

# **Monthly Newsletter**

November 2025

# From the Interim Executive Director, Avi Rose:

Dear Members and Friends.

As some of you know, I have recently gone back to school, studying toward being ordained as a rabbi. It's an interesting journey to undertake at age 71! While the people who know me best are not at all surprised, it has been an interesting litmus test for others. I'm pleased to say that most have been



unreservedly positive, though quizzical: How long is this going to take? What are you planning to do with it? Did you think about doing this earlier? All good questions, and I'm glad to answer them. But for some, they are tinged with the unasked question of "Are you out of your mind?"

Well, no, I don't think so. It is a challenge to be back in school for the first time since 1983, with new technologies and a mind that's still agile yet doesn't always remember every detail. It's humbling to realize how much I don't know. At the same time, I feel extraordinarily grateful to be pursuing a path that affirms what I've already done in my life. I bring life experience that's strengthening for me and useful for my fellow and sister students, most of whom are decades younger than me. And it's liberating to pursue a vocation at this time of life, not oriented to a long career ahead, but instead leaning into the journey itself and whatever opportunities present themselves. What an amazing gift.

Most of us carry voices in our heads as we grow older, often based on ageist assumptions of what we can or cannot do, what we should and shouldn't do, and so on. If those voices are especially noisy, it becomes hard to hear our own voice. I encourage us all to listen to ourselves - our bodies, our minds, our spirits - as we decide what we're going to do with our precious time and energy. And I also encourage us to celebrate the choices we make - large or small, quiet or bold.

You've all chosen to join San Francisco Village, which in itself is an affirmation of life, being engaged in a vibrant community. I hope that the Village gives you strength to chart your own course in other ways as well.

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#### **New Members**

Sharon Michel 94122 Liisa Dalbak 94112 Polly Babcock 94117

Sara Rozzano 94109

Sarah Wilson 94110

Don Buhman 94115

Paul Kunsberg 94114

DiAnn Walker 94112

Katharine Barry 94117

Merle Friedenberg 94115

Yvonne McClung 94127

## Thank you to our Sponsors











# From the Board of Directors

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

The ED Search Task Force now includes 2 new Board members - Susan Pollack and Peter Jarrett. We have begun the first round of interviews with candidates. More updates to come on our progress and process for engaging members in the selection.

We are continuing our recruiting efforts for the Board as well and welcome any interest or referrals.

As we approach the end of the year, we will be working with staff to develop the budget for 2026.

## Did You Know?

## **Holiday Office Closures**

The SFV office will be closed 11/27 & 11/28 (reopening 12/1) and 12/24 - 1/2 (reopening 1/5).

### **Contact Information for Member Led Events**

To protect members' digital safety, we do not include contact infomation in the online newsletter. Please reach out to the office if you need a phone number or email to register for an event.

Honor a Loved One, Support Our Community: Give Through Your Individual Retirement Account A tax-free gift from your IRA is a great way to support San Francisco Village's continued community building while also minimizing your tax bill for 2025 and 2026.

How tax-free gifts from IRAs work

- If you're age 70½ or older, you can make a Qualified Charitable Distribution (up to \$108,000, annual aggregate limit) from your IRA directly to San Francisco Village. If you're older than age 73, the distribution will count toward your Required Minimum Distribution.
- There is no tax deduction, but the amount you send directly to us from your IRA is excluded from your income for federal tax purposes and you pay no income tax on this amount.
- The entire amount transferred supports San Francisco Village immediately

Thank you for considering a gift to San Francisco Village!

# In Memoriam

# Willia Rodgers, 94132

Willia enjoyed attending the IT Bookman Community Center, line dancing, and meditation on Zoom. Willia was born in Texas and moved to SF after high school. She worked for the Department of Social Services for 35 years with families and children in foster care. She lit up any room she was in.

# John Steinfirst, 94118

John had a joy for life that was infectious. He delighted in sharing his love of art, music, travel, food and good company with his numerous and dear friends. He had a career in social work and advocacy. Sending a shout out to his SFV volunteer Geri who took his dear dog Chauncey out for walks almost every day.

#### Jim Fishman, 94117

Jim was well known in the San Francisco Bay Area through his work as a social worker and

psychotherapist. He was also a prolific artist. He was an avid swimmer, cook and an early gay activist. Jim was loved for his wit, charm and whimsey.

## **Georgene Keeler, 94115**

Georgene loved Joan Baez, Johnny Cash, classical music, bluegrass, and jazz. She was an enthusiastic patron of opera, symphony, theatre, and museums in every city she called home. She delivered food to the homebound, sat on the board of a halfway house, and opened her heart and her home to all. She continued exploring new ideas and nurturing relationships until the very end.

# **Upcoming Events**

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



#### **Share Your Story!**

Mondays, November 3 – November 24, 10:30 AM – 12:00 PM IT Bookman Community Center, 446 Randolph St (11/3, 11/17) San Francisco Village, 3220 Fulton St (11/10, 11/24)

This series started in September and you can join any time.

Explore your experiences and memories and share them with others in a 12-week series with SFV, IT Bookman, and Litquake's Elder Project. Guided prompts and supportive teaching will help you explore your stories, connect with others, and build community.

## Map Your Neighborhood (MYN)

Tuesday, November 4, 11:00 AM - 12:30 PM at SFV office, 3220 Fulton St. Monday, November 17, 1:00 - 3:00 PM at SFV office, 3220 Fulton St.

The Map Your Neighborhood program is designed to guide you and your neighbors through simple steps to quickly and safely take actions that can minimize damage and protect lives in an emergency. MYN teaches neighbors (usually 15-20 homes nearby or those you can canvas in 1 hour) to rely on each other during the hours or days before fire, medical, police or utility responders arrive. NERT is leading the adapted MYN program in San Francisco.

Map Your Neighborhood 1: 1.5-hour training about the program and how volunteer on your block. Map Your Neighborhood 2: 2 -hour review of the Map Your Neighborhood program with other residents on your block that you have invited while you work on the next steps.



## **Member Walking Group: Treasure Island**

Wednesday, November 5, 10:30 AM, Meeting Place: Ferry Building, Gate B Look Marilyn Straka, SFV member & owner of On The Level SF Walking tours.

Treasure Island is a "treasure" just waiting to be explored! After a 10 minute ferry ride from the Ferry Building, we arrive at the old China Clipper terminal which has a bathroom, small museum, murals and surprise. We see an awesome view of the SF skyline as we walk a new paved path along the waterfront. We pass Cityview Park (newly opened) and have lunch at Mersea (made of shipping containers) or bring a bag lunch and eat along the water on a bench. From here, we can explore further along the water or return to the ferry along an internal walkway. Return to SF via the ferry or bus to the Salesforce Terminal. Amount of walking is flexible - 1 to 2 miles. Ferry ticket purchase information will be sent with confirmation.

# InnerYoga

Wednesdays, Nov 5 & 19, Dec 3 & 17, 11:00 AM – 12:15 PM at SFV office 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.

## **Aging Mastery Program**

Wednesdays, Nov 5 & Nov 12, 2:00 - 4:00 PM at SFV office, 3220 Fulton St. This series started in September and you can join at any time

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 program was developed by the National Council on Aging and is offered across the country. AMP is organized by On Lok, a community-based organization that works closely with community partners to improve policy and innovate older adult services.

#### **Free Vaccine Clinic**

Tuesday, November 11, 11:00 AM at SFV office, 3220 Fulton St.

Come by and get your flu and Covid vaccines! Appts needed to ensure supplies.





### **Lunch with Provocative People**

Tuesdays, 11/11, 11/25, 12/9, 1/13 & 1/27, 12:00 - 1:30 PM at SFV office, 3220 Fulton St.

Who would you like to have lunch with? Fellow members have researched a person's wisdom and character and will be presenting on what makes them provocative and facilitating a discussion.

**11/11: Emily Carr** was born in 1871 in Victoria Canada which was still very British in flavor. Emily's renditions of British Columbia's forests and First Nations villages and totems did not fit into the box of acceptable art. Unrecognized for the most part until later in life, she is now known internationally as a Canadian icon of the arts and letters. Presented by Judy Banis.

**11/25:** "The 4th most powerful woman in the world" according to Forbes, **Claudia Sheinbaum Pardo** is the 66th President of Mexico, climate scientist, and social-democrat from the left-wing Jewish heritage. Presented by Margaret Gannon.

**12/9: Kara Walker: Shadows of History** With nothing but black paper and white walls, Walker dares to explore some of the most brutal and painful legacies of slavery, race, and gender in the US. Her work doesn't just provoke thoughts, it provokes debate. Presented by Michèle Praeger.

**1/13: Gertrude Stein,** an American living in Paris at the beginning of the twentieth century. A pivotal figure in the heart of the post-impressionist art movement, and later, the center of the circle of expatriate writers such as Ernest Hemingway and Sherwood Anderson. Presented by Clint Seiter.

**1/27:** The Political Evolution of Donald Trump: from registered Democrat and 2011/2014 Kamala Harris donor to his challenging and provocative MAGA Presidencies, Trump and his ideas without labels, name calling, and cliches. Presented by Allegra Fortunati.

#### **Fine Arts Museums Virtual Tour**

## Friday, November 14, 1:00 – 2:00 PM on Zoom

City life is a vibrant, fast-paced experience marked by a wide array of opportunities, along with extensive public transportation and diverse cultural events. However, it also involves high living costs, crowding, constant activity, and potential noise and pollution, creating a

complex lifestyle that offers both exciting advantages and significant drawback. Artists have always been fascinated with life in the city, let's see how four artists depict this unique experience.



Monday, November 17, 11:00 AM – 12:30 PM, at SFV Office, 3220 Fulton Many of your fellow Village members have been active with the No Kings Day and other activities, as well as meeting to discuss concrete actions we can take to resist authoritarianism. We have been developing outreach with signs and stickers, engaging

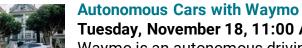
with city officials regarding policies addressing immigration overreach, and supporting vigils at the Federal Immigration Court. We encourage all Village members to join in by attending the next meeting (in-person or on zoom) or contacting Rosemary K. or Luis L. for information. Please add to the conversation on ways our SFV community can take action.

## **Access Day for Art of Manga**

# Monday, November 17, Time TBD at de Young, Education or Garage Entrance

Manga — Japanese comics and graphic novels — have become a global phenomenon.

Featuring rarely presented original drawings by major artists, this exhibition showcases the world of manga from the 1970s to today. Enjoy a free 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.



**Tuesday, November 18, 11:00 AM – 12:30 PM, at SFV Office, 3220 Fulton St.** Waymo is an autonomous driving technology company based right here in San Francisco. They're on a mission to be the world's most trusted driver by making it

safer, more accessible, and more sustainable to get around — without the need for anyone in the driver's seat. Waymo will be sharing information about autonomous driving technology, how they partner with the community, and share information on how you can start riding. Want to try it out? Waymo will be providing rides around the neighborhood to share their technology with the SFV community. Waymo is a business sponsor of SFV.

#### **Earth Funeral**

Wednesday, November 19, 2:00 – 3:30 PM at SFV office, 3220 Fulton St.

Come learn more about Earth, a licensed funeral home specializing in soil transformation. Soil transformation is a natural, eco-friendly alternative to burial and cremation. This new, gentle process (also referred to as "human composting") creates soil that families can use for memorial gardens, spread in meaningful places, or donate to conservation efforts. It's a way to give back to the natural world that sustained us, helping restore forests, sequester carbon, and renew challenged ecosystems

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



## Friday, November 21, 1:00 – 2:00 PM on Zoom

Japanese Aesthetics: Exploring Japan's Artistic Sensibilities Kimono, netsuke, swords, lacquerware, screens, and scrolls: explore the variety, complexity, and beauty of traditional Japanese art forms. Artists working in these modes were held to an exacting

standard: in addition to an object's functionality, it also had to be aesthetically pleasing while displaying the skill of the artisan, the taste of the patron, and the values of the culture.

## Ferry Building Lunch and Walk - An LGBTQ+ Community Holiday Event

Saturday, November 22, 1:00 - 3:00 PM

## Register with David L. or just drop in

Come join the LGBTQ+ community for a pre-Thanksgiving get-together. We will meet at the table outside of the Book Passage bookstore. Lunches may be purchased from the many vendors or bring your own. After lunch, we can break up in groups to walk along the piers, sit outside, or shop in the Ferry building.



## **Thanksgiving Day Restaurant Gathering for Villagers**

Thursday, November 27, 2:00 PM at Tara Indian Cuisine, 2217 Market Street **Register with Clint Seiter** 

We are delighted to announce the 5th annual Thanksgiving Day get together for Villagers who would welcome a sense of community while enjoying delicious and reasonably priced food.

#### Panto in the Presidio - Peter Pan!

Sunday, November 30, 1:00 - 3:00 PM, at Presidio Theatre Contact Bill Haskell if you plan to attend.

Peter Pan returns this 2025 holiday season. This is a wonderful, wacky, and VERY popular performance. Get your tickets early online! This event is organized for members of the LGBTQ Circle, the Del & Phyllis Posse, PLUS any other LGBTQ+ members of SFV, AND their allies. Tickets: <u>www.presidiotheatre.org</u>. We will meet after the performance at Starbucks in the Presidio.

# **Weekly Events**

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



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.

### **Coffee Chat**

## Wednesdays, 3:00 - 4:00 PM, on Zoom

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



#### War Virtual Social Hour

## Saturdays, 5:00 – 6:30 PM on Zoom. Register with Leslie Stafford

Bring your favorite tipples & nibbles, get comfy, & we'll chat & check-in with each other. We look

forward to lively discussions on a wide range of topics, from personal updates to the silly or serious--limited only by your imagination!

# **Recurring Events**

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## Sunday Events

## Register with Ilene Rich Holtzberg

Sundays, November 2 and November 23, 1:00 - 3:00 PM, Lunch at Bursa, 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.

Sundays, Nov 9 and Nov 30, 11:00 AM - 1:00 PM at George's Donuts & Merriment, 163 West Portal King George, the donut aficionado and monarch of all things sweet, invites you to step into a world of freshly brewed coffee and handmade donuts.

## Sunday, November 16, Coffee Klatch, 11:00 - 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. A chance to meet new members and engage is interesting conversation.

## Del and Phyllis Posse: Female LGBTQ+ Circle

# Mondays, November 3 & 17, 12:30 PM at Haystack Pizza, 3881 24th Street **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: November 3, 1:00 - 2:00 PM, at SFV office, 3220 Fulton St. Join us to help plan activities for this year!

## Friday, November 21, 8:45 PM at St Ignatius Church, 650 Parker Avenue

Join us at a candlelight concert of music of the Beatles! No need to register, but you do need to buy your own ticket on Fever. Prices range from \$32 to \$60 depending on how close you want to sit to the musicians in the Church. Call Carol Thompson with questions.

Roman Spa in Calistoga, April 14-17, 2026. Our 3rd Annual trip! The Roman Spa offers a great discount if you book a room with them the weekend of Black Friday, the last weekend in November. Please consider joining us. It's lots of fun. Non-Village members are welcome to join us.



## Let's Play Games

## Tuesday, November 4, 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.

# Grupo de Conversación en Español

## Tuesdays, November 4 & 18, 2:00 - 3:00 PM, at SFV office, 3220 Fulton St.

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. We changed the days of our meeting to the first and third Tuesday of the month.



#### Intergenerational Book Club

## Wednesday, November 5, 10:00 - 11:00 AM, on Zoom

Please join the Intergenerational "Hip and Drippy" Book Club for lively discussions. We mainly concentrate on D.E.I., contemporary, often award-winning fiction/authors. Everyone is welcome to join, including members, staff, and volunteers. For Wednesday, 11/5 we are reading The Great Gatsby by F. Scott Fitzgerald. On 12/3, the book is Audition: A Novel by Katie Kitamura, and January's book is The Book of Disappearance: A Novel by Ibtisam Azem.



#### Music Chat

## Thursday, November 6,1:00 - 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 so we can listen together and discuss what the music means to us.



## LGBTQ+ Member Drop in Planning Meeting

## Thursday, November 6, 1:00 - 2:00 PM at SFV Office, 3220 Fulton St.

We will explore ideas of socializing together for LGBTQ+ members of SFV, AND their allies! We'll discuss ways of connecting in the coming months, as well as how to get involved in organizing these activities. So far, we have planned attending Peter Pan at the Presidio Theater in November and showing the film Carol in December. Let's plan additional social activities. Bring your ideas!



#### **Artists Circle**

# Friday, 11/7, 11:00 AM at di Rosa Center for Contemporary Art, 1150 25th Street **RSVP** to Jay Davidson

Originally established in Napa, now in its new Dogpatch home, di Rosa focuses on the work of Northern California artists. If there is interest among the attendees, we will go to lunch afterwards.

# Wednesday, 11/12, 1:00 PM at Jay Davidson's home, 16th St and Church **RSVP** to Jay Davidson

Join us for the inaugural session of a new event that we are calling "What were you thinking?" during which an artist will share the thinking process that they went through in creating their art. First up is Jay Davidson, who will begin by taking you through the creation of the works he calls photocollages, and their evolution.



## Older Gay Men's Support Group

## Friday, November 7, 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.



## Makers and Crafters

# Friday, November 7, 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 handcraft 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 artform.



## Monday, November 10, 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, November 11 & 25, 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. We will be reading and discussing A Streetcar Named Desire by Tennessee Williams. 11/11 scenes 2&3, and 11/25 scenes 8&9. Please bring a copy of the play.

## Potluck Group

## Sunday, November 16, 2:00 – 4:00 PM at Jay Davidson & Kevin O'Neill's home near Mission Dolores **Register with Eugenie Marek**

Join us for food, drink and a relaxing way to meet each other! Please prepare and bring a tasty dish and beverage to share. Serving utensils, please. Both MUNI buses and J Streetcar are near. Parking may be tight. There's a flight of stairs up to the flat. It's a shoes-off household. Want to try hosting at your home? Please contact me!



## A Circle of Kindred Spirits

## Tuesday, November 18, 2:00 - 3:30 PM at Susan's home in Bernal Heights Register each session with Susan Kitazawa

Have you ever felt "othered" for not fitting the dominant mold—whether because of ethnicity, sexual/gender identity, disability, or other innate aspects of who you are? Having to live outside the usual can bring challenges, wisdom, and a deeper embrace of others' differences. Join kindred spirits to celebrate belonging, resilience, and the gifts of navigating life from less common spaces that we didn't choose for ourselves. This circle meets in person on the 3rd Tuesday, 2:00 to 3:30 PM, with space limited to 10.



#### Any Book Book Club

## Tuesday, November 18, 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.



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

# Thursday, November 20, 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. The group will vote on topics 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 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.



San Francisco Village Book Club

Monday, November 24, 4:00 PM, on Zoom Register with Sharon Kuester

Our book is By its Cover by Donna Leon.

# **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 and reach out to the office if you need contact information.



#### 94123/94129 Circle

Wednesday, November 5, 11:00 AM at the Blue Barn 3344 Steiner St.

No reservations; look for the best table in the back patio. We request that you order and pay for yourself. Save the dates 12/3 and 1/7, 11:00 AM

#### 94114/94131 Circle

Thursday, November 6, 12:30 PM, lunch at Eric's Restaurant, 1500 Church Street RSVP to Jay Davidson

Tuesday, November 11, 4:00 – 6:00 PM, Happy hour at Aquitaine, 216 Church Street NO RSVP needed.

Thursday, November 13, 1:00 PM, Afternoon coffee at Morning Due, 17th & Church Streets

Morning Due offers food for those of us who don't drink coffee in the afternoon. No RSVP needed.

#### 94115+ Circle

# Thursday, November 6, 4:00 – 5:30 PM at Golden Gate Valley Library, 1801 Green Street Register with Gayle Geary by 10/31

Do you live in District 2? If so, please join our 94115+ group in a robust conversation with our Supervisor Stephen Sherrill. Bring your questions, bring your concerns, as he discusses his priorities not only for our district but for the city as a whole.

#### **Sunset Circle**

## Thursdays, November 6 & 20, 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, November 17, 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, November 11, 2:00 - 3:30 PM at Betty Vaughan's home

#### Register with Betty Vaughan or Carol Rothman

We meet the second Tuesday of every month. Margot Breier be telling us about her life and there will be a drawing for a fall colored afghan.

#### 94107/94103 Circle

Wednesday, November 12, 1:30 PM at Wayfare Tavern, 201 Pine St.

## **Register with Dian Miller**

Join us for lunch on 11/12!

#### 94109/94133 Circle

Thursday, November 13,1:00 PM at Pistachio, 1535 Franklin St.

## Register with Bobbie Rothman or Juliet Rothman

Our group will enjoy a delicious and culturally inspiring lunch and conversation at Pistachio, a delightful Turkish style restaurant. They serve breakfast and lunch, and their menu is filled with pistachios, avocado, and egg choices, as well as traditional meat and fish delights.

#### 94118 Circle

# Thursday, November 13, 3:00 – 4:30 PM at Karen Franklin's house, 11<sup>th</sup> 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. To use Karen's elevator, contact her to arrange entry.

#### 94117 Circle

Friday, November 14, 1:00 - 2:30 PM on Zoom

Friday, November 28, 1:00 - 2:30 PM, usually in person

## 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.

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

## Monday, November 17, 5:00 PM at Beach Chalet

## Register with Roberta Gordon by 11/13

Monday is prime rib night! We request that you have cash to pay your individual bill. We add 36% to our order, which includes tax, tip and 6% health mandate.

#### **LGBTQ+ Circle**

# Friday, November 21, 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

#### **Bernal Circle**

# Sunday, November 23, 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



## **Holiday Party**

Saturday, December 6, 11:00 AM – 1:00 PM at 111 Minna Gallery, 111 Minna St Join us for our annual holiday party! This year we're trying something new, a brunch! It's a time to see new and familiar faces, make warm connections, and bask in our vibrant

community!

#### **Grief Panel**

## Wednesday, December 10, 2:00 - 3:30 PM at SFV office, 3220 Fulton St.

Grief is universal to the human experience, and while every loss is felt differently, there are threads that connect all grievers. We'll hear from participants and facilitators of SFV's grief program and SFV staff about their own grief journeys and invite members of the audience to share stories and ask questions.

#### **Crafts and Art Fair!**

Friday, December 12, 1:00 - 3:00 at SFV office, 3220 Fulton St.

Join us for a day with SFV artists, crafters, and makers! Let us know ASAP if you'd like a table to see your items and what you'll be bringing. Each maker is responsible for their own sales.

# **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, 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, friendly caller connections and/or walking partners, outdoors gardening, 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

