



San Francisco Village

Monthly Newsletter

August 2026

From the Interim Executive Director:

Dear Members, Volunteers and Friends,

It is summer in the City and San Francisco Village is brimming with activity. Outside my office door I can see and hear our members engaging in fitness and exercise, learning Mah Jong or Spanish with the Grupo de Conversación en Español, along with the many interesting activities offered online. I had the opportunity to join the online Music Chat. We listened and learned about the music of Buddy Holly and Roy Orbison. It brought back great memories and was truly a fun and engaging experience.



By now you should have received our annual report. If not, you can access it here [2025 Annual Report](#). This year, our theme is "All of Us." A reflection on how our members, volunteers, staff and board all working together make San Francisco Village a vibrant place where older adults connect, feel supported and thrive in their homes and communities. In the report, there is interesting data on how our members feel about their connection to SFV. Also, you can view a map of where our member households live as well as a visual representation of our work across the City. I want to express my thanks to the creative partnership of staff and board that produced this report. A remarkable document!

Looking ahead, in the next few weeks you can expect important updates on the Board's efforts to find the Village's next Executive Director. Also, San Francisco Village just received notification of new funding that will bolster SFV's capacity to plan and support our members, volunteers and programs. We will have more to share on this in the coming weeks. As we move through the summer, I continue to learn and listen to the stories that members and volunteers share about their connection to San Francisco Village. Underscoring that SFV is a community of belonging.

So when you are at the office, please drop by and say hello.

With continuing gratitude,

Paul Castro
Interim Executive Director

Connect with us:



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Thank you to our Sponsors:



New Members

Tresa Eyres 94117
Michael Bennett 94124
Maria Lenhart 94121
Ann Carberry 94116
Deborah "Elle" Heller 94114
Rhona Mahony 94114
Jane Penman 94131
Eric Dew 94108

From the Board of Directors:

Questions or comments? Email co-chairs Mary Fitzpatrick and Susan Pollack at boardchairs@sfvillage.org

This month we are especially grateful for the confirmation by the City & County of San Francisco Department of Disability & Aging Services for its continued financial support of San Francisco Village for the coming fiscal year - it is a very positive recognition of the importance and value of our mission providing services and enlarging community to seniors. We were also delighted to see the release of SFV's [2025 Annual Report](#). It is a pleasure to read, and a lovely reflection of what

we achieved for our members in that year. Our thanks to the staff and members of the Board who spent long hours in its preparation, especially Sarah Kent and Gayle Geary. You can find it on our website.

In Memoriam

Linda Gebroe, 94131

Linda was a gifted writer, a passionate advocate for equality, a devoted Giants fan and a proud lefty who played first base like Will Clark. Linda generously gave her time and talents to charitable organizations that championed women's and LGBTQ+ rights and many other causes, reflecting her lifelong commitment to justice, inclusion, and helping others. She made a lasting difference through her kindness and dedication to making the world a better place.

Upcoming Events

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



Art Salon

Wednesday, August 5, 2:00 – 3:00 PM, at SFV Office, 3220 Fulton St.

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.

Bright Mourning: A Writing Workshop

Thursdays, August 6, 13, & 20, 3:00 – 4:30 PM, on Zoom

Grief is as unique as it is complicated. Feelings of loss come in countless shapes and the ability to process the feelings isn't always clear or can feel overwhelming. Writing is but one of the tools we can pull from our self-care kits while we are experiencing the natural phases of grief, change and loss. Through gentle writing prompts, discussion and optional sharing time, this grief writing workshop is at once an addition and an introduction to the ways in which writing can help us break isolation and rebuild community in uncertain times. Creative, journal and letter writing prompts will ask us to consider the large and small losses in our lives and look at how we may be healing and growing, before, during and after inevitable endings. Bring a dedicated notebook and pen to these three Zoom sessions, co-facilitated by our grief group's own Carole Priven, and experienced author and reporter Denise Sullivan, a familiar face among our SFV writing community. Both Carole and Denise are prepared to share their own experience with loss and the role writing has played in their continuous healing.



Pure Land Practice & Meditation Workshop

Friday, August 7, 1:00 – 3:00 PM at Dharma Treasury Buddhist Temple, 3201 Ulloa St.

Join us for an introduction to two practices many of our community turn to for calm and steadiness: the Pure Land practice and Chan meditation. Both work by helping the mind settle and focus, bringing a lasting sense of peace that carries well beyond the practice itself. We'll also touch on what happens after death and other important topics. No experience needed, everyone welcome. Led by the nuns of the temple Master XianXin and Venerable XianPu

End of Life Choices

Tuesday, August 11, 1:00 – 2:00 at SFV Office, 3220 Fulton St.

Donna Neumark, volunteer with End of Life Choices California (EOLCCA), will discuss the importance of sharing your values and end-of-life wishes with loved ones; legal end-of-life options; and the resources and support provided by EOLCCA.



InnerYoga

Wednesdays, 8/12 & 8/26, 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.

Fine Arts Museums Virtual Tour

Friday, August 14, 1:00 – 2:00 PM, on Zoom

Armchair Travel Sit back and relax while we look at art that represents familiar and less familiar travel destinations. Who needs to pack a suitcase, make sure their passport is up to date, or face long lines at the airport when art can transport us to beautiful, inspiring places. In today's talk we will cover four paintings that we hope will give you a little taste of being on vacation. Bon Voyage!



Book Swap!

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

By request! Bring a couple of books to exchange with other members! Ideally we'll be able to share what we love about them and get them to a home that will appreciate them.

Member Walking Group: Dogpatch and Potrero Point

**Wed., Aug. 19, 11:00 AM, Meet at corner of Illinois and 20th by Restoration Hardware
Look for Marilyn Straka, SFV member & owner of On the Level SF Walking Tours**

We will explore Dogpatch Historic neighborhood (where packs of dogs ran loose until the 1970's) and the old ship building area of Potrero Point around Pier 70. We will walk about 2 miles on level paved sidewalks (one short uphill incline greater than 8%). We will visit elegant Restoration Hardware and the Hells Angels Frisco headquarters and many points of interest in between. We will end at 22nd near 3rd where there are several restaurant choices or bring your lunch and grab a bench nearby. Restoration may call us to their rooftop garden for a toast to SFV!



Getting there: 3rd St T toward Sunnydale or Muni 15; get off at 20th St (on 3rd St). If driving, park on 20th St or Illinois or nearby.



AgeWell Innovators Wisdom Squad

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

The Wisdom Squad is an AgeWell Innovators network of adults 50+ and family caregivers who use their experience to help shape better products, services, and technologies for aging well. Our mission is to ensure that older adults and caregivers have a meaningful voice shaping the solutions intended to support aging well at home.

Members will collectively explore the challenges of aging in place in San Francisco, learn about the universe of emerging technologies and solutions, and ultimately influence how companies design for older adults and families. Future opportunities may include hands-on product testing, advisory discussions, and compensated research projects. Participation is flexible—you choose the opportunities that interest you. Come experience a session and see whether the Wisdom Squad is right for you.

Asian Art Museum Virtual Tour

Friday, August 21, 1:00 – 2:00 PM, on Zoom

Awaken: A Tibetan Buddhist Journey Toward Enlightenment For Buddhists, enlightenment is an “awakening” that can take many lifetimes. Roughly a thousand years ago, Tibetan religious leaders began to cultivate a form of Buddhism that aimed to convey practitioners to enlightenment very rapidly. Much of the art created to assist in this journey is intended for meditation; with its multilimbed divinities and complicated geometric diagrams, it can be challenging at first glance. This talk explores some of the Tibetan Buddhist art meant as a catalyst to jump-start the awakening process, taking practitioners from confusion and dissatisfaction toward clarity, integration, and liberation.



Long Term Care Options for Elders Who Don't Qualify for Medi-Cal and Question Whether They Have Enough Savings to Cover Costs

Tuesday, August 25, 1:00 – 2:00 PM, on Zoom

Many people assume that owning a home or having savings set aside means they're covered if they ever need long term care. But without a long-term care insurance policy, those savings can disappear fast: full-time in-home care staffed through an agency can run \$50 an hour and assisted living that transitions into memory care can cost \$14,000–\$15,000 a month. For a homeowner with a house worth \$1.5 million or less and roughly \$700,000 or less in savings – or a renter without home equity to draw on – that math adds up to only a fraction of the years many people actually need care.

At the same time, many in this position have too many assets or too much income to qualify for free or low-cost IHSS through Medi-Cal, and do not have children, nearby family or available friends who are able to step in and help.

Join attorney John Fasesky of FASESKYLAW for a practical, big-picture look at options for this “middle range” – including in-home care and assisted living facilities – and how a licensed professional fiduciary can help those without trusted family support or available friends to manage their finances and healthcare. John will also address the particular concerns of LGBTQ+ elders who want to avoid facilities where they may feel pressure to hide who they are.

LGBTQ+ Lunch and Tour of the best POPO in SF!

Wednesday, August 26, 1:00 PM, meet at 343 Sansom Street, between California and Sacramento Streets

Register with David Lindsey

Join us for an urban adventure! POPOs are spaces in SF that are Privately Owned & Publicly Open. These are indoor and outdoor areas - like plazas, terraces, atriums, and rooftop gardens - that developers are required to build and maintain for public use in exchange for building permits. The POPO at 343 Sansom Street is a great find! The 15th floor rooftop garden has trees, flowers, and art installations. There are comfortable couches, tables, and chairs, plus views of downtown SF, the bay, and the Transamerica Pyramid. BYO lunch or buy at salad/sandwich shop in the back of this building (outside). The Montgomery MUNI stop is close by. There is a parking garage in a building off Sansom, or at 475 Sansom. This event is for members of the LGBTQ Circle, the Del & Phyllis Posse, PLUS other LGBTQ+ members of SFV, and their allies.



Exploring Senior Planet from AARP Resources

Thursday, August 27, 11:00 AM – 12:30 PM, on Zoom

Older Adults Technology Services (OATS) from AARP is on a mission to harness the power of technology to change the way we age. We are excited to be joined by Regional Program Manager for Older Adults Technology Services from AARP, Ryan Kawamoto, to

learn more about the resources available through OATS flagship program, Senior Planet. Ryan will provide an overview of Senior Planet, which offers free online technology classes, discussion groups, articles, training videos, exercise programs for older adults, and so much more. Come prepared to learn, ask questions, and chat about the intersection of aging and technology.

Community Home Injury Prevention Program

Monday, August 31, 2:30 – 3:30 PM, on Zoom

Come learn about CHIPPS - the Community Home Injury Prevention Program is dedicated to keeping seniors and people with disabilities safe at home. Through personalized in-home health assessments and practical home modifications, we empower individuals to prevent falls and live independently at home.



Weekly Events

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



Share Your Story: A Creative Writing Workshop

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

Explore your voice through creative writing in a supportive community setting. In this ongoing Litquake Elder Project class, participants write from prompts, share work, and build community through the practice of writing. Classes may include poetry, fiction, nonfiction, memoir, personal narrative, hybrid writing, or a mix of genres, depending on the instructor. Each teacher brings their own creative practice and teaching approach to the class, while helping participants discover new ways to tell stories, develop their writing, and connect with others.



Fitness Exercise

Mondays, 1:00 – 2:00 PM, on Zoom (not 8/24)

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. (not 8/7)

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

Artists Circle

Saturday, August 1, 4:45 PM, at War Memorial Veterans Bldg.

Register and questions to Nancy Berry

You're invited to join the world premiere of the film, *Transmutation*, exploring the life and work of master metalworker and internationally acclaimed artist Hans Casanova. Join us at the Herbst Theatre to discover the story behind this creative mastery. The film will be followed by an artist talk with Hans Casanova. Admission is free to all, donations are appreciated. Attendees are encouraged to reserve tickets in advance.

Thursday, August 20, 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.

Sunday Get-Togethers

Register with Ilene Rich Holtzberg

Sundays, August 2, 16, & 30, 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, August 9, 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, August 23, 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. .

Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, August 3 & 17, 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, August 3, 1:00 – 2:00 PM, at SFV Office, 3220 Fulton St.

Join us to help plan activities!

Is anyone interested in Road Scholar trip to go to the Rose Parade? Contact Carol Thompson if interested. Check out the specifics on the Road Scholar website.

Thursday, August 6, 1:00 PM, lunch at Cote Ouest, 2953 Baker Street

Register with Carol Thompson

Bring cash!

Thursday, August 13, 11:00 AM, at Cantor Art Museum at Stanford

We'll get there by train or carpool. Contact Carol Thompson by 8/10.



Let's Play Games

Tuesdays, August 4 & 18, 1:00 – 3:00 PM, at SFV Office, 3220 Fulton St.

A 2nd day added by request!! 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, August 4 & 18, 2:00 – 3:00 PM, at SFV Office, 3220 Fulton St.

Register with Susan Kahn

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, August 5, 10:00 – 11:00 AM, on Zoom

Register with Sharon Kuester

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. The 8/5 selection is *Transcription* by Ben Lerner. For 9/2, we have chosen the 2026 International Booker Prize winner, *Taiwan Travelogue* by Shuang-zi Yang. It is the first book translated from Mandarin to win that honor.



Music Chat

Thursday, August 6, 1:00 – 2:00 PM, on Zoom

This month will feature Lucinda Williams and other Louisiana artists like Dr. John, Neville Brothers, Meters and others! Suggestions are very much welcome!



Older Gay Men's Support Group

Friday, August 7, 1:00 – 2:30 PM, in the community room of the Park Branch Library, 1833 Page St, (ground level, is accessible)

Register with David Lindsey

As we gay men grow older, we have a greater need for connection through emotional authenticity and bearing witness to each other's stories. In this group, we can explore the many aspects and unique challenges of aging. This is a non-judgmental space where we build community and counter isolation. Also, this is a peer-facilitated support group, not a therapy group. Importantly, these gatherings are confidential. If you feel you could benefit from a safe space to explore your own experiences of aging, plus being with a supportive group of older gay men, please join us for this monthly gathering



Over 90!

Monday, August 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, August 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 Shakespeare's *A Midsummer Night's Dream* Act 1 on 8/11 and Act 2 on 8/25.

LGBTQ+ Member Drop-in Planning Meeting

Thursday, August 13, 11:00 AM – 12:00 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. These activities are a great way to meet people and to strengthen our community. Bring your great ideas!

Makers and Crafters

Friday, August 14, 2:00 – 3:30 PM, at SFV Office, 3220 Fulton St.

Monday, August 24, 2:30 – 4:00 PM, at SFV Office, 3220 Fulton St.

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. **Please note date shifts due to Outside Lands Concert!**

SF Village East Current Affairs Discussion Group

Thursday, August 20, 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 8/15) and proposed topics will be emailed out to all who registered so all have time to consider/research the topics.

On July 8, members discussed Wars & Peace(??) in the Middle East and the book *Gerontocracy in America: How the Old Are Hoarding Power and Wealth – and What to Do About It*.

Potluck Group

Sunday, August 16, 4:00 - 6:00 PM at Eugenie Marek's home in south Bernal Heights.

Register with Eugenie Marek

Join us for food, drink and a relaxing way to meet each other! Please bring a tasty dish, main or side dish preferred, plus a beverage to share. There is one entry step into house, then 1 flight up to home. Parking is sometimes good. Nearby bus lines. BART and streetcar a little further. RSVP early! Want to try hosting at your home? Take a chance. Contact me! You can share the hosting and decide most details.

San Francisco Village Book Club

Monday, August 24, 4:00 PM, on Zoom

Register with Sharon Kuester

We will be discussing *The Old Man and the Sea* by Ernest Hemingway.

Any Book Book Club

Tuesday, August 25, 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. **Please note, this group has moved to the 4th Tuesday!**

The San Francisco Village View: A Current Events Discussion Group

Thursday, August 27, 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.

Low Vision Peer Group

Friday, August 28, 2:30 – 4:00 PM, at SFV Office, 3220 Fulton St.

A peer group to support each other with low vision/vision loss and macular degeneration. This is a space to share tips on low-vision tools, discuss local resources, or simply enjoy the company of friends who understand the experience.

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 or check in the online directory.

94114/94131 Circle

RSVP for each event to new circle leader Renee Schaible

Monday, August 3, 10:00 – 11:30 AM, at Noe Valley Town Square, 3861 24th Street

By popular request, we are meeting at the Town Square! And meeting on Monday! The Town Square is located between Sanchez and Vicksburg. BYOB! You can grab a beverage and/or snack from any of the neighboring coffee spots – or bring your own from home! And since this is an outdoor location you may want to bring a hat, sunglasses, sweater.

Tuesday, August 11, 12:00 – 1:30 PM, at Bonita, 4063 24th Street

Bonita – a taqueria and rotisserie has just opened a new location in Noe Valley! It's got a large menu and the prices are very reasonable – 3 tacos for \$13 and you can mix and match the flavors! For high protein eaters, they offer a half free range rotisserie chicken for \$16 served either on tortillas or lettuce shells. And they have several vegetarian options, but FYI, didn't see any references to vegan.

Wednesday, August 19, 1:00 – 2:30 PM, at Martha & Brothers, 1551 Church Street

Coffee at 10:00 too early? Then let's meet at 1:00. If you've never been to Marthas or you don't drink coffee in the afternoon, they have a wide selection of teas, juices, and sodas. They also have more pastries than one could imagine, bagels, sandwiches, etc. Please be aware that there are several Marthas nearby and we will be meeting at the CHURCH Street location.

Thursday, August 27, 4:00 – 5:30 PM, at Valley Tavern, 4054 24th Street

Come join us at Valley Tavern for Happy Hour! Along with the usual wine, beer, and cocktails, there are many non-alcoholic options. There is a secluded seating area for our group, so we're in our own bubble.

Sunset Circle

Thursdays, August 6 & 20, 4:30 – 5:30 PM, on Zoom

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 if you have any questions or suggestions.

Monday, August 17, 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 at if you have any questions or suggestions.

94121 Circle

Tuesday, August 11, 14, 2:00 – 3:30 PM, location to be decided

Register with Betty Vaughan

We meet on the 2nd Tuesday of every month.

94107/94103 Circle

Wednesday, August 12, 1:30 PM, at R&G Lounge, 631 Kearny St.

Wednesday, August 26, 4:00 PM, at Cafe Zoetrope, 916 Kearny St.

Register with Dian Miller

Join us for lunch on 8/12 and happy hour on 8/26

West of Twin Peaks Circle

Thursday, August 13, 1:00 PM, at Cypress Grill, Harding Park

Register with Joanne Handy by 8/6

The Grill overlooks the 18th hole of the beautiful Golf Course and Lake Merced. Enjoy American Comfort Cuisine in the relaxed surroundings of this San Francisco jewel. We request you pay in cash only, add 36% for tax, tip, and mandate.

94118 Circle

Thursday, August 13, 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 but 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, August 14, 1:00 – 2:30 PM, on Zoom

Friday, August 28, 1:00 – 2:30 PM, at the Cup A Java Café, 3500 Geary Blvd

Register with Bill Haskell

The 94117 Circle is meeting on zoom and in person this month. We can share what is going on in our lives – what brings us pleasure, what we are enjoying, and what is positive. We can also share any challenges we are facing.

94115+ Circle

Tuesday, August 18, 2:00 – 3:30 PM, at Diana Vollmer's home

Register with Gayle Geary

Join us for an informative and exciting discussion about travel and expat living. Travel expert and advisor, [Sandy Lipkowitz](#), will be sharing with us her expertise in traveling as older adults and her recent experience in Panama as an expat. Please RSVP early as space is limited to 20 people.

LGBTQ+ Circle

Friday, August 21, 1:00 – 2:30 PM, at Cup A 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, & we can also make suggestions for future activities that sound interesting & fun.

Bernal Circle

Sunday, August 23, 2:00 PM, at Misha's house.

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



The Chinese Historical Society of America Docent Tour

Wednesday, September 2, 2:00 PM at 965 Clay Street

Enrich your knowledge of Chinese American and San Francisco history! CHSA provides opportunities to learn about the ways that our community of Chinese Americans and Asian Americans have fought for equity, diversity, and inclusion in American society. The museum has permanent exhibits about the people, places and movements in Chinese American culture that have set the stage for our current era. Rotating exhibits take deep dives into a wide range of Asian American content.

Author's Talk: Zaidy's War

Friday, September 4, 1:00 – 2:00 PM, on Zoom

Martin Bodek tells the unreal, real-life survival story of his beloved grandfather. Benzion Malik's tale involves serving four armies, being present for both the largest land invasion in human history and the final battle of WWII, avoiding cannibalism under pain of death, eluding poisoning, surviving to walk 1,600 miles to his Romania home, emigrating to Israel, finally settling in peace in the U.S. where he served as a chef for 40 years, and finishing Shas (Talmud) 14 times while he was doing all that.



Get Out the Vote: Postcard Writing Gathering

Tuesday, September 8, 1:00 – 3:00 PM, at SFV Office, 3220 Fulton St.

Organized by SFV member Beth Goldstein! Beth will get names, addresses, and postcards from Reclaim Our Vote. Their campaigns are non-partisan campaigns that focus on getting out the vote in states or districts with large numbers of Black voters for important statewide and federal races. Bring your own postcard stamps!

Volunteer to Become a Reading Tutor

Tuesday, September 8, 2:00 – 3:00 PM, at Bernal Heights Public Library, 500 Cortland Ave

Come learn about Empowering Children Bay Area! ECBA matches volunteer tutors ages 50 years and older with non-fluent readers in grades 1-3. By pairing young learners with experienced readers, we help to build confidence and trust at a critical time for children. ECBA helps older adult volunteers put their wisdom to work, while, at the same time, addressing a major contributor to poverty: the inability of children to read at grade level by the end of third grade.



There is no experience necessary to become an ECBA tutor. We provide volunteer training and continuing support. Our volunteer community comes from all over the Bay Area and beyond; most are ages 65-85 years old and have a variety of work backgrounds.



Brain Health Series

Thursdays, September 17 – October 22, 3:00 – 4:30 PM, on Zoom

Interested in learning more about brain health and memory? Join experts from the Edward and Pearl Fein Memory and Aging Center at UCSF to explore topics such as "What is Alzheimer's Disease?", sleep and the brain, the effects of loneliness, and evidence-based lifestyle choices that are supportive of brain health.

The Living Alone with Cognitive Impairment Project

Friday, September 18, 3:00 – 4:00 PM, on Zoom

Millions of older adults living alone with cognitive impairment face a critical gap in daily care and structural support. How can we build better policies, sharper research, and stronger systems to serve them?



Join us for an insightful presentation on The Living Alone with Cognitive Impairment Project. Grounded in both U.S. and global perspectives, this initiative bridges the gap between research and real-world impact. We are thrilled to feature Elena Portacolone, PhD, MBA, MPH, a professor at the University of California, San Francisco (UCSF). Dr. Portacolone's vital work focuses on helping older adults live healthier, safer, and more connected lives. She will share deep insights into the challenges faced by those living alone with memory loss or dementia, while discussing actionable strategies to improve the policies, programs, and services that support them.

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, outdoor 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 501(c)(3) nonprofit membership organization designed with, by and for older San Franciscans and the extended community that champions them.

What We Value

Intersection of Health Care and Social Care · Eldership · Intergenerational Relationships · Co-Creation
Equitable Community · Self-Reflection · Humility · Spontaneity

Contact Us:

3220 Fulton St., San Francisco, CA 94118 · (415) 387-1375 · www.sfvillage.org · info@sfvillage.org



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

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