



San Francisco Village

Monthly Newsletter

June 2026

From the Board of Directors:

Dear Members and Friends,

June is a month for growth, and this month San Francisco Village continues to help our members "grow" their knowledge to improve their lives. As you see in this newsletter, there is a range of opportunities to learn more about areas of import and concern to all. We know that knowledge is power, and knowledgeable older adults are empowered older adults, better able to take care of the concerns and issues of daily life — to say nothing of opportunities to share, to create and to get out and about in our city. All the things which make San Francisco Village such a wonderful community.

This month we also want to say "thank you" to Jessica DaSilva for her dedication and commitment to San Francisco Village as our Communications and Funds Development Director. Jessica's last day was May 22nd and she will be exploring new opportunities and possibilities. We know she'll make wonderful contributions to any organization, issue or cause she joins.

Did You Know?

Do you need any tech help? Join the Tech Day of Service!

Wednesday, June 10, 12:00 –2:00 PM, at SFV Office, 3220 Fulton St.

By appointment only

Volunteers from Wells Fargo will be spending the day helping SFV members with any tech advice or help they need! Whether you need support with your smartphone, laptop, or tablet, this is a great opportunity to get one-on-one assistance.

Please note: this is not a drop-in event! We will only be able to accommodate confirmed appointments. Space is limited, so sign up early! RSVP to cat@sfvillage.org with the type of device you'll be bringing and details on what you need assistance with.

Smart Giving

If you are 70½ or older, you can support San Francisco Village by making a tax-free gift of up to \$111,000 directly from your IRA in 2026. These distributions are excluded from your taxable income and, if you are 73 or older, the gift will also count toward your Required Minimum Distribution. This strategy allows you to give back to the community while effectively lowering your 2026 tax bill.

Connect with us:



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Staff Contact

(415) 387-1375
info@sfvillage.org

Jill Ellefsen
Member Services Director
jill@sfvillage.org, ext. 2

Sarah Brigid Newsham Kent
Program & Creative Director
sarah@sfvillage.org, ext. 3

Cat Tong
Volunteer Manager
cat@sfvillage.org, ext. 4

Nidhi Patel
Administrative Assistant
nidhi@sfvillage.org, ext. 5

Stephanie Casella
Administrative Support
steph@sfvillage.org, no ext.

Kelly Bendall
Grief Group Admin
kelly@sfvillage.org, ext 7

Thank you to our Sponsors:



New Members

Charles Minster 94121
Gloria Judd 94117
Annice Jacoby 94110
Olga Levene 94132
Susan Rutberg 94123

In Memoriam

Susan Abarca

A Rhode Island native who made San Francisco her true home, Susan dedicated decades to shaping minds as a teacher at City College of San Francisco. Her passion for learning never waned; even in retirement, she returned to CCSF as a student to master Spanish. A vibrant conversationalist with a deep love for literature, music, and

current events, Susan possessed a generous curiosity about the world and a profound desire to give back to her community.

Fanny Krieger

Fanny was the proud founder and President of the Golden West Women Flyfishers. Her life was defined by overcoming adversity: after her family was taken during the Holocaust, she survived in hiding before immigrating to the United States alone at seventeen. Fanny loved San Francisco for its culture and proximity to the outdoors. She especially cherished long walks with companions, finding that shared journeys made the path more enjoyable.

Semyon Nodelman

Originally from the Soviet Union, Semyon was a retired Mechanical Engineer with a lifelong passion for storytelling and spiritual inquiry. Whether he was visiting the zoo, playing a strategic game of chess, or sharing tea with friends, Semyon lived for deep dives into life's big questions and the nature of the afterlife.

David Crommie

David began his career at KGO-TV, where he skillfully edited 90-minute MGM musicals down to 50 minutes—much to the "horror" of his movie-loving friends. In 1971, he and his wife Karen established their own independent film company, Crommie & Crommie. A tall, gentle man blessed with natural abilities ranging from cinematography to tap dancing, David was warm, convivial, and beloved by a wide circle of friends.

Upcoming Events

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

Airbnb Hosting



Friday, June 5, 10:30 – 11:30 AM, on Zoom

Come learn about being an Airbnb Host and earn some extra income from your spare room. Airbnb is offering \$750 financial incentive for new Hosts during the World Cup.

Presented by Peter Kwan, Airbnb Superhost and Community Leader, founder of Home Sharers of San Francisco and Golden Hosts (a community support group for Senior Hosts).

SFV Potluck!

Friday, June 5, 5:00 – 7:00 PM at SFV office, 3220 Fulton St.

Let's come together and share a meal! Please bring something to share (and plan to take the container home again too!). Let us know what you're bringing on the sign up sheet [here](#) or when you register.



Know Your Rights Workshop

Tuesday, June 9, 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.

InnerYoga

Wednesdays, 6/10 & 6/24, 3:00 – 4:15 PM, at SFV Office, 3220 Fulton St.

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. 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.



LightHouse for the Blind and Visually Impaired Tour

Thursday, June 11, 11:00 AM – 12:00 PM at LightHouse for the Blind and Visually Impaired, 1155 Market St., 10th Floor

Since 1902, San Francisco's LightHouse for the Blind has provided world-class education, advocacy, and training. Join us for a tour of their unique headquarters—a rare example of a physical space designed specifically by and for the blind. We will explore subtle universal design features and learn how their comprehensive programs foster community and 21st-century independence.

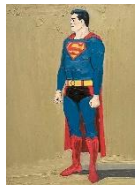
Common Threads: A Conversation Circle

Thursdays, June 11– July 16, 4:15– 5:15 PM, on Zoom

Share story-based topics that invite lively, thoughtful, and enjoyable dialogue. Sample conversation starters are the first time you felt like an adult, learning to drive a car, a surprise encounter, your first paid job, and a friend for life.



Registration is limited, and a commitment to attend at least 4 of the 6 sessions is expected. This pilot offering came directly from feedback during State of the Village for more meaningful and accessible virtual connections.



Fine Arts Museums Virtual Tour

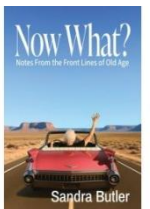
Friday, June 12, 1:00 – 2:00 PM, on Zoom

American Heroes: American Heroes explores how artists have defined heroism across 250 years of history – from everyday workers to cultural icons – revealing how the faces of American courage and character have continually evolved.

Old, Bold & Unfiltered! Book Talk by Sandra Butler

Tuesday, June 16, 1:00 – 2:15 PM, at SFV Office, 3220 Fulton St.

Now What? Notes From the Front Lines of Old Age is a revealing, witty series of reflections on living while old. Sandra Butler offers the reader a welcome glimpse into the richness, foolishness, limitations, bravado, and freedom of a vividly lived 88-year-old life. From balky knees and balkier institutions to late-life friendships, continuing resistance against fools and knaves, and gratitude for each brand-new morning, Butler writes the truth of old age exactly as she lives it: vividly, imperfectly, on her own terms. Sandra Butler is a Jewish lesbian-feminist, mother, lifelong activist, and the author of six books, three of which are memoirs illuminating her life as an old woman.



Poetry Class

Wednesdays, June 17 – July 22, 9:00 – 10:00 AM, on Zoom

This class is open to people who have never written poetry before as well as experienced poets and anything and everything in between. The class will focus on writing poetry, as well as listening to the work of other well-known poets. There will be a writing period during the class with a prompt and a time for people to read their work if they choose to do so. The atmosphere will be supportive, gentle, and interesting. Led by a Pushcart Prize-nominated poet and former Haas School of

Business faculty member Lucinda Watson.

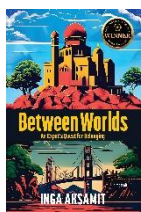
Member Walking Group: Angel Island

**Wednesday, June 17, 10:30 AM, Meet at Ferry Building, Gate B
Travel on 10:55 AM Golden Gate Ferry to Angel Island**



Join us for a three-hour adventure to Angel Island, the largest natural island in the SF Bay. You can enjoy short walks around Ayala Cove, visit the museum, or take a scenic tram tour. A shuttle to the Immigration Station is available for \$10 round trip (\$5 one-way), or you can book the comprehensive one-hour island tram tour for \$17, which includes a 45-minute stop at the station.

The ferry costs \$8 each way via credit card or Senior Clipper, with return trips at 2:35 PM and 4:55 PM. Our guide, Marilyn Straka, SFV member and owner of On The Level SF Walking Tours, is taking reservations for the one-hour tram tour; please let her know if you'd like to secure a spot in advance or if you prefer to check availability on the day of the trip.



What Did It All Mean? Research, Reflection, and Finding the Story in Your Life

Wednesday, June 17, 2:30 – 4:00 PM, at SFV Office, 3220 Fulton St.

Memory alone isn't always enough. In this craft-centered talk, Inga Aksamit explores how research, reflection, and context helped her shape a life story with clarity and depth. Through brief readings and real examples from her own book, *Between Worlds: An Expat's Quest for Belonging*, she shows how memory can illuminate and mislead. Participants will gain practical strategies for organizing material, choosing scenes, and writing memoir with both emotional truth and narrative strength.

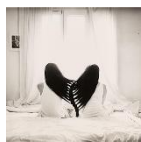
Fort Mason Community and Black Point Gardens Tour

Thursday, June 18, 11:00 AM – 12:30 PM, at Fort Mason Community & Black Point Gardens



Discover the Fort Mason Community Garden, a member-maintained sanctuary within the Golden Gate National Parks' 1,200-acre greenbelt. Open to the public, this garden offers sweeping views of the San Francisco skyline and the Golden Gate Bridge. It serves as a peaceful escape right in the heart of the city's northern waterfront.

We'll also explore the Black Point Historical Gardens, a once-neglected site from the 1850s that has been recently restored. Nestled on a sheltered hillside within Fort Mason, these historic pathways offer striking views of the bay and city. Thanks to dedicated volunteers, this "forgotten" community landmark is once again open for the public to enjoy.



Asian Art Museum Virtual Tour

Friday, June 19, 1:00 – 2:00 PM, on Zoom

Expressions of Gender in Asian Art Gender-fluid and ambiguously gendered depictions have existed in the art of numerous Asian cultures for thousands of years. Often, this portrayal of people and deities of indeterminate gender was informed by the spiritual concept of nonduality. Explore some of the fascinating representations of gender in various Asian traditions as illustrated by objects from the Asian Art Museum's collection.

LGBTQ+ Picnic and Walk at Blue Heron Lake

**Tuesday, June 23, 1:00 PM Lunch, 2:00 PM Walk
Register with David Lindsey or just drop by**



Join us for a picnic lunch and a 30-minute walk around Blue Heron Lake in Golden Gate Park. We'll meet outside the Boat House cafe—bring your own lunch or purchase food there. We will gather at the picnic tables to the right of the cafe (facing the lake). The walk is mostly flat, and we might even spot

a blue heron! Parking is available along the road near the Boat House, and a park shuttle runs every 20 minutes on weekdays. For MUNI information, call 311. This event is open to members of the LGBTQ Circle, the Del & Phyllis Posse, other LGBTQ+ members of SFV, and their allies.



Organizing and Sharing Important Information

Tuesday, June 23, 2:00 – 3:30 PM, at SFV Office, 3220 Fulton St.

Thursday, June 25, 11:00 AM – 12:00 PM, on Zoom

Join SFV member and retired lawyer Susan Pollack to explore how to organize and share key documents—estate, health care, accounts, property, insurance, and more. Rather than legal advice, this session focuses on what information to gather, who to share it with, and the conversations to have.

Human Banners

Tuesday, June 23, 2:30 – 4:00 PM at SFV Office, 3220 Fulton St.

Over the past two decades, people have gathered on Ocean Beach and other locations to exercise their First Amendment "right of the People to peacefully assemble and to petition the government for a redress of grievances," forming words of protest with their own bodies. Many of these messages have gone viral around the world.



Meet Brad Newsham - innovator of #humanbanner. Brad Newsham is a seasoned travel writer, former cab driver, and activist based in San Francisco. Inspired by Google Earth's birds-eye view of locations, on January 6th, 2007, he created the first human banner political message on Ocean Beach in San Francisco, availing himself of a helicopter and photographer to send a message of protest to the G.W. Bush administration against the ill-conceived war in Iraq. 37 banners later, images have made it into news outlets across the world.

Weekly Events

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

Share Your Story!

Mondays, 10:30 AM – 12:00 PM, at SFV Office, 3220 Fulton St.

Explore your experiences and memories, and share them with others, in an ongoing program 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. We hope you attend the whole series. You are also welcome to drop in to as many sessions as you can attend!

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.

Weight Control Support Group

Fridays, 10:30 – 11:30 AM, at SFV Office, 3220 Fulton St.

A peer-based support group for eating, exercising and attitude. SFV Member Betty Vaughan started with Weight Watchers as a client in the 1970s, then worked for them for 35 years leading groups and training group leaders. Contact Betty if you need more information.

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

Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, June 1 & 15, 1:00 PM, at Harding Park, 99 Harding Road

Register with Sarah Thompson

Female and female-identifying members of SFV 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: Monday, June 1, 1:00 – 2:00 PM, at SFV Office, 3220 Fulton St.

Join us to help plan activities!

Donations for Veterans

Celebrate the 250th anniversary this July by giving back! The Explorers Group is collecting donations for veterans through June. We are seeking cash, gift cards, NEW clothing, hygiene items, snacks, and baked goods. We also aim to collect 250+ hand-written thank-you cards. Please drop off donations at the Village Office on Fulton throughout May and June, or contact Carol Thompson or Phyllis Scaduto. All items will be delivered to the Clement Street VA facility during the final week of June.

Sunday, June 14, 1:00 – 3:00 PM, at the Ortega Library, 39th and Ortega

To thank our veterans during this big anniversary year, please join the Explorers write and/or decorate thank you cards. The cards will be distributed to celebrate the Fourth of July to the vets at the Veterans Facility on Clement, and throughout California. Questions? Contact Carol Thompson or Phyllis Scaduto.

Monday, June 29, 5:00 PM, Dinner at Benihana, 1737 Post Street

Register with Carol Thompson by June 15

Menu is pricey but it's a fun event! Cash only!

Let's Play Games

Tuesday, June 2, 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, June 2 & 16, 2:00 – 3:00 PM, at SFV Office, 3220 Fulton St.

Add a little more Spanish conversation to your life! This peer-led group is fun, informal, and open to all levels.

Intergenerational Book Club

Wednesday, June 3, 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. Wednesday, June 3rd brings *Flesh* by David Szalay, the 2025 Booker Prize Winner. For July 1st, our selection is George Saunders' *A Swim in a Pond in the Rain*, described as "[a] literary masterclass exploring 7 Russian short stories ... and what [they] reveal about life's big questions."

Music Chat: Film Tracks

Thursday, June 4, 1:00 – 2:00 PM, on Zoom

Share thoughts on your favorite music! This month, we'll discuss how film scores influence a movie's success and evoke empathy or intelligence. Please bring YouTube links so we can listen together and discuss what the music means to us.

Older Gay Men's Support Group

Friday, June 5, 1:00 – 2:30 PM, at the Main Library, 100 Larkin St., 3rd Floor, Martin Paley Conf. Room
Register with David Lindsey (required for this location)

As we gay men grow older, we have a greater need for connection through emotional authenticity and bearing witness to each other's stories. We can explore the many aspects and unique challenges of aging. This is a peer-facilitated, non-judgmental, confidential space where we build community and counter isolation. PLEASE NOTE: In order to have an accessible room for this meeting, we had to change the venue.

Makers and Crafters

Friday, June 5, 2:00 – 3:30 PM, at SFV Office, 3220 Fulton St.

Monday, June 15, 2:30 – 4:00 PM, at SFV Office, 3220 Fulton St.

We are excited to announce that the Makers and Crafters group is expanding the 1st Friday and 3rd Monday. We hope this new schedule makes it easier for new faces to join the circle and gives our regulars a chance to connect more frequently. Bring your current project and come join the fun!

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 what your craft, handwork or art form is.

Sunday Get-Togethers

Register with Ilene Rich Holtzberg

Sundays, June 7 & 21, 11:00 – 1:00 PM, Women's 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.

Sunday, June 14, 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.

Sunday, June 28, 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.

 **Resistance is Fertile Workgroup**

Monday, June 8, 11:00 AM – 12:30 PM, at SFV Office, 3220 Fulton St and on Zoom

The SFV Resistance group meets to share ideas and recent activities, and to offer each other solidarity on opposing authoritarianism. Our group organizes member actions such as voter registration, group donations to vetted causes, and printing of political stickers. Please see the [listing](#) of regular and special local and national activities, as well as information on local organizations focused on counteracting undemocratic government actions. Contact Rosemary King or Luis Lamassonne for more info.

 **Over 90!**

Monday, June 8, 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**

Tuesday, June 9, 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 finish reading and discussing Aphra Behn's *The Rover*. Summer Break June 10-July 13.

 **LGBTQ+ Member Drop-in Planning Meeting**

Tuesday, June 9, 2:30 – 3:30 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. Recently, we have planned a few LGBTQ films (with popcorn!), several picnic lunches, including a visit to the Ferry Building with a lunch before, and a lunch and a ride on the ferryboat ride to Angel Island. Bring your ideas!

 **Artists Circle**

Saturday, June 13, 2:00 – 4:00 PM, at Laguna Honda Hospital

[Opening for the annual event for AWE](#) (Art with Elders). Join us for a fun afternoon as we support this amazing organization. Please let us know if you will be joining and RSVP to darcie@artwithelders.org.

Thursday, June 18, 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.

Tuesday, June 30, 2:00 – 3:30 PM, at SFV office, 3220 Fulton St.

Register with Gayle Geary

Meet member, Susan Kitchell, and hear about her travels that fed her creativity. She will share with us the art and artifacts she was inspired to create from her travels to Japan and other countries.

Any Book Book Club

Tuesday, June 16, 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.

SF Village East Current Affairs Discussion Group

Thursday, June 18, 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 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 (deadline is 6/14) and proposed topics will be emailed out to all who registered so all have time to consider/research the topics.

San Francisco Village Book Club

Monday, June 22, 4:00 PM, on Zoom

Register with Sharon Kuester

We will be discussing *Mother Mary Come to Me* by Arundhati Roy.

The San Francisco Village View: A Current Events Discussion Group

Thursday, June 25, 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 members' beliefs, not necessarily those held by the organization.

Potluck Group

Register with Eugenie Marek

On a break this month! Want to try hosting at your home? Take a chance. Contact me! You can share the hosting and decide most details.

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, June 3, 11:00 AM, at Blue Barn, 3344 Steiner Street

Register with Jean Cleverly

The next regular monthly meeting returns to the heart of the Marina, the bright sky lit rear room of the Blue Barn. All SFV members welcome. Bring your suggested topics. Pay your own way.

94114/94131 Circle

RSVP for each event to Jay Davidson

Friday, June 5, 12:30 PM, Lunch at Pakwan, 3182 16th Street

At this popular Indian/Pakistani restaurant, order and pay at the counter.

Thursday, June 11, 10:00 AM, at Martha and Brothers, 1551 Church Street

Our morning coffee hour!

Tuesday, June 16, 4:00 PM, happy hour at Valley Tavern, 4054 24th Street

Join us for happy hour!

Sunset Circle

Thursdays, June 4 & 25, 4:30 – 5:30 PM, on Zoom

Please note that the second Zoom meeting this month is on the 4th, not the usual 3rd, Thursday due to host availability. We'll chat about whatever is on our minds, from our recent exploits to ideas about the world. No RSVP necessary but you can contact Patty Gerend at gerendpl@gmail.com if you have any questions or suggestions.

Friday, June 5, 1:00 PM, lunch at Galinette, 46th Ave and Taraval

Join us for lunch! Please contact Carol Thompson if you have any questions.

Monday, June 15, 10:30 AM – 12:00 PM, 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.

West of Twin Peaks Circle

Monday, June 8, 5:00 PM, at Beach Chalet

Register with Joanne Handy by 6/1.

Join us for prime rib night! Please pay in cash. Add 36% to cover tip, tax and mandates. Restaurant charges \$25 for cancels/no shows after June 5.

94121 Circle

Tuesday, June 9, 2:00 – 3:30 PM, at Elizabeth DeSimone's home near 23rd Ave and Lake

Register with Betty Vaughan

We meet on the 2nd Tuesday of every month.

94107/94103 Circle

Wednesday, June 10, 1:30 PM, at Fogo De Chao, 201 3rd St.

Wednesday, June 24, 5:00 PM, at Osha Thai, One Embarcadero

Register with Dian Miller

Join us for lunch on 6/10 and happy hour on 6/24!

94118 Circle

Thursday, June 11, 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, June 12, 1:00 – 2:30 PM, on Zoom

Friday, June 26, 1:00 – 2:30 PM, at the Cup A Java Café, 3500 Geary Blvd

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

**Tuesday, June 16, 11:30 AM, at the Bell Tower, 1900 Polk Street at Jackson
Register with Bobbie Rothman**

A casual neighborhood restaurant/bar with private dining area for our group. Full luncheon menu as well as appetizers, soup, salads, sandwiches, burgers, pizzas, fish & chips, Mac & cheese, etc. We will get separate checks (this is not counter service).

94115+ Circle

**Wednesday, June 17, 2:00 PM, at Presidio Library, 3150 Sacramento St.
Register with Gayle Geary by 6/15**

Join SFV member and retired lawyer Susan Pollack for a conversation about organizing information about our estate and other critical documents - both for oneself and for those who will have to deal with it. Think contacts, property, financial, pets, health, insurance, passwords, passports, and much much more, Susan will talk about all the information you want to consider and will give us an outline to create our own plan. This event is open to all interested members and friends.

LGBTQ+ Circle

**Friday, June 19, 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, June 28, 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



Solidarity Starts at Home: A Training for People Who Employ Immigrant Caregivers or House Cleaners

Tuesday, July 14, 11:00 AM – 12:15 PM, on Zoom

Learn how to support immigrant domestic workers and neighbors through practical steps to make your home a fair and safe workplace in the face of attacks on immigrants. In this training, you'll learn the 6 steps to make your home a Sanctuary Home: be a fair employer, learn immigrant rights, don't open the door to ICE, assess the support you can offer to the domestic worker in your home, start the conversation, and take action in your community; understand that you are a domestic employer and the responsibilities that entails; use a solidarity, rather than a charity, framework in your approach to building trust with your employee; and leave with a plan to take one concrete action in your home and/or one concrete action in your community.

An Introduction to the AgeWell Innovators Wisdom Squad

Wednesday, July 15, 2:00 – 3:00, at SFV office, 3220 Fulton St.

The Wisdom Squad is a working group of adults 50+ and family caregivers who share real-life experiences, opinions, and ideas to help improve products, services, technologies, and solutions designed for aging well at home and in the community. Activities include short discussions,



brainstorming sessions, interviews, surveys, and product or service evaluations. The work gives companies a clearer picture of what older adults and caregivers truly need, value, trust, and will actually use in daily life. Members report that the group develops a strongly cohesive identity over time. The conversations are substantive, personally meaningful, and fun! Participation is flexible, and some projects may offer compensation. Come meet us, ask questions, and decide whether Wisdom Squad is a fit for you. Your experience, opinions, and insight can help shape better solutions for aging well.

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 Kelly Bendall at kelly@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 Cat Tong at cat@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 Cat 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



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