



San Francisco Village

Monthly Newsletter

July 2025

From the Interim Executive Director, Avi Rose:

Dear Members and Friends,

Those of us who have lived into our older age know a thing or two about change. We know what it's like to experience loss, integrating new realities and finding our way forward, all while not forgetting the past. The process is healthy and necessary, though not always easy. And we keep going.



Here at San Francisco Village, we are settling into a new era. We are thankfully continuing to sustain a high level of excellent programs while also maintaining and improving organizational functions. Staff continues to excel. Members continue to build connections and enrich each other's lives. Volunteers continue to show up in a myriad of wonderful ways. The board continues to work hard to sustain our village, stepping up to a new level of communication and transparency. We are strong and moving forward.

Meanwhile, I've been interested to receive positive feedback on last month's newsletter, with people appreciating being clued in to Village finances; I'll be glad to share more. As mentioned in June, we are crafting an updated dues structure to better sustain the Village. We are always actively seeking support from individuals, businesses, and foundations who believe in our mission. We are also looking at ways to reduce expenses, including a move toward relying more on electronic communications rather than printing and mailing large quantities of paper newsletters.

People have asked about our support from the City of San Francisco in light of news about budget cuts. So far it looks steady, which we deeply appreciate. SFV has historically done an excellent job of making the case for the Village model being one key strategy for sustaining older San Franciscans. We will continue to make that case and will certainly let you know if we need to muster a chorus of voices to bring that message forward.

As mentioned last month, our overall financial goal is to remain accessible while also being sustainable. We all share responsibility for

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New Members

Deborah "Elle" Heller 94114
Helene Wenzel 94114
Susan Chua 94132
Samantha "Shulamit" Greer 94118
Patricia Haddock 94103
Peg Purcell 94131
Dorothy Majot 94132
Julia & Moshe Reder 94116
Diana Fuller 94114
Les James 94118
Lois Green 94131

Thank you to our Sponsors



achieving that goal, and I know that people will continue to do their part in a multitude of valuable ways. I'm honored to share the journey with you.

Here's wishing you a summer of health, enjoyment, and exploration.

From the Board of Directors

Have questions? Email board chair Gretchen Addi at gretchenaddi@gmail.com.

Board Meetings

Thank you to all who attended the May SFV open board meeting! Our next open board meeting will be on 9/23. For agenda questions, reach out to Gretchen.

Financials

We're focused on addressing the budget deficit

this year. We appreciate members considering increased membership fees and making donations. The Finance Committee has secured a volunteer to improve our data, reporting, and systems.

In Memoriam

Jean Halvorsen, 94123

Jean was a longtime SFV member who was active with the Play and the Stage group as well as the Intergenerational Book Club. We miss her humor, her spunk, and her honest way of connection. Jean was a leader of the 94123 circle for years, stepping away when her volunteer work as a docent at SFMOMA picked up.

Phil Faris, 94118

Phil was a founding SFV member who started working for IBM in the 1950's. He enjoyed a good bridge game and discussions about all things tech. His daughter made sure he was well cared for and reports that he died peacefully in his sleep.

Cornelia Hope, 94133

As a licenced Marriage and Family Therapist, Cornelia worked into her 90's. She travelled extensively and lived overseas. She was a lover of opera, the symphony, fashion and design.

Jacqueline Comins, 94124

Jackie passed away peacefully, leaving behind a legacy of love, music, laughter, and deep faith. She was a proud native of the city she called home. Jackie had a zest for life's simple pleasures -- she loved good food, sports, and gospel music.

Did You Know?

Office Closure

The San Francisco Village office will be closed Friday, July 4.

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 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/>

A Small Switch, A Big Impact: Go Digital with San Francisco Village!

We're encouraging members to switch to receiving our monthly newsletter electronically instead of by mail. This small change has a big positive impact: not only does it significantly reduce paper waste and our carbon footprint, but it also allows us to reallocate approximately \$45,000 annually from printing and mailing costs directly into vital SFV programs and services. Imagine the good that money can do for our community!

We understand that a printed copy is a preference for some, and we'll certainly continue to provide it for members who have difficulty accessing an e-version. However, for those who are able, choosing the electronic option is a wonderful way to support our sustainability and financial health.

If you're willing to make the switch to receiving only digital newsletters and haven't yet let us know, please email info@sfvillage.org. Thank you for helping us build a more sustainable and green San Francisco Village!

Upcoming Events



Precious Item Swap Meet

Tuesday, July 1, 11:00 AM – 12:00 PM

SFV office, 3220 Fulton St.

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

Bring one very special item that is no longer serving you and the story that goes with it. We'll gather in community, share our stories, and release the item for someone else to enjoy. A ceremony of intention while also creating a little more space in your home! All are welcome to bring an object and take object(s) for themselves or someone else in their life they think could use it.

Summer Online Series of Share your Story!

Mondays, July 7 - Aug 18, 10:30 AM – 12:00 PM

Zoom

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

This series started in June and you can join at anytime



Explore your experiences and memories and share them with others in a 12-week series from Litquake's Elder Project. Previous sessions alternated between I.T. Bookman Community Center and San Francisco Village; this summer series is taking place on zoom.

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. And 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 are offered to participants of San Francisco Village and the I.T. Bookman Community Center. We hope you attend the whole series and you are also welcome to drop in to as many sessions as you can make.



Take Me Out to the Ball Game!

Wednesday, July 9, 12:45 PM

Oracle Park, 24 Willie Mays Plaza

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

Come cheer on our San Francisco Giants against the Philadelphia Phillies at this afternoon game! Tickets are generously donated by the Giants. Please let us know if you use a wheelchair or walker (we have some accessible seats) or if a few stairs are okay. Tickets will be transferred via email and you'll need a smart phone with the MLB app to get in or be able to meet up with the group!

Fine Arts Museums Virtual Tour

Friday, July 11, 1:00 – 2:00 PM

Zoom

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



Picture Postcards: Travel through Art Does anyone send postcards anymore? Remember being excited to get a postcard from your Grandma from Lake Tahoe or from your friend visiting Europe? Well, we are here to tell you it is not a lost art. We will be sending you postcards from the wonderful places that fill the museums with beauty, adventure, and far-off places



A Resisting Oppression Workshop

Monday, July 14, 11:00 AM – 12:15 PM

SFV office, 3220 Fulton St.

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

The purpose of this Workshop is to present ways that we, as seniors and SFV members, can address our collective anxieties amidst the current onslaught of bad political and social news. Oppressive regimes, left or right, historically have sought to persuade people that they cannot empower themselves in their daily lives. But we can, through friendships, individual behavior, group actions, personal spirituality and community involvement. Disinformation, disorientation and apathy are happening right now in our country. To resist these, one must acknowledge that they can be paralyzing and damaging to self and society. Come and learn how to transform our daily lives into conscientious paths of resistance, cope with disinformation, and engage in mutual support. Lead by SFV member George Woyames. This is an in-person workshop, limited to 15 people.

Author's Talk: *The Night Sparrow*

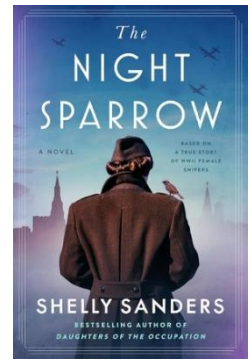
Tuesday, July 15, 11:00 AM – 12:30 PM

SFV office, 3220 Fulton St.

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

Join us in conversation with author Shelly Sanders, most recent book called *The Night Sparrow*, and niece of SFV member Gayle Geary.

Elena Bruskina, a Jewish university student, joins the Red Army as a sniper to get revenge from the fascists who murdered her family, but when she's ordered to give up her rifle to become an interpreter, she is entangled in a secret hunt for the most evil Nazi of all. Inspired by true events and people, *The Night Sparrow* is an improbably beautiful novel about a brutal episode in history.



Blockchain/Crypto Part 2

Thursday, July 17, 11:00 AM – 12:00PM

Zoom

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

How does blockchain technology work? Is Bitcoin used only for criminal activities? Join us for a part 2 question and answer session about blockchain, cryptocurrency, Bitcoin, and more.

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 Program'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.

Asian Art Museum Virtual Tour

Friday, July 18, 1:00 – 2:00 PM

Zoom

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

When the Tiger Smoked a Pipe: The Art of Korea Often heard at the beginning of Korean legends and folktales, "When the tiger smoked a pipe" is a familiar phrase akin to "Once upon a time." This program draws from the Asian Art Museum's collection of Korean art to explore a layered and transformative history of artmaking. Renowned for its ceramics and textiles, Korea has also created, adapted, and refined a variety of art forms. Today, Korea is among the leaders of contemporary art production.



LGBTQ+ Walking Tour of the Castro

Saturday, July 19, 2:00 – 4:00 pm

Register with SFV at (415) 387-1375 or info@sfvillage.org by 7/16

Get out your walking shoes! SF City Guide Fred Silverman will lead a walking tour of the Castro neighborhood. He will explain how it became one of the

first LGBTQ+ communities in the world. He will talk about the area's early settlers, famous residents (including Harvey Milk), as well as highlight architecture, and commercial icons. The tour will last about two hours, ending with a happy hour at Twin Peaks Tavern at about 4:00 pm. Most of the walk is flat. There are some stairs and a slight uphill portion.

This tour is for members of the LGBTQ Circle, the Del & Phyllis Posse, plus any other LGBTQ+ members of SFV, and their allies! The tour will start at 2 pm. The meeting place is in front of SoulCycle (where Bank of America used to be) at the corner of Market and Castro Streets, by the entrance to the MUNI station. This event requires a minimum of 12 attendees, maximum 20.

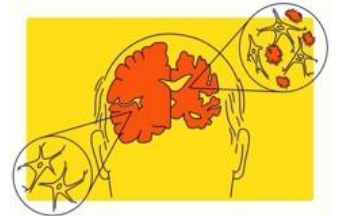
Exploring Care and Support Services

Tuesday, July 22, 11:00 AM – 12:00 PM

Rescheduled from June

Zoom

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



Join the Alzheimer's Association to examine how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.



Posture and Balance

Thursday, July 24, 1:00 – 2:00 PM

SFV office, 3220 Fulton St.

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

Gentle movements to support better posture and balance as you age. These simple exercises help realign the body, reduce tension, and build awareness of how you sit, stand, and move throughout the day. Improving posture can ease joint strain, support healthy breathing, and make everyday tasks feel

easier. All exercises and tips are slow, controlled, and can be modified to match your comfort level. Lead by Nolan Hirayama - a recent chiropractic grad - to learn more!

Member Walking Group: Cow Hollow and the Octagon House

Sunday, July 27, 11:00 AM

Meeting Place: corner of Vallejo and Steiner Streets. Look for your guide, Marilyn Straka, SFV member and owner of On The Level SF Walking tours.

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



This walk will explore the Cow Hollow neighborhood with its variety of architecture, interesting history (were there actually cows here?), and points of interest along the way including: the oldest farmhouse, Sherman House (think music), Andrew Carnegie library, a city park, and a 150-year-old Greek Orthodox Church. The highlight of the walk is a visit to the Octagon House. We will have a chance to see artifacts and historical documents from the Colonial and Federal periods of US history. At this point, you will have walked 1.5 miles on level walkways with a couple slight downhills.

After touring the house, you can optionally walk another .5 mile to take in Union St. Lots of commercial activity and places to have lunch, but have you ever concentrated on the Victorian architecture above? If you walk to Union and Steiner, Marina Sub Shop has excellent sandwiches with indoor seating. Coffee shops along the way are available as bathroom stops.

There are bathrooms at the Octagon House. At the start, I recommend to arrive 20 minutes early and you can use Marilyn's bathroom one block from the beginning. A free Cow Hollow self-guided walking tour booklet will be given to all participants. Getting there: #22 Fillmore stops at this corner, #45 Union stops nearby. If driving, park on the street, no restrictions on Sunday.



Immigration Know-Your-Rights Workshop

Tuesday, July 29, 10:00 – 11:30 AM

Zoom

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

In response to recent executive orders and increased immigration enforcement actions, many in our communities are feeling uncertain and anxious. Misinformation is wide-spread—but knowledge is power. Join us to learn about your basic rights during encounters with immigration or law enforcement, what to do if ICE comes to your home, workplace, or stops you in public, how to create a safety and preparedness plan for you and your family, legal resources and community support available to you, and how to help protect your rights and the rights of others.

Presented by Annette Wong, Chinese for Affirmative Action Managing Director of Programs and Gin Ma, Immigrant Rights Community Advocate. CAA is one of 12 organizations in The San Francisco Immigrant Legal & Education Network (SFILEN), a unique collaboration of legal and service organizations dedicated to aiding the immigrant community in San Francisco.

InnerYoga

Wednesdays, July 30, August 18 & 27 3:00 – 4:15 PM

SFV office, 3220 Fulton St.

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.

Recurring Events



Let's Play Games

Tuesday, July 1, 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.

Mindfulness Meditation

Wednesdays, July 2, 16, 23, & 30, 10:00 – 10:45 AM, on Zoom
Wednesday, July 9, hybrid at SFV office and on 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.

Mark your calendar for 7/9 when our mediation session will be hybrid! Hope you can join us at the SFV office!



Intergenerational Book Club

Wednesday, July 2, 10:00 – 11:00 AM, on Zoom
Register with SFV at (415) 387-1375 or 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 July 2nd, we are reading *You Dreamed of Empires: A Novel* by Alvaro Enrique. Our August 6th book is *The Emperor of Gladness* by Ocean Vuong.

Music Chat

Thursday, July 3, 1:00 – 2:00 PM, on Zoom
Register with SFV at (415) 387-1375 or info@sfvillage.org



A space to share thoughts about music you enjoy. 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, July 3 & 31, 2:30 – 3:30 PM at SFV office, 3220 Fulton St.
Mondays, July 7, 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. Please note Caroline will be on vacation July 10-28.

Sunday Sessions

Register with Ilene Rich Holtzberg

Celebrate Independence Day in Style!

Friday, July 4, 11:00 AM – 3:00 PM at Blue Heron Lake (formerly Stow Lake)

Get ready to enjoy the holiday in a truly beautiful setting. Imagine relaxing by the serene waters of Heron Lake, surrounded by nature, with good company and even better food.



Welcome to the Truhlsen-Marmor Museum of the Eye, 645 Beach Street

Sunday, July 6, 11:00 AM

How do you see the world? Find out at the American Academy of Ophthalmology Truhlsen-Marmor Museum of the Eye.

Lunch at Bursa, 60 West Portal Ave.

Sunday, July 13, 1:00 – 3:00 PM

The restaurant offers a culinary journey through the Eastern Mediterranean, featuring dishes such as Smoky baba ghanouj, rich musakka, and succulent lamb kebabs.



Virtual Social Hour

Saturdays, July 5, 12, 19, & 26, 5:00 – 6:30 PM on Zoom

Register with Leslie Stafford at staffordsf@gmail.com

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!

Coffee Chat

Monday, July 7, 14, 21 & 28, 10:00 – 11:00 AM, on Zoom

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

Join us for an informal and nourishing hour together to connect.



Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, July 7 & 21, 1:00 PM at Harding Park, 99 Harding Road

7/7 register with Nancy Newton and 7/21 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: July 7, 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!



**Bastille Day at Côte Ouest Restaurant 2953 Baker St
Friday July 11, 1:00 PM
Register with Carol Thompson**

We're celebrating Bastille Day with lunch! Join us!



Play Mah Jongg

**Mondays, July 7, 14, 21, & 28, 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. We have an American Style Mah Jongg set at the office.

The Page and the Stage

**Tuesday, July 8 & 22, 2:00 – 3:30 PM, at SFV office, 3220 Fulton St.
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.



LGBTQ+ Member Drop in Planning Meeting

**Thursday, July 10, 1:00 – 2:00 PM, at SFV Office, 3220 Fulton St.
Register with SFV at (415) 387-1375 or info@sfvillage.org**

Join us for a monthly drop-in planning session, usually on the second Thursday, to explore 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: (1) Saturday, July 19 – Walk and guided tour of the Castro, and a stop at local gay bar; (2) Friday, August 22 – lecture of SF LGBTQ history; and (3) Friday, August 29 – Showing of Rocky Horror Picture Show at SFV. Let's plan some additional social activities. Bring your ideas and your calendars!

Makers and Crafters

Friday, July 11, 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. **Please note we will be meeting on the second Friday this month due to the July 4th holiday.**



Over 90!

Monday, July 14, 2:30 – 3:30 PM, on 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.

Any Book Book Club

Tuesday, July 15, 2:30 – 3:30 PM, at SFV office, 3220 Fulton St.
Register with SFV at (415) 387-1375 or info@sfvillage.org

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



Artists Circle

Gelli Print at SFV office, 3220 Fulton St.
Wednesday, July 16, 2:00 – 4:00 PM
Register with SFV at (415) 387-1375 or info@sfvillage.org

Liberate your creative self with the Artists Circle and learn the basics of this fun, popular art tool. Art experience helpful, but no special drawing or painting skills required. Acrylic paint, loaner tools, and gelli plates available but let us know if you have your own to use. Bring your own apron or smock! Space limited.

Asian Art Museum

Monday, July 21, 12:00 PM

Join us for the exhibition Everyday War, created by contemporary Taiwanese artist Yuan Goang-Ming, explained on the asianart.org website as, "A leading video artist offers a dreamlike look at an increasingly unsettling world." It may not be for everyone, but it could certainly stir up conversation among those who see it.

Some of our Artists Circle have memberships and can get tickets to admit our Circle members. No RSVP needed. Meet at the membership desk on the day of the event and we will work out any possible free admissions at that time.



Potluck Group

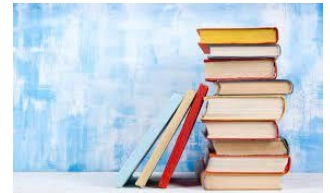
Sunday, July 20, 4:00 – 6:00 PM
Atam Roa’s home at Douglas and 20th St
Register with Barbara Elbl

Come join us and make new friends at the monthly potluck. Bring a tasty dish (with serving utensils) and a beverage to share.

Please note: The last Potluck will be in August if no one steps up to be the new coordinator. Please let Barbara Elbl know if you are interested and she will “show you the ropes.” It isn’t a hard job and if you like the potluck, please consider becoming the coordinator.

San Francisco Village Book Club

Monday, July 28, 4:00 PM, on Zoom
Register with Sharon Kuester



We will be discussing *The Glass Hotel* by Emily St. John Mandel.



The San Francisco Village View: A Current Events Discussion Group

Thursday, July 31, 12:30 – 2:00 PM
SFV office, 3220 Fulton St.
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 group is led by members Marymelissa Grafflin, Alexander Williams, and Cadell Child. The topics and viewpoints discussed are individual member’s beliefs, not necessarily those held by the organization.

Neighborhood Circles

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

Sunset Circle

Tuesday, July 1, 1:00 PM at Seal Rock Inn

Call Carol Thompson to reserve your spot for lunch

Thursdays, July 3 & 17, 4:30 – 5:30 PM on Zoom

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

Monday, July 21, 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.

94121 Circle

Tuesday, July 8, 2:00 – 3:30 PM at Patricia and Karl Kaussen's home

Register with Betty Vaughan or Carol Rothman

We meet the second Tuesday of every month. We hear from a member (This month from Bill Williams) about their life, then get better acquainted in smaller groups.

94107/94103 Circle

Wednesday, July 9, 1:30 PM at Cesario, 601 Sutter

Wednesday, July 23, 5:00 PM at Gaylord's Hotel, 620 Jones

Register with Dian Miller

Join us for lunch on 7/9 and happy hour on 7/23!

94114/94131 Circle

Thursday, July 10, 1:00 PM at Morning Due, 17th & Church

Morning Due has a diverse menu for those who prefer lunch to coffee: something for everyone. No RSVP, please.

Monday, July 14, 12:30 PM at Alice's Restaurant, 1599 Sanchez

RSVP to Jay Davidson

We will dine at this Chinese restaurant, the site of our first Circle lunch a year and a half ago.

Thursday, July 17, 4:00 – 6:00 PM at Aquitaine, 216 Church Street

Neighborhood Circles:

Sunset Circle: 94122/94116

West of Twin Peaks: 94127/94132
St. Francis Wood, West Portal, Forest Hill, Park Merced, Ingleside Terraces, Oceanview, Merced Heights and Ingleside

94110/94134: Bernal Hts /Potrero/ Mission/Visitation Valley/Bayview

94107/94103: South of Market/Mission/ Potrero

94109/94133: Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill

Embarcadero/FiDi: 94111/94104/ 94105/941108

94112: Excelsior/Ingleside TBD

94114/94131: Castro/Noe Valley/Glen Park

94115: Pacific Heights/Western Addition/Japantown

94117: Cole Valley/Haight

94118: Inner Richmond

94121: Outer Richmond

94123/94129: Marina/Cow Hollow, Presidio

94102: City Center, Opera Plaza

LGBTQ+ Circle: Citywide

This excellent wine bar also has snacks to accompany your beverage choice. No RSVP, please.

94118 Circle

Thursday, July 10, 3:00 – 4:30 PM at Karen Franklin’s house, 11th Ave and Cabrillo
Register with Karen Franklin or Carole Lewis

You can just show up yet calling or emailing will be easier to plan for attendance. This meeting is special as it is in Karens warm home with snacks, good conversation & friendship with opportunities to connect with new & old members. If you would like to use Karen’s elevator, contact her to arrange entry. And remember that all Circle meetings are open to all members. We encourage your Village friends to join us.

94117 Circle

Friday, July 11, 1:00 – 2:15 PM on Zoom
Friday, July 25, 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. We can share what is going on in our lives – what brings us pleasure, what we are enjoying, and what is positive. We can also share any challenges we are facing.

94115+ Circle

Tuesday, July 15, 11:00 AM at SFV Office, 3220 Fulton
Register with Gayle Geary

Meet best-selling author, Shelly Sanders as she discusses *The Night Sparrow* at the Village. Her latest historical novel published by Harper Collin’s is already a best seller in Canada. It is being released in the US on July 1st. Learn about the unsung women heroes who helped Russia defeat the Nazis. “This gripping narrative not only honors the real-life contributions of Soviet female snipers but also offers an intimate look into one woman's fight against tyranny.”

Lunch at the de Young afterwards.

LGBTQ+ Circle

Friday, July 18, 1:00 – 2:30 PM at Cup of Java Café, 3500 Geary Blvd.
Register with Bill Haskell

The LGBTQ Circle meets once a month. 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.

West of Twin Peaks Circle

Thursday, July 24, 1:00 PM at Trattoria da Vittorio, 50 West Portal Avenue
Register with Roberta by July 20

Calabrian-inspired pizzas and handmade pasta are their specialties. The lasagna is enough for two meals! We request that you have cash to pay your individual bill. We all add 35% to our individual check, which includes tax, tip, health mandate.

Bernal Circle

Sunday, July 27, 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



Art Salon

Wednesday, August 6, 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.

Communicating Your Health Wishes with Loved Ones

Wednesday, August 13, 2:00 – 3:00 PM

Zoom

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



Join Mettle Health for a session on communication specific to communicating your wishes and updates to people in your life.



How San Francisco Became America's "Gay Capital"

Friday, August 22, 2:30 -- 3:30 PM

SFV office, 3220 Fulton St.

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

For more than sixty years, San Francisco has been a beacon for LGBTQ people from all over the world. But how did it achieve this role? The true story begins more than 200 years before the rainbow flag or Harvey Milk. Hear the surprising story of how a parade of saloon owners, drag queens, sex workers, psychologists, hair fairies, Pentagon officials, and armed Evangelical activists together made San Francisco America's "Gay Capital."

Shawn is a designer and senior adjunct professor in San Francisco, where he has lived for ten years. He has been studying lesser-known queer history in the city since 2018 and now runs a volunteer queer history walking tour project called Unspeakable Vice, which highlights queer heroes, stories, and places beyond the Castro.

Grief Program

At SFV, we believe that a healthy expression of grief is communal. It requires that we honor the loss with simple rituals, by telling the story and being generously witnessed in our pain, so that we can move towards healing. If you or someone you care about is struggling with the loss of a loved one, please consider one of our virtual programs: Saturday Morning Drop-in Grief Group, Eight-week Traumatic Loss Grief Group, Eight-week Traumatic Loss Grief Group for people actively involved in 12-Step Recovery, and/or Monthly Traumatic Loss Drop-in Group. To learn more, please contact Gina Fiorentino at gina@sfvillage.org or (415) 387-1375 x 7.

Volunteer Support

Request a Volunteer and Volunteer Opportunities

San Francisco Village is an intergenerational community that brings volunteers of all ages together with older members to learn from and care for each other. Contact Sha'Nice Patterson at shanice@sfvillage.org or (415) 387-1375 x 4 to sign up to receive our weekly emails detailing the many volunteer options available.

Reach out to Sha'Nice 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.

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

