Stage

**Tuesdays, May 13 & 27, 2:00 – 3:30 PM, at SFV office, 3220 Fulton St.**

**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.

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

**Friday, May 16, 2:30 – 4:00 PM**

**Thursday, May 22, 12:30 – 2:00 PM**

**SFV office, 3220 Fulton St.**

**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.



### **Potluck Group**

**Sunday, May 18, 4:00 – 6:00 PM**

**Back Garden at Clint Seiter's home in Cole Valley**

**RSVP required. Register with Linda Allan**

Share food and make new friends at members' homes monthly. Please bring a small dish in a serving tray along with utensils, and a beverage to share. Parking sometimes can be a challenge. N Muni is nearby and buses 7, 43, 71. 12 person limit.

Also, we need hosts and co-hosts (to set up and tidy up) in the coming months, so please let us know.

### **Any Book Book Club**

**Tuesday, May 20, 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)**



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, May 26, 4:00 PM, on Zoom**

**Register with Sharon Kuester**

We will be discussing *Gilead* by Marilynne Robinson.

## **Neighborhood Circles**

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

### **Sunset Circle**

**Thursdays, May 1 & 15, 4:30 – 5:30 PM on Zoom**

**Casual chats, exchange of tips for local businesses and activities. No R.S.V.P. necessary but you can contact Patty Gerend if you have any questions or suggestions.**

**Monday, May 19, 10:30 AM at Java Beach Café on La Playa and Judah**

No need to RSVP, just show up for coffee at the beach. Please contact Carol Thompson if you have any questions or suggestions.



## 94114/94131 Circle

**Wednesday, 5/7, 12:30 PM, at Regent Thai, 1700 Church Street**

**RSVP to Rena Burn**

Join us for lunch!

**Thursday, 5/15, 1:00 PM, at Morning Due, 3698 17th Street**

In addition to coffee, they serve a variety of food items, so you may have either lunch or coffee. No RSVP please

**Thursday, 5/22, 4:30 to 6:00 PM, at Aquitaine, 216 Church Street**

Join us for Happy Hour! NO RSVP, please.

## 94118 Circle

**Thursday, May 8, 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!

## 94117 Circle

**Friday, May 9, 1:00 – 2:15 PM on Zoom**

**Friday, May 30, 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

**Monday, May 12, 1:00 PM at Sweet Lime Thai Cuisine, 2100 Sutter St.**

**Register with Gayle Geary**

Please join us for lunch! There is a limit for seating so please RSVP to Gayle Geary early.

## 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:** Inner Richmond

**94121:** Outer Richmond

**94123/94129:** Marina/Cow Hollow, Presidio

**94102:** City Center, Opera Plaza

**LGBTQ+ Circle:** Citywide

### **94121 Circle**

**Tuesday, May 13, 2:00 – 3:30 PM at SFV office, 3220 Fulton St.  
Register with Betty Vaughan or Carol Rothman**

We meet the second Tuesday of every month. We'll be at SFV this month and hearing from a member about their life, then get better acquainted in smaller groups.

### **94107/94103 Circle**

**Wednesday, May 14, 1:30 PM at Modi, 88 Natoma  
Wednesday, May 28, 4:00 PM at The Harlequin, 68 4th street  
Register with Dian Miller**

Join us for lunch on 5/14 and happy hour on 5/28!

### **West of Twin Peaks Circle**

**Thursday, May 22, 1:00 PM at Moss Beach Distillery, 140 Beach Way, Moss Beach,  
Register to Dimi Berkner**

The distillery sits at the edge of a cliff overlooking the ocean, with a beautiful view!! If the weather is good, we may have the option to eat outside. We all add 30% to our order which includes tax and tip. One of our honest, in-charge and understanding members will collect the money at each table.

### **94109/94133 Circle**

**Thursday, May 22, 1:30 PM, at Hummus Mediterranean Kitchen, at 2164 Polk Street  
Register with Bobbie Rothman or Juliet Rothman**

We're meeting for lunch and conversation.

### **Bernal Circle**

**Sunday, May 25, 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.

### **94123/94129 Circle**

**Tuesday May 27, 12:30 PM, the Presidio Sports Basement Sign Room  
Register with Jeanie Cleverly**

Our monthly lunch is growing, thanks to volunteer member leadership support and all our great members attending. Let's continue our amazing visits together, starting and growing continuing friendships and sharing the wisdom of our next moves and adventures into the future. The room will be open early by 11:30 for early arrivals. Bring your own lunch and beverage. Clean up after yourself to be welcomed back by Sports Basement!

## LGBTQ+ Circle

Thursday, May 29, 1:00 – 2:30 PM at Cup of Java Café, 3500 Geary Blvd.

Register with Bill Haskell

The LGBTQ Circle meets once a month. This session is usually in person. We can talk about activities we would like to participate in, or that we have participated in, and we can also make suggestions for future activities that sound interesting and fun.

## Save The Dates



### Art Salon

Wednesday, June 4, 2:00 – 3:00 PM

SFV Office, 3220 Fulton

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

## Communicating with the Health Care System

Wednesday, June 18, 2:00 – 3:00 PM

Zoom

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



Join Mettle Health for a session on communication specific to advocating for yourself with clinical professionals.



## Third Act Bay Area

Wednesday, June 25, 2:30 – 3:30 PM

Zoom

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

This is no time for elders to take a back seat. Our time is now!

Building a powerful movement, we bring together people from a broad range of backgrounds, cultures, faiths, and traditions into a positive community. The skills, resources, and experiences from our “second act” power our activist work. We will leave future generations a livable planet and a thriving democracy that is equitable and just for all. Third Act focuses on organizing people over 60, but to win, we need everyone.

Action is the antidote to despair. And we provide many for members to take, from five-minute actions that you can take at home to greater time commitments in the company of your fellow members. Join our community to envision, develop, and pursue strategies to protect our democracy and end the climate crisis.

## Volunteer Support

### Request a Volunteer and Volunteer Opportunities

San Francisco Village is an intergenerational community that brings younger volunteers together with older members to learn from and care for each other. Contact Jill Ellefsen at [jill@sfvillage.org](mailto:jill@sfvillage.org) or (415) 387-1375 ext. 2 to sign up to receive our weekly emails detailing the many volunteer options available to you.



Reach out to Jill for help with:

- shopping and errand assistance
- technology assistance
- outdoor gardening
- friendly caller connections and/or walking partners
- and more!

### Volunteer Connect Phone Number

Thanks to improvements in technology, you'll see (415) 212-6908 on your caller ID when San Francisco Village volunteers call you. Save it to your contacts as SFV Volunteer Connect! Our office number remains the same (415) 387-1375. This only works after being matched with a volunteer. If you haven't been matched yet or have any questions, please call Jill at (415) 387-1375 ext 2.

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*Please note that the programs and events listed in this newsletter are offered to members of San Francisco Village. To learn more about registering for membership, please contact Jill Ellefsen.*

### San Francisco Village

is a membership organization designed with, by and for older San Franciscans and the extended community that champions them.

#### Mission

We operationalize love for elders in an ageist society by mobilizing the power of intergenerational relationships and mutual support.

#### Vision

We envision a future in which people of all ages, races, cultures and abilities work together to create communities of belonging and in so doing, model possibilities for relationship and connection that benefit the greater good.

#### What We Value

Intersection of Health Care and Social Care • Eldership • Intergenerational Relationships  
Co-Creation • Equitable Community • Self-Reflection • Humility • Spontaneity

### San Francisco Village

3220 Fulton St., San Francisco, CA 94118 • (415) 387-1375  
[www.sfvillage.org](http://www.sfvillage.org)



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