



From the Executive Director, Jenny Belway:

Dear Members and Friends,

When the world feels noisy, uncertain, or overwhelming, community becomes our grounding force. At San Francisco Village, we see this every day. While our services help individuals with practical needs, the heart of the Village is something deeper: friendship, shared experiences, and the reassurance that no one is aging alone.



The Village is not only about getting help when you need it. It is about building circles of connection that sustain us over time. Our neighborhood circles, drop in gatherings, shared meals, walks, classes, and conversations create space for laughter, mutual care, and belonging. These social connections are essential to our health and well-being, especially during times that feel chaotic or isolating.

Last month, I had the joy of spending time at our Valentine's drop in event on the 13th. We made valentines together, shared stories, and enjoyed easy, joyful conversations with new friends. It was a simple afternoon, and a powerful reminder of what makes this community so special. Small moments of creativity and connection can have a lasting impact. Each Friday in March, I will be having similar drop in events from 2:00 – 4:00 PM with tea, treats and conversation.

As we move forward, I want to hear more from you. What helps you feel more connected? What would give you a stronger sense of belonging at San Francisco Village? Your ideas, hopes, and feedback will help shape how we grow this community together.

Thank you for being part of a Village that shows up for one another with warmth, curiosity, and care.

With gratitude,

Jenny

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New Members

Jeanine Reisbig & Gale Golden 94121
Renee Schaible 94110
Eleanor Farrell 94121
Robert Saletta 94117
Beatrice Kushner 94118
Patricia Warren & Nick Chase 94114
Pam Pitt 94122
Nancy H. DeStefanis 94121
Ava Swartz & Stephen Isaacs 94121

Thank you to our Sponsors



From the Board of Directors

Have questions? Email board co-chairs Mary Fitzpatrick and Susan Pollack at boardchairs@sfvillage.org.

We're off to a great start for 2026 - our new Board members are involved, and our enthusiastic new ED is actively working with our members, the Board and our talented staff! The Board of Directors has elected Mary Fitzpatrick and Susan Pollack as Co-Chairs and Peter Jarrett as Secretary. Many thanks to our retiring Board members Gretchen Addi, Steven Hayashi and Joanne Low for their years of service. We are still actively looking for new Board members with the skills and

experience in not-for-profit governance, including someone to serve as Treasurer. Please send any suggestions, referrals or questions to Bill Haskell at bhaskell@sonic.net and/or Gayle Geary at gayle.geary@gmail.com.

Did You Know?

Registration for Events

Members must register for all events unless otherwise noted. To protect digital safety, contact information for individual organizers is not listed online. Please register by calling the SFV office at (415) 387-1375 or emailing info@sfvillage.org.

(Tax) Smart Giving Options

A tax-free gift from your IRA is a great way to support San Francisco Village's continued community building while also minimizing your 2026 tax bill. How tax-free gifts from IRAs work

- If you're age 70½ or older, you can make a Qualified Charitable Distribution (up to \$111,000, 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.

Donate A Vehicle

Have a car taking up space? Running or not, please consider donating your vehicle on our behalf. Go to our website to learn more or call 866-392-4483. We partner with Donate for Charity to handle all the details! As a San Francisco Village partner, when you donate your vehicle through Donate for Charity, 70% of the value of your donation goes toward supporting our mission. Here is the link to our page: <https://donateforcharity.com/nonprofit/san-francisco-village/>

In Memoriam

Lynne Fox, 94115

Lynne was a trailblazer. In her career at Macy's, she created new ways to merchandise to women. As a breast cancer survivor, she worked with Susan B. Komen to bring the Race for the Cure to San Francisco for the first time. She became involved with San Francisco Village in its planning stages. More recently, she brought the 94115 neighborhood circle back to life as its co-chair. Most importantly, Lynne will be remembered as a dear, loyal friend to many.

Helene Wenzel, 94114 and Del & Phyllis Posse

Helene completed her BA at Barnard and her PhD in French at UC Berkeley, she taught women's studies at San Francisco State University and Yale University before changing direction and earning

her law degree at New College. She then dedicated her career to estate planning and elder law, specializing in the challenges faced by people in the LGBTQ+ community.

Upcoming Events

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



Share Your Story!

Mondays through April 20, 10:30 AM – 12:00 PM

San Francisco Village, 3220 Fulton St. (3/2, 3/16, 3/30, 4/13)

IT Bookman Community Center, 446 Randolph St. (3/9, 3/23, 4/6, 4/20)

This series started in February, and you can join at any time.

Explore your experiences and memories, and share them with others, in a 12-week series from SFV, Southwest Community Corporation @ IT Bookman Community Center & Litquake's Elder Project.

Evocative writing prompts will inspire you to dig deep into both past and present to tell your story. A supportive writing teacher helps you discover the stories you carry within. 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. We hope you attend the whole series. You are also welcome to drop in to as many sessions as you can attend!

Medicare Updates

Friday, March 6, 11:00 AM – 12:00 PM, on Zoom

Join HICAP (Health Insurance Counseling and Advocacy Program) to learn about their services, Medicare updates, and Medicare frauds and scams.



Tea and Cookies and Conversation

Fridays, March 6, 13, & 20, 2:00 – 4:00 PM, at SFV Office, 3220 Fulton St.

Jenny is hosting drop-in hours on Friday afternoons. Come for tea, cookies, & conversations.

Cuba: Realities and Challenges

Monday, March 9, 2:00 – 3:30 PM, at SFV Office, 3220 Fulton St.

Join us for a presentation and discussion about the nowadays Cuban situation and the possible solutions we can see for the near future. Dr. Hilda Elena Puerta Rodriguez has 48 years of experience teaching at the University of Havana and Tecnológico de Monterrey. Her research work is broad and diverse, specializing in issues related to international economy, international integration and cooperation, and about Cuba.



Directory Spot: Problem Solving Session

Tuesday, March 10, 11:00 AM – 12:00 PM, at SFV Office, 3220 Fulton St.

We've launched our new online directory! Come learn all about it from SFV staff.

Scrabble Techniques

Tuesday, March 10, 2:30 – 4:00 PM, at SFV Office, 3220 Fulton St.

Join Joe Edley—three-time National Scrabble Champion, coauthor of *Everything Scrabble*, and former Director of Clubs and Tournaments for the National Scrabble Association—for an engaging workshop that blends wordplay with practical life skills. Joe shows how just a few simple techniques can elevate both your game and your decision-making in everyday life. Bring your regular Scrabble set (not super Scrabble) for the most impactful experience.





InnerYoga

Wednesdays, 3/11, 3/25, 4/8, 4/22, 5/6, & 5/20, 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.

Fine Arts Museums Virtual Tour

Friday, March 13, 1:00 – 2:00 PM, on Zoom

Moody Blues We will explore the artists' use of color to create a mood, elevate the narrative, and sometimes to explore cultural implications.



LGBTQ+ Happy Hour

Friday, March 13, 4:00 PM, at Martuni's, 4 Valencia St. (Corner of Market St.)

Register with David Lindsey

Join your friends at great place to relax and enjoy some company. Martuni's is a classic bar, specializing in fabulous martinis. It has an intimate, romantic, and mysterious atmosphere! The piano playing begins at 5:30 PM. This event is for members of the LGBTQ Circle, The Del & Phyllis Posse, PLUS other LGBTQ+ members of SFV, AND their allies. Wheelchair accessible. Muni: 7, J, K, M, F or call 311.

State of the Village

Tuesday, March 17, 11:00 AM – 12:30 PM, at SFV Office, 3220 Fulton St.

Friday, March 20, 11:00 AM – 12:30 PM, on Zoom

Please join us for our annual shareholder meeting, held in person and on Zoom. We're celebrating 17 years as a Village! We'll discuss our goals for 2026, results of the recent member survey and how you can feel more engaged with this vibrant community!



Paper Collage

Wednesdays, March 18, 2:00 – 3:30 PM, at SFV Office, 3220 Fulton St.

A chance to take paper and images selected by choice or chance and cut, tear and glue them into a unique work of art. No experience necessary; we are all artists. There will even be an optional game to spark art making! Dennis Treanor, a SFV member, has worked in art for nearly 60 years and taught art and ceramics for his entire working career, and continues to do so in his retirement.

Current Events Discussion Group on the East Side of San Francisco

Thursday, March 19, 1:00 – 2:30 PM, at Telegraph Landing Clubroom, 150 Lombard St.

Register with Bev Sutton

There is so much happening in the world today, locally, nationally and internationally that it is easy to feel overwhelmed and in need of others with similar interests with whom to discuss one's thoughts and ideas. This group (name pending) will be led by SFV members Bev Sutton & Liz Dunn and is open to all members.



Registration is required. If you wish to suggest an additional topic for discussion, you can do so in the same email. Suggested topics for the first meeting are: AI - pros, cons & how to adjust, mid-term elections in the US, depopulation of the US - long term affects, and polarization in the US - why and what can be done about it. We will vote at the beginning each meeting to choose the top 3.

For those taking public transportation the F-line stops at Embarcadero & Sansome which is about a block away and #8 from downtown, or North Beach, ends at Bay & Kearney, just 2 1/2 blocks away.



Asian Art Museum Virtual Tour

Friday, March 20, 1:00 – 2:00 PM, on Zoom

The Goddess: Images of Power Goddesses are central figures in many Asian religions: from fertile earth maidens to nurturing mothers, wrathful avengers, and wise advisors, female deities play important roles in the lives of their supplicants and followers. This program explores the many depictions of goddesses throughout Asia, using examples drawn from the Asian Art Museum's permanent collection.

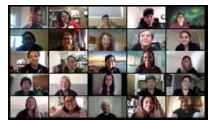
Immigration Know-Your-Rights Workshop

Tuesday, March 24, 11:00 AM – 12:00 PM, on Zoom

In response to increased immigration enforcement actions, many in our communities are feeling uncertain and anxious. Misinformation is widespread—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 staff from Chinese for Affirmative Action. 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.



Experience Exchange

Thursday, March 26, 9:45 – 11:00 AM, on Zoom

Want to have a meaningful conversation with someone in a different generation and help bring funds to SFV? Join us for a virtual experience exchange with employees from Comcast through Visit.org. After the session, Comcast sends SFV a donation check!

Crissy Field Walk

Friday, March 27, 2:00 – 3:30 PM, meet outside Crissy Field Center, 603 Mason St. Register with Bill Haskell

Join your friends for a wonderful place to walk. Crissy Field in the Presidio offers easy access for walking, beach-going, and GG Bridge views. This event is for members of the LGBTQ Circle, the Del & Phyllis Posse, PLUS other LGBTQ+ members of SFV, AND their allies. The [Presidio GO Shuttle](#) and several MUNI lines (28, 30, 43) provide access. Free parking at East Beach. Turn right off Mason St. into the parking lot. Marina Blvd, followed west, turns into Mason St.



Protest Sign Making

Friday, March 27, 2:00 – 3:30 PM, at SFV Office, 3220 Fulton St.

Come make signs in community for the No Kings protest on 3/28! Come share your spirit, artistry, solidarity and outrage! Basic supplies will be provided, but bring any favorite poster making items. Hosted by the SFV Resistance is Fertile Working Group.

Sally! Film Screening

Tuesday, March 31, 3:00 – 5:00 PM at SFV Office, 3220 Fulton St.

Sally Gearhart was a lesbian-feminist firebrand, professor, and fantasy author who spearheaded the 1970s and 80s US lesbian feminist movement. *Sally!* peels back proverbial (and patriarchal) layers to reveal the collectivist reality behind our heroine's story



while exploring the complex relationship between spokeswomen like Sally and movements for social change. Join us for the film screening followed by Q&A with Director and Producer Deborah Craig.

Weekly Events

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

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.

Coffee Chat

Wednesdays, 3:00 – 4:00 PM, on Zoom

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

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

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

Sunday Events

Register with Ilene Rich Holtzberg

Sundays, March 1 & 29, 1:00 – 3:00 PM, Lunch at Mozzarella di Bufala Pizzeria, 69 West Portal

This is a gem of a restaurant for its unique blend of Italian classics like pizza and pasta, alongside authentic Brazilian favorites like black bean stew. The restaurant has been a fixture in the West Portal community since 1992, and the owners pride themselves on using fresh, high-quality ingredients.

Sundays, March 8 & 22, 11:00 – 1:00 PM, Coffee Klatch 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 in interesting conversation.

Sunday, March 15, 1:00 – 3:00 PM, Lunch at Bursa, at 60 West Portal

This restaurant offers a culinary journey through the Eastern Mediterranean, featuring dishes such as Smoky baba ghanouj, rich musakka, and succulent lamb kebabs. A chance to meet new members and engage in interesting conversation.

Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, March 2 & 16, 1:00 PM, location TBD

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

Join us to help plan activities for this year!

Thursday, March 19, 5:00 PM - 7:00 PM, happy hour at Fiorella's, 1240 9th Avenue

Please be sure to register (email preferred) because they will want to know how many to seat. Contact Barbara Elbl for more info.

Friday, March 27, 6:00 PM, at The Matterhorn Restaurant, 2323 Van Ness

Celebrate the end of winter with us with a hearty Swiss meal. Limited to 10. RSVP to Carol Thompson by 3/25.

April 14-17, our 3rd annual overnight trip to Calistoga

We are staying at the Roman Spa (800-914-8957). If you'd like to join us, please make your reservations and let us know. If you'd care to stay elsewhere, let us know. Contact Phyllis Scaduto, if you like to join us, or have any questions.

Let's Play Games

Tuesday, March 3, 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, March 3 & 17, 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, March 4, 10:00 – 11:00 AM, on Zoom

Please join the Intergenerational "Hip and Drippy" Book Club for lively discussions on Zoom. We mainly concentrate on D.E.I., contemporary, often award-winning fiction/authors. Everyone is welcome to join, including members, staff, and volunteers. We meet on the first Wednesday of each month at 10:00 am. For 3/4, we are reading *A Marriage at Sea: A True Story of Love, Obsession, & Shipwreck* by Sophie Elmhirst, and on 4/1, the group will be discussing *The Loneliness of Sonia and Sunny: A Novel* by Kiran Desai. We are reading two shorter books for 5/6, both by Julian Barnes: *Flaubert's Parrot* (1984) and *Departure(s)* (2026).

Music Chat: Film Tracks

Thursday, March 5, 1:00 – 2:00 PM, on Zoom

A space to share thoughts about music you enjoy. This month we'll be talking about how music influences the success or lack of in otherwise great films and why certain film's music create

empathy and intelligence. Ideally the music can be found on YouTube so we can listen together and discuss what the music means to us.

Older Gay Men's Support Group

Friday, March 6, 1:00 – 2:30 PM, at David's home on Page Street near Central Street

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. In this group, we can explore the many aspects and unique challenges of aging. This will be a non-judgmental space where we build community and counter isolation. Also, this will be a peer facilitated support group, not a therapy group. Importantly, these gatherings will be confidential. Covid is still with us, so masks are a fine personal choice.

Makers and Crafters

Friday, March 6, 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.

Resistance is Fertile Workgroup

Monday, March 9, 11:00 AM – 12:30 PM, at SFV Office, 3220 Fulton St and on Zoom

Village members have been meeting monthly to offer thoughts, support, and concrete ideas for resisting authoritarianism. Please join us in person (or via the zoom) to share your thoughts and insights. Staying connected helps us all to keep positive and engaged! Reach out to members Rosemary King & Luis Lamassonne for info or questions.

A Circle of Kindred Spirits

Monday, March 9, 2:00 – 4:00 PM, at Susan's wheel chair accessible 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 2nd Monday, 2:00 to 4:00 PM, with space limited to 10.

Over 90!

Monday, March 9, 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, March 10 & 24, 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 *All My Sons* by Arthur Miller, Act 2 on 3/10 and Act 3 on 3/24. Please bring a copy of the text, print or digital.

LGBTQ+ Member Drop-in Planning Meeting

Thursday, March 12, 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 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 them. So far, we have planned showing LGBTQ films, a Happy Hour at a neighborhood pub, picnics and walks at Stern Grove and Blue Heron Lake, and a lunch and walk at the Ferry Building. Bring your ideas!

Potluck Group

Sunday, March 15, 3:00 – 5:00 PM, at Atam Rao's home in Eureka Valley

Register with Eugenie Marek

Join us for food, drink and a relaxing way to meet each other! Please bring a tasty dish (heated if needed) and beverage to share. Please RSVP early. There is one flight of stairs to enter plus a couple of extra interior steps. Parking is OK. Hilly area. Per Atam: if you RSVP early, he can offer 3 parking spots! It's close to Muni bus 35 (connection to BART), 38, 24.

Any Book Book Club

Tuesday, March 17, 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.

Artists Circle

Wednesday, March 18, 12:00 PM, at di Rosa SF, 1150 25th Street, in the Dogpatch neighborhood

Register with Gayle Geary or Jay Davidson

Attendees will go to lunch following their viewing of *Ancient Wisdom for a Future Ecology: Trees, Time and Technology*, an exhibition that reimagines our past and collective futures using large-scale wood sculptures, video, and artificial intelligence.

Thursday, March 19, 12:30 – 2:00 PM, at SFV office, 3220 Fulton St.

Stuck/Unstuck Bring your art - finished or in process and bring your ideas for a lively discussion.

Whether it's your first time attending or you are a regular, everyone is welcome to come & participate.

San Francisco Village Book Club

Monday, March 23, 4:00 PM, on Zoom

Register with Sharon Kuester

Our book is *The Heart of the Matter* by Graham Greene.

The San Francisco Village View: A Current Events Discussion Group

Thursday, March 26, 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.

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, March 4, 11:00 AM, at the Blue Barn 3344 Steiner St.

Questions to Jean Cleverly

Friendship in person! No need to RSVP. We request that you order and pay for yourself. Save the date 4/1 & 5/6, 11:00 AM

94115+ Circle

Thursday, March 5, 2:00 – 3:30 PM, on Zoom

Register with Gayle Geary by 3/3

Join us for a special Zoom conversation with Carol Orsborn, Ph.D., author of 36 books, including her most recent, *Spiritual Aging: Weekly Reflections for Embracing Life*. Carol is an internationally-recognized thought leader on the fulfillment of the human potential through all life stages. For the past 40 years, Carol has been a leading voice of her generation, appearing on Oprah, NBC Nightly News and the Today Show. Please RSVP to Gayle Geary by 3/3 and she will send you the zoom link for 3/5. All are welcome to join us.

Sunset Circle

Thursdays, March 5 & 19, 4:30 – 5:30 PM, on Zoom

Casual chats, exchange of tips for local businesses and activities, restaurants, movies, current events, anything that's on your mind! No RSVP necessary but you can contact Patty Gerend at if you have any questions or suggestions.

Friday, March 13, 5:00 PM, at Celia's on Judah

Register with Carol Thompson by 3/10

Join us for dinner!

Monday, March 16, 10:30 AM, at Java Beach Café on La Playa and Judah

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

94114/94131 Circle

Friday, March 6, 12:30 PM, lunch at Dumpling Kitchen Noe Valley, 3913 24th Street

Jenny Belway, the new Executive Director of SFV, will be attending our monthly lunch at this popular restaurant with an outdoor patio. Come to socialize with each other and to meet Jenny. If you can attend, RSVP to Jay Davidson.

Thursday, March 12, 1:00 PM, coffee at Morning Due, Church & 17th Streets

Our afternoon coffee is in a cafe that also has an excellent lunch menu for those of us who don't drink coffee in the afternoon. If you can attend, RSVP to Jay Davidson.

Tuesday, March 17, 4:00 PM, happy hour at Aquitaine, 216 Church Street, just south of Market

If you can attend, RSVP to Jay Davidson.

94121 Circle

Tuesday, March 10, 2:00 – 3:30 PM, at the Anza Branch Library, 550 37th Ave.

Register with Betty Vaughan

We meet the 2nd Tuesday of every month. This month we'll share about what SFV activities we do.

West of Twin Peaks Circle

Wednesday, March 11, 1:00 PM, at Original Joe's of Westlake, 11 Glenwood Ave., Daly City

Register with Roberta Gordon by 3/8

One of their new specials is Eggplant Parmigiana. If that doesn't tickle your fancy, there are other great dishes on the menu. We request that you have cash to pay your individual bill. Please bring enough cash so you can add 30% to your order to include the tax and tip.

94107/94103 Circle

Wednesday, March 11, 1:30 PM, at Perry's Embarcadero, 155 Steuart St.

Wednesday, March 25, 4:00 – 6:00 PM, at Balboa Café, 3199 Fillmore St.

Register with Dian Miller

Join us for lunch on 3/11 and happy hour on 3/25!

94118 Circle

Thursday, March 12, 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 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, March 13, 1:00 – 2:30 PM, on Zoom

Friday, March 27, 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. .

94109/94133 Circle

Wednesday, March 18, 1:30 PM, at Hummus Mediterranean Kitchen, at 2164 Polk Street.

RSVP to Persis Ainey

Our group will be having lunch together and share stories and conversation. Space is very limited, and we are only able to have 12 of our circle members join us.

LGBTQ+ Circle

Friday, March 20, 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, March 22, 2:00 PM, at Susan Kahn's and David Kaskowitz's home

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



Art Salon

Wednesday, April 1, 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 prose and poetry, listen to your songs, and more.

Elder Abuse and Scams

Thursday, April 2, 11:00 AM – 12:00 PM, on Zoom

Glen Fishman, Senior Program Development Specialist at the Institute on Aging's Elder & Dependent Adult Abuse Prevention Program, will discuss types of elder & dependent adult abuse and their warning signs. He will go over the top ten financial abuse scams, and how to get help and report abuse. He'll also cover how to use credit freezes to protect you from identity theft.



Paying Attention to Getting Older

Fridays, April 10, 17, 24, and May 1, 10:30 – 11:30 AM, on Zoom

Join an interprofessional team from the UCSF Age Friendly Emergency Department for a series covering how to recognize cognitive changes, fall prevention strategies, managing your medications, and benefits of social connection and future planning.

Accessible Community Teams

Tuesday, April 21, 10:30 – 12:00 PM, at SFV Office, 3220 Fulton St.

Come learn how to make our city accessible to all – people with disabilities, seniors, people with strollers and carts, toddlers and little kids – and all of us if we are not paying close attention! This session explores local accessibility examples and provides resources on who to contact regarding specific issues. Lead by Juliet Rothman, MSW, PhD., a social worker in the field of Aging and Disability, and a member of SFV. Accessible Community Teams (ACT) is a new Community Living Campaign program supported by the Department of Disability and Aging Services.



Block By Block: Film Screening and Tour

Friday, April 24, 1:00 – 3:00 PM, at City College, Chinatown/North Beach Center, 808 Kearny, Media Room 2nd Floor

Join us for a short tour of the City College Chinatown/North Beach Center followed by a screening of *Block By Block: The Struggle to Bring a Community College to San Francisco Chinatown*. The documentary details the many obstacles laid out by SF big money and political power brokers as they waged a public relations war to stop the construction of a community college campus in Chinatown. A Q&A will follow featuring Henry Der (former Executive Director of Chinese for Affirmative Action), Joanne Low (retired CCSF Acting Vice Chancellor and SFV member), and Kit Dai (CCSF Chinatown/North Beach Center Director).

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 Linda McKay at linda@sfvillage.org.

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 Jill Ellefsen at jill@sfvillage.org or (415) 387-1375 x 2 to sign up to receive our weekly emails detailing the many volunteer options available.

Reach out to Jill 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



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

This program serving the community is funded by the City of San Francisco's Department of Disability and Aging Services.