



From the Interim Executive Director, Avi Rose:

Dear Members and Friends,

In our continuing effort to bolster both the accessibility and sustainability of SFV, we recently launched our updated membership dues structure, inviting people to voluntarily step up to a higher level of support if at all possible. In the current political environment that is frankly hostile to human needs, we must rely on our internal resources as much as possible. We also see this as a renewed effort to achieve equity in our organization, encouraging everyone to do what they can, so that those with fewer financial assets can fully participate.



I'm glad to report that the early response to the new structure has been heartening! Many of you have opted to stretch up to a higher dues level, and many of you considered it carefully and concluded that you're already at the level that's right for you. Your generosity, thoughtfulness, questions and comments are all deeply appreciated. When the dust settles, I'll be glad to report specific information about how we're doing with dues revenue, as we chart a course together toward a more sustainable future for our village.

In another effort to increase our sustainability, we have encouraged people to receive the SFV newsletter electronically rather than in print. This is also an entirely voluntary effort; those who wish to continue to receive a hard-copy newsletter will continue uninterrupted. Thanks to your responses thus far, we will save approximately \$10,000 over the course of the year. And we'll save trees in the process!

Many thanks to those who responded to our previous request for input on what skills, characteristics and values you'd like to see in SFV's next Executive Director. The list is long and inspiring! Some frequently repeated words: empathy, wisdom, an excellent communicator, strong commitment to equity and diversity, intellectual and emotional depth, a good listener, sense of humor, warmth, integrity, experienced, financially astute, collaborative, creative. It's a tall order, as it should be. The search committee will apprise you of their progress and is looking forward to providing opportunities for meaningful input from all of you.

Here in foggy San Francisco midsummer, I wish you a season of enjoyment and renewal. The SFV menu of programs is as full as ever,

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New Members

Janet Rosenkrantz 94122
Hazel Amir 94127
Mike Bozarth 94122
Estelle Hepton 94122
Ludwik Badura 94115
Katherine Knapp 94121
Edward Wright 94109
Nuchine Nobari 94115
Mary Coulton 94110

Thank you to our Sponsors



and I hope you're availing yourself of the richness and diversity of what the Village offers. How about checking out something you haven't yet tried?

From the Board of Directors

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

Board Candidates

Four Board candidates have been forwarded to the Governance Committee for review. Thanks to Bill Haskell and Claudia Lewis for their help.

Executive Director Search Process

The Executive Director Task Force includes SFV members Tim Wolfred and Gayle Geary, staff Sarah Kent, emeritus board member Claudia Lewis, and board chair Gretchen Addi. We're starting with a job description and core criteria, and will invite community input as we go.

Financials

Avi, Jessica, and the Philanthropy Committee are actively working on grants and fundraising. We're especially seeking new sponsors—if you have leads in local businesses, tech, real estate, etc., please connect them with Avi or Jessica. Let's use our networks to expand SFV's!

In Memoriam

Judith Cohen, 94116

Judith was a respected epidemiologist, the first woman to earn a PhD in epidemiology from UC Berkeley. She was active early in the AIDS epidemic, doing research, education and outreach, especially among female sex workers. In her youth she was a dancer and maintained a lifelong love for the ballet. She had also been an excellent horsewoman and a scuba diver and instructor.

Tam Greene, 94109

Tam is a lifelong hiker and has hiked all around the world. She grew up in Chicago and studied social work at the University of Chicago. Many thanks to all the SFV volunteers who accompanied her on regular walks over the years.

Did You Know?

Shorter Newsletter

You'll notice we reformatted our newsletter to have less pages to save on printing costs and make it easier (we hope!) to read. A change is that the registration information isn't listed under every event, especially ones where it comes to the SFV office, and it's still extremely important to do so! Thank you for continuing to register for events!

Membership Dues

It has been 7 years since San Francisco Village re-examined its dues structure. During that period we have grown tremendously, offering far more programs and services, developing a larger staff and infrastructure to support them, while our dues revenue has lagged far behind our membership growth. Dues enable us to operate independently and not be overly reliant on government or other sources in order to pay our staff, rent our office, and sustain our programs.

We will maintain a dues structure that provides different options for people's differing circumstances, honoring the various amounts that people are able to contribute. Our sliding scale is a tool for building economic justice, and it requires everyone's active participation. Our aim is for everyone to pay a similar percentage of their available resources for the same community services, upholding a structure of equity.

Our proposed new dues structure is not a major departure from what we've been doing, but adds a new higher category and frames our levels differently. This process is entirely voluntary. Whatever you're already paying is deeply appreciated and does not have to change.

Our Standard Dues amount is \$50/mo for an individual, or \$62.50/mo for a household. This is what we hope will be the average amount paid by members overall.

For those who can afford to pay at a higher Strengthening Dues level, the amount is \$100/mo for an individual, or \$125/mo for a household. Strengthening Dues will help strengthen SFV in all ways, including sustaining our economic diversity.

Reduced (\$25/mo) and Access-level (\$10/mo) dues are still available in line with individual and household circumstances.

At all levels, your membership dues are valued and essential to San Francisco Village! All SFV programs and services are available to you regardless of what dues level you pay.

Upcoming Events

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



Summer Online Series of Share your Story!

Mondays, August 4 - 18, 10:30 AM – 12:00 PM on Zoom

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.

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. 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.

Resisting Oppression Workgroup

Monday, August 4, 11:00 AM – 12:30 PM, at SFV Office, 3220 Fulton

Have you been feeling concerned about ICE raids, Medicaid and SNAP cuts, and closure of government agencies? Some of your fellow Village members have been learning about strategic non-cooperation techniques to fight authoritarianism and where we can take that energy next. Join us to talk through ways our SFV community can take action.



Inspire a Student - Become a Volunteer in San Francisco Public Schools!

Tuesday, August 5, 11:00 AM – 12:00 PM on Zoom

Every student needs someone who believes in them-someone who says, "You've got this!" As a volunteer with the San Francisco Education Fund, you can be that person

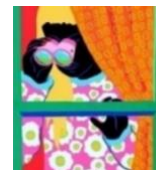
for a student in the San Francisco Unified School District. With just one hour a week, you can support a public-school student in reading, math, science, art, or simply by showing up and encouraging them to succeed. We also have programs to mentor students and to lead mindfulness sessions.

Volunteers are needed at every grade level and in every subject area, and we'll match you with a school that fits your interests and schedule. Bilingual volunteers are especially needed! If you speak Spanish, Cantonese, Tagalog, Arabic, Vietnamese, or another language, your skills are in high demand.

Art Salon

Wednesday, August 6, 2:00 – 3:00 PM at SFV Office, 3220 Fulton

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, August 8, 1:00 – 2:00 PM on Zoom

Green We respond emotionally to colors as individuals and society. Colors have embodied both the demonic and divine. I've chosen Green as my theme because it is an ambiguous color: a symbol of life, luck, hope and nature on the one hand, and on the other hand, a symbol of disorder, poison, magic, the supernatural, the devil and all his creatures – such as witches, and most serpents and dragons as a sign of their evil and dangerous nature.

Disaster Preparedness

Tuesday, August 12, 11:00 AM – 12:00 PM at SFV office, 3220 Fulton St.

Come learn about disaster preparedness from the SF Department of Emergency Management.



Communicating Your Health Wishes with Loved Ones

Wednesday, August 13, 2:00 – 3:00 PM on Zoom

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

InnerYoga

Wednesdays, August 13 & 27, 3:00 – 4:15 PM at SFV office, 3220 Fulton St.

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.



Asian Art Museum Virtual Tour

Friday, August 15, 1:00 – 2:00 PM on Zoom

Seeking The Divine: Deities of Asia What happens when the divine is given a body? Have gods created humans in their own image, or is it the other way around? This presentation explores representations of beauty, divinity, and physical transformation in different Asian cultures and religions. Through artworks from the Asian Art Museum's renowned collection, explore how artists have envisioned the divine, imbuing their creations with forms meant to reflect supernatural qualities.

Learn About SFV's Membership Dues Restructure

Tuesday, August 19, 11:00 AM – 12:00 PM at SFV office, 3220 Fulton St.

Join Interim Executive Director Avi Rose in conversation about the restructuring of membership dues at San Francisco Village. We want to make sure that all your questions and concerns are addressed!



How San Francisco Became America's "Gay Capital"

Friday, August 22, 2:30 – 3:30 PM at SFV office, 3220 Fulton St.

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.

Planning Lunch with Provocative People

Tuesday, August 26, 12:00 – 1:30 PM at SFV office, 3220 Fulton St.

Who would you like to have lunch with? Would you like to research and present this person's wisdom and character to a group of SFV members? Join us to learn more about planning an upcoming series that will take place this fall on the 2nd and 4th Tuesdays in October, November, and December. Please bring 2-4 provocative people you'd be interested in presenting and we'll decide as a group who to focus on for this series. We all appreciate diversity in race, age, gender identity, ability/disability, ethnicity, etc.



SFV successfully did this series in 2016 and 2019! Previous Provocative People have been Angeles Arrien, Helen Luke, Elie Wiesel, Nelson Mandela, Richard Dawkins, Christopher Hitchens, Yoko Ono, Rachel Carson, Angela Merkle, Rebecca Solnit, Greta Thunberg, Bernice Johnson Reagon, Dalia Lama, and Coretta Scott King.



Rocky Horror Picture Show!

Friday, August 29, 3:00 – 5:00 PM at SFV office, 3220 Fulton St.

It's just a jump to the left, and then a step to the right. With your hand on your hips, you bring your knees in tight and come watch the cult classic Rocky Horror Picture Show with the SFV LGBTQ+ Circle and Del and Phyllis Posse! Popcorn provided, singing along optional!

Weekly Events

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

Coffee Chat

Mondays, 10:00 – 11:00 AM, on Zoom

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

Fitness Exercise

Mondays, 1:00 – 2:00 PM on Zoom

Thursdays, 2:30 – 3:30 PM at SFV office, 3220 Fulton St.

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.

Mah Jongg

Mondays, 2:00 – 4:00 PM, at SFV office, 3220 Fulton St.

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

Mindfulness Meditation

Wednesdays, 10:00 – 10:45 AM, on Zoom

Mindfulness is a way of paying attention with kindness and curiosity to the present moment. It supports emotional regulation, stress relief, and better sleep—especially helpful as we navigate aging. Join us to learn, practice, and reflect. All levels are welcome. Led by Terre Passero, a Certified Mindfulness-Based Stress Reduction Instructor and founder of Mindful Stress Management.

Virtual Social Hour

Saturdays, 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 each other. 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!

Recurring Events

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

Older Gay Men's Support Group

Friday, August 1, 1:00 – 2:30 PM, at David's home near Page and Masonic

Register with Bill Haskell

As we gay men grow older, we have a greater need for connection through emotional authenticity and bearing witness to each-others' stories. This will be a peer facilitated support group, not a therapy group and these gatherings will be confidential. As said in 12-Step Programs: "Who you see here, what you hear here, when you leave here, let it stay here." Covid is still with us, so masks are a fine personal choice.

Makers and Crafters

Friday, August 1, 2:00 – 3:30 PM, at SFV office, 3220 Fulton St, 94118

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.

Sunday Events

Register with Ilene Rich Holtzberg

Brunch and Live Music at Beach Chalet, Sunday, August 3, 11:00 AM – 3:00 PM

Enjoy live music in a relaxed atmosphere with a beautiful beach backdrop, right next to the Pacific Ocean. Afterward, take a stroll on the beach or explore Golden Gate Park.

Ferry Building Shopping and lunch, Sunday, August 10, 11:00 AM – 3:00 PM

The Ferry Building in San Francisco truly excels as both a culinary destination and a vibrant community hub. As you stroll through the central indoor thoroughfare, you're immediately struck by the lively atmosphere. The diverse array of vendors showcases the incredible bounty of Northern California's artisan food and wine producers.

Lunch at Bursa, Sunday, August 24, 1:00 – 3:00 PM, at 60 West Portal

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

Coffee Klatch, Sunday, August 31, 11:00 AM – 1:00 PM at Ballast, 329 West Portal

It's a great spot where you can enjoy coffee and pastries in their lovely garden with art.

Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, August 4 & 18, 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. We'll 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 August 4, 1:00 – 2:00 PM, at SFV office, 3220 Fulton St.

Join us to help plan activities for this year!

Dinner and Entertainment, Thursday, August 14, 6:00 PM at El Mansour, 3119 Clement

Contact Carol by August 11 if you'd like to join us. Moroccan dinner at 6 and belly dancing starts at 7!

Let's Play Games

Tuesday, August 5, 1:00 – 3:00 PM, at SFV office, 3220 Fulton St.

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.

Intergenerational Book Club

Wednesday, August 6, 10:00 – 11:00 AM, on Zoom

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. Our August 6th book is *The Emperor of Gladness* by Ocean Vuong. On September 3rd, our book choice is *Our Evenings: A Novel* by Alan Hollinghurst.

Music Chat

Thursday, August 7, 1:00 – 2:00 PM, on Zoom

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.

Over 90!

Monday, August 11, 2:30 – 3:30 PM, on Zoom

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, August 12 & 26, 2:00 – 3:30 PM, at SFV office, 3220 Fulton St.

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, August 14, 1:00 – 2:00 PM, at SFV Office, 3220 Fulton St.

Join us for a drop-in planning session. We will 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 have planned: (1) Friday, August 22 – a lecture at SFV: How San Francisco Became America's "Gay Capital": and (2) Friday, August 29 – Showing of Rocky Horror Picture Show at SFV. Let's plan some additional social activities. Bring your ideas and your calendars!

Artists Circle

Friday, August 15, 11:00 AM – 1:00 PM at 1275 Minnesota Street

Register with Gayle Geary or Jay Davidson, co-chairs of the Artists Circle

Let's celebrate the 35th anniversary of the Recology SF Artist in Residence in partnership with the Minnesota Street Project!

Stuck/Unstuck: Wednesday, August 20, 1:30 – 3:00 PM at SFV office, 3220 Fulton St.

Register with Gayle Geary or Jay Davidson, co-chairs of the Artists Circle

This is an opportunity to show what we are either working on or have recently completed, along with hearing what other attendees may have to say about the work. Whether or not you have anything to show or discuss, please come and share your thoughts and ideas.

Potluck Group

Sunday, August 17, 4:00 – 6:00 PM at Barbara Elbl's home in the Inner Sunset

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: This will be the last potluck unless someone 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.

Any Book Book Club

Tuesday, August 19, 2:30 – 3:30 PM, at SFV office, 3220 Fulton St.

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, August 25, 4:00 PM, on Zoom

Register with Sharon Kuester at sbkuester@aol.com

We will be discussing *The Wide Wide Sea* by Hampton Sides.



The San Francisco Village View: A Current Events Discussion Group

Thursday, August 28, 12:30 – 2:00 PM at SFV office, 3220 Fulton St.

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. Please make sure to check about RSVPing!



94114/94131 Circle

Thursday, August 7, 12:30 PM, at El Tucan, 3600 16th Street at Market

Join us for Mexican food at our monthly lunch. No RSVP needed

Monday, August 11, 4:00 -- 6:00 PM, at Valley Tavern, 4054 24th Street

Our monthly happy hour! No RSVP needed

Thursday, August 14, 10:00 AM, at Martha & Brothers, 1551 Church Street

Our monthly coffee date. No RSVP needed

94117 Circle

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

Friday, August 22, 1:00 – 2:30 PM TBD if in person or on zoom

Register with Bill Haskell

The 94117 Circle meets twice a month, once on zoom and the second could be in person or on zoom. 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.

94121 Circle

Tuesday, August 12, 2:00 – 3:30 PM at Mary Hudson'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 Richard Rothman) about their life, then get better acquainted in smaller groups.

94107/94103 Circle

Wednesday August 13, 1:30 PM at R & G Lounge, 631 Kearny Street

Wednesday August 27, 4:00 – 6:00 PM at Tratto, inside the Marker Hotel, 501 Geary

Register with Dian Miller

Join us for lunch on 8/13 and happy hour on 8/27!

West of Twin Peaks Circle

SF Botanical Garden Tour: Thursday, August 14, 11:45 AM Lunch, Tour 1:00 PM

Register with Roberta by August 10

We'll have lunch at Pacific Catch, 1200 9th Ave. We request that you have cash to pay your individual bill. We each add 35% to our order--that accounts for tax and tip. Then we'll head to the front gate at the SF Botanical Garden to Observe and learn about the different species of trees in the Northern and Southern Hemispheres and experience the San Francisco summer bloom. For free admission, bring an ID showing San Francisco residency.

Lunch: Thursday, August 28, 1:15 PM at The Trident, 558 Bridgeway in Sausalito, CA

Register with Roberta by August 21

Originally opened in 1966 as a bar-restaurant-music venue by the Kingston Trio, the restaurant offers spectacular views of Angel Island, Alcatraz, and SF. Sausalito Ferry Schedule: Leave the Ferry Building at 12:35; arrive in Sausalito at 1:05. Leave Sausalito at 3:35; arrive back at Ferry Building at 4:05. You will need to bring cash to pay your individual bill. We each add 35% to our order--that accounts for tax, tip, and health mandate.

94118 Circle

Thursday, August 14, 3:00 – 4:30 PM at Karen Franklin's house, 11th Ave and Cabrillo

Register with Karen Franklin or Carole

You can just show up yet calling or emailing will be easier to plan for attendance. This meeting is special as it is in Karen's 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.

LGBTQ+ Circle

Friday, August 15, 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

Sunset Circle

Monday, August 18, 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.

Thursday, August 21, 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.

94115+ Circle

Tuesday, August 19, 3:00 PM at Gayle Geary's Home on Washington St.

Register with Gayle Geary

It promises to be a fun and interesting afternoon. Tea, coffee and yummy finger foods will be served.

Bernal Circle

Sunday, August 24, 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

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



Share Your Story!

Mondays, September 8 – November 24, 10:30 AM – 12:00 PM

***IT Bookman Community Center, 446 Randolph St* (9/8, 9/22, 10/6, 10/20, 11/3, 11/17)**

***San Francisco Village, 3220 Fulton St* (9/15, 9/29, 10/13, 10/27, 11/10, 11/24)**

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!

Aging Mastery Program

Wednesdays, September 10 – November 12, 2:00 – 4:00 PM at SFV office, 3220 Fulton St.



The Aging Mastery Program® (AMP) is designed to help older adults improve their well-being through behavior change and goal setting. AMP covers a broad range of topics from exercise, nutrition, finances, advanced planning, and community engagement. This workshop meets once per week for ten weeks. We bring in subject-matter experts (like nutritionists and physical therapists) to speak on the topics of the week. This program was developed by the National Council on Aging (NCOA) and is offered across the country.

The Aging Mastery Program is organized by On Lok, a community-based organization that works closely with community partners to improve policy and innovate older adult services.



Access Day for Paul McCartney Photographs 1963-64: Eyes of the Storm

Monday, September 29, 11:30 AM at de Young, Education or Garage Entrance

A glimpse into Beatlemania through the lens of Paul McCartney, who documented The Beatles' first US trip from December 1963 to February 1964 with his 35mm Pentax camera. McCartney's photographs constitute a visual diary of this pivotal moment in popular culture from a perspective never seen before.

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.

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. 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



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

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