



## FROM THE EXECUTIVE DIRECTOR- KATE HOEPKE

Dear Members:

One of the great strengths of our community is the unique brilliance that each of you bring to it: your life experience, personal passions, curiosities and well-honed talents. San Francisco Village provides the opportunity to reveal who you are; to be known by what you care about. Artists, musicians, storytellers, teachers, poets, scientists – wonderers all!



At a time when you may feel your life shrinking, San Francisco Village programs invite you to expand. Many of our members have taken this invitation to heart and are leading programs that bring satisfaction to themselves as well as to others. For years, members have been acting on their passions and leading groups that focus on literature, movies, drama and San Francisco's fine restaurants. As you will see in the following pages, member-led groups are proliferating.

Lunch with Provocative People is the brainchild of Bill Haskell and Mary Moore Gaines, following on their previous successes *Exploring Elderhood* and *The Power of Myth*. As Bill says, just as we all have much to learn, so we have much to teach. Each session is led by a different member who researches a chosen subject and then shares what they've learned with the group.

Both the Poetry Group and Writer's Circle have become cohesive support for one another, rooted in their love of language. They started with a professional facilitator and have graduated to guiding themselves in giving each other feedback and inspiring the creative juices that interpersonal reflection offers.

We're repeating the successful Boost Your Brain series in April and May, co-taught by Rachel Lanzerotti and Marilyn Hayward.

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## New Members in March:

Brenda Besdanský

W. Dolly Gruebl

Susie Huang

Dorothy Levy

Peter Levy

Marilyn attended the class last year and wants to share the rewards she's gained about lifestyle changes that promote brain health and simple strategies that can improve your memory.

Mary Lu Christie is doing some comprehensive research into Patient Advocacy and will present what she's learning this month with SF Village board member, Dr. Sophie Cole MD. Patient Advocacy is becoming increasingly important as health care systems become more complex and health care itself becomes more consumer-driven.

Neighborhood Circles are another example of how members are acting on their vision for creating community in their lives. We now have Circles in 8 neighborhoods, hosting events like potlucks, trips to the museum, conversations about ballot initiatives, and a recent overnight trip to Sacramento. The folks at Telegraph Landing are hosting a photo presentation this month about the *Palace on Wheels* by Morton Beebe, an internationally acclaimed photographer.

If you're a history buff, don't miss the new History Group starting up this month, hosted by Cosi Pavalko or join lifelong educator Malcolm McAfee in discussions about Arts and Sciences and their relationship to everyday life. I applaud them both for jumping into the SF Village community with both feet!

Have an idea you'd like to pursue? Talk with Sarah Kent about the possibilities!

Warm Regards,  
Kate.

## **TRANSFORMING LIVES & COMMUNITY AWARDS LUNCHEON**

**Transforming**  
Lives and Community  
Luncheon

**Tuesday, May 10, 11:30 AM to 2:00 PM**  
**Julia Morgan Ballroom**  
**The Merchants' Exchange Building, 15th floor**  
**465 California Street**

Our fourth-annual Transforming Lives and Community luncheon is just around the corner! This year, we will be honoring two remarkable San Franciscans - Lewis H. Butler and Louise Renne - who have dedicated their careers to public service, environmental and social justice, health and education policy and the arts.

If you are interested in attending the luncheon and/or would like to invite your friends, please contact us at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org).

## DAY OF SERVICE

**Saturday, May 14<sup>th</sup> from 10:00 AM to 4:00PM**  
**(two-hour shifts at your home)**

**Submit your list to Keyatta at (415) 387-1375**  
**or [Key@sfvillage.org](mailto:Key@sfvillage.org) no later than Friday April 22<sup>nd</sup>**  
**Participation is limited to 10 homes**



Looking to finish off those pesky items on your to-do list? Well, look no further. San Francisco Village volunteers are ready, willing and able to help you knock them off on Saturday May 14<sup>th</sup>.



SFV members are asked to submit a list of home maintenance projects that do not require a professional such as gardening, light house cleaning, mattress flipping, organization, light bulb changing, light painting, etc. Members may also request some basic technology assistance such as help with e-mail, accessing the Internet, or training on your iPad, Macbook or smartphone.

Volunteers will be available to assist in homes from 10:00 a.m. to 4:00 pm and will work in groups of 2 to 4 at each residence. You may request a morning shift or an afternoon shift. A Village staff member will need to approve your list of home projects, which should fill a two-hour time slot.

This is a wonderful opportunity to create some intergenerational community, have some fun and get those nagging to-do lists completed!!

## LUNCH WITH PROVOCATIVE PEOPLE

**1st and 3rd Tuesdays from February-May**  
**4/5, 4/19, 5/3, 5/17**  
**11:30 AM – 1:00 PM**  
**Ponderosa Room, IOA, 3575 Geary Blvd.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**



Who would you like to have lunch with? We provide the people – you bring your lunch!

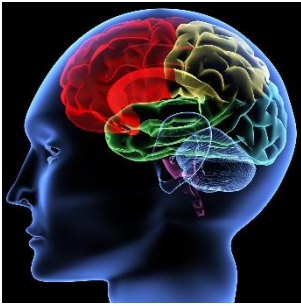
**Tuesday, April 5<sup>th</sup>:** *Is belief in God an innate human compulsion? Experience the ideas of British scientist Richard Dawkins and be prepared to open your mind to a different spectrum of miracles.* Presented by Karen Crommie.

**Tuesday, April 19<sup>th</sup>:** *Yoko Ono: the most famous of unknown artists. An expert in Japanese music, a conceptual poet, a visual artist, a performer, and a film maker.* Presented by Michèle Praeger.

**Tuesday, May 3rd:** *One woman's courage and vision to raise awareness about the environment around us. "In nature nothing exists alone." Rachel Carson, marine biologist and conservationist.* Presented by Pat Snyder

**Tuesday, May 17th:** *Exploring the heart of healing to be more fully alive. Steven Levine, poet, author, and teacher best known for his work on death and dying through mediation, softening our hearts, and loving kindness.* Presented by Judy Jacobs

## BOOST YOUR BRAIN SERIES



**Wednesdays, April 6th-May 25th from 2-3:30 p.m**  
**Sequoia Room, IOA 3575 Geary Blvd**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**

The 8-week class will teach you about lifestyle changes that promote brain health and simple strategies that can improve your memory. Boost Your Brain is designed to improve memory and increase knowledge of behaviors that can help you improve brain health!

## DEATH AS A PART OF LIFE: BJ Miller with Jon Mooallem and Lucy Kalanithi

**Wednesday, April 6th, 7:00 pm**  
**Kanbar Hall, JCCSF, 3200 California St.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**  
**10 free tickets for SFV members: first come- first serve**

Despite best intentions, today's fractured healthcare systems largely compound our collective fear of the end of life as a time of suffering and disconnection. BJ Miller, Senior Director of San Francisco's Zen Hospice Project, advocate and palliative care physician, invites us to think about and discuss the end of life through the lens of a mindful, human-centered model of care, one that embraces death not as a medical event but rather as a universally shared life experience. Having had his own near-death encounter, Miller powerfully advocates the roles of our senses, community and presence in designing a better ending.

Don't you be afraid,  
 sweetheart. Death is just a  
 part of life, something  
 we're all destined to do.

Sally Field  
 PICTUREQUOTES.COM



## 9<sup>th</sup> ANNUAL ART OF AGING GRACEFULLY RESOURCE FAIR



**Thursday, April 7<sup>th</sup>, 9:30 AM to 3:30 PM**  
**JCCSF, 3200 California Street**  
**For registration information contact the JCCSF**  
**at (415) 292-1200, Free Event**

Join the JCCSF and UCSF Medical Center at the Ninth Annual Art of Aging Gracefully Resource Fair. Make it a day of discovery. Engage with local businesses and organizations who are valuable resources to help stay healthy and energized. There will be presentations from UCSF Medical Center professionals, sharing insights on healthy living and active, creative aging.

## PALACE ON WHEELS



**Tuesday, April 12<sup>th</sup>, 4:00-6:00 PM**  
**Telegraph Landing Clubroom, 150 Lombard Street**  
**RSVP by calling Florence (415) 982-1497 or emailing**  
**Elaine [fredpark1026@comcast.net](mailto:fredpark1026@comcast.net)**  
**Light refreshments will be served**

Join us for a photographic presentation by Morton Beebe about his journey through India traveling by the rail transit Palace on Wheels with National Geographic Expeditions.

As a photographer and author, Morton has explored the world. His distinctively beautiful work has been exhibited in numerous collections and published in a variety of magazines including National Geographic, Geo, Life, Smithsonian, and Travel and Leisure. Morton has published several highly acclaimed books, including *Operation Deep Freeze*, *Antarctica* and *San Francisco: City by the Bay*, which is now on its third edition.

## SPRING MENTORING EXCHANGE

**Wednesday, April 13<sup>th</sup> from 10:00 AM to noon**  
**Congregation Emanu-El**  
**2 Lake Street (corner of Arguello)**  
**RSVP to Key at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



This program, in its third year, brings together Village members and 9<sup>th</sup> grade students from City Arts & Technology High School to engage in deep meaningful conversations about what matters in life. Members and students meet one-on-one so that the students can gain perspective on your career paths, life choices and much more. Members will also have the opportunity to get to know the students, asking questions about their families, goals and interests. Students may come prepared with a list of questions to help frame the conversation. At the end of each session, both students and members will have the opportunity to share what they have learned from the experience.

## CONFIDENCE TO CONNECT PRESENTATION AND ROLE PLAY



### **FAMILY MEMBERS WELCOME**

**Wednesday, April 13th noon-1:30 PM**

**Sequoia Room, IOA, 3575 Geary Blvd**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Come learn helpful tips to guide you in having difficult conversations with family members, including discussing memory problems, going to the doctor, deciding when to stop driving and making legal and financial plans. Training will be augmented by participants practicing through role play how to initiate and follow through with these potentially uncomfortable conversations.

The Alzheimer's Association is your 24/7 resource for help, information, referrals and the opportunity to make a difference in the fight against Alzheimer's disease. They offer free information and referrals, care consultations, community education and support groups for both people with dementia and their caregivers.

The Alzheimer's Association, in partnership with SF Village, is seeking to work with individuals living alone with any form of memory problem. If you, or someone you know of is experiencing problems with memory, judgement or problem solving, please contact Rachel at (415) 387-1375 or [rachel@sfvillage.org](mailto:rachel@sfvillage.org)

## **DAY TRIP WITH JCCSF: SPRING AT FILOLI GARDENS**

**Friday, April 15<sup>th</sup> 9:15 am - 4:00 pm**

**Meet at JCCSF 3200 California**

**RSVP with Jewish Community Center**

**(415) 292-1200**

**\$90--discounted rate for San Francisco Village member**

**(please mention when registering)**



Spring is a lovely season to tour the timeless beauty of Filoli Gardens in Woodside. A National Trust for Historic Preservation site, Filoli is one of the finest remaining country estates of the early 20th century. Luncheon follows at a Belmont restaurant which was originally erected in 1915, as part of the Japanese exhibit at the Panama-Pacific International Exposition.

Trip includes round-trip transportation, lunch and gratuities. Please wear comfortable walking shoes.

## DECLUTTER, ORGANIZE, DOWNSIZE & DISPOSE with Breeze Carlile



**Friday, April 15th, 2:00 – 3:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Have you been looking around your home, trying to figure out what would help you feel organized? This workshop is focused on tips and resources for decluttering, downsizing, and donating personal property.

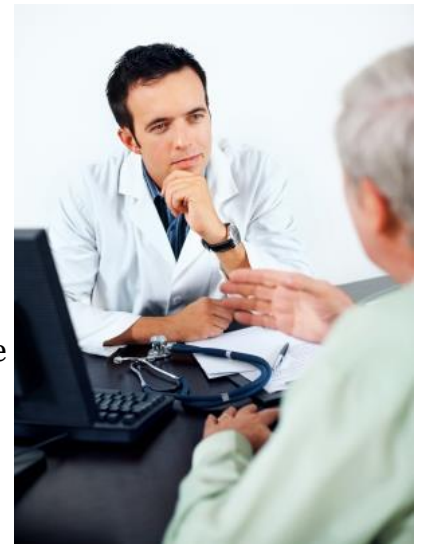
Breeze Carlile's specialty is residential move management and estate liquidation management. Breeze has been the trusted provider of customized moving services for San Francisco Towers residents since 2007. Her thoughtful attention to detail and awareness of the complexities of transitions makes her a valuable resource. She is a member of the National Association of Professional Organizers; Past-President of the Professional Women's Network and a member of Thriving Women in Business Giving Circle.

Breeze will be joined by Jane Alexiadis, an Accredited Appraiser offering appraisals of personal property including antiques, fine art, furniture and household goods. Jane offers both written appraisals and verbal evaluations, based on the needs of the client or estate. She evaluates estates for donation purposes, equitable distribution, estate taxes, the IRS or insurance companies.

## HOW TO BE YOUR OWN PATIENT ADVOCATE With Mary Lu Christie and Sophie Cole MD

**Monday, April 18th, 2:00-3:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org).**

It is not uncommon to be frustrated or dissatisfied in our relationships with medical care providers. Medicare and the major medical centers like CPMC, Kaiser Permanente, and UCSF are all talking about “patient engagement, the patient as a member of the team, patient involvement, and interactive medical care.” What do these terms mean and how can you make them work for you?



Mary Lu Christie is a new member of SF Village. After three hospital stays and a year volunteering at CPMC Pacific Heights, she is intrigued with the confusing labyrinth of health care delivery. Mary Lu has had two careers, as an employment lawyer and an early childhood teacher.

Sophie Cole has been practicing clinical medicine as an Internist in the Bay Area for over 25 years. She recently started her own medical consulting company (Caduceus Medical Consulting, Inc.), working as a physician adviser and analyst. She also currently volunteers at the Good Samaritan House Free clinic, and she is a board member of Samaritan House Foundation, California Medical Association and San Francisco Village.



## KRISTA TIPPETT: BECOMING WISE



**Tuesday, April 19th 7:00 PM**  
**Kanbar Hall, JCCSF, 3200 California St.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**  
**10 free tickets for SFV members: first come, first served**

Scientists, theologians, poets and activists have all opened up to Krista Tippett on her Peabody Award-winning public radio show *On Being*, where she explores what it means to be human and how we want to live. She is the author of *Speaking of Faith: Why Religion Matters—and How to Talk About It* and *Einstein's God: Conversations About Science and the Human Spirit*. Her latest book is *Becoming Wise*, a master class in living gleaned from the inspiring stories of individuals who possess what she calls “spiritual genius,” the strength to meet the world where it really is, and then to make it even better.

## HYDE STREET PIER TOUR

**Thursday, April 21st, 9:45-11:15 AM**  
**Hyde Street Pier**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Stand on the stern of Balclutha, face west to feel the fresh wind blowing in from the Pacific Ocean. Located in the Fisherman's Wharf neighborhood, San Francisco Maritime National Historical Park offers the sights, sounds, smells and stories of Pacific Coast maritime history. Join fellow members in a National Park Ranger led tour of the Hyde Street Pier and the large historic ships in the docks, followed by a walk to the Maritime Museum.



## GET TO KNOW YOUR iPhone OR iPad with Jim Clarke



**Monday, April 25th and Monday, May 2nd, 10am-11:30 AM**  
**Sequoia Room, IOA, 3575 Geary Blvd**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Bring your iPhone or iPad and learn how powerful these devices can be! Learn tricks and tools you need to get the most benefit from this technology. This two session workshop allows you to learn some tricks, fiddle with it on your own time, and come back to have your questions answered.

Jim Clarke worked at Modesto Junior College for thirty years. At the time he retired in 2013, he was serving as the Director of Distance Education and Instructional Technology. In this capacity he was responsible for managing the online learning management system (Blackboard) and for teaching



other faculty how to integrate and use technology in order to enhance instruction. Jim first began using technology in the classroom in the 80's and was an pioneer in using new methods to engage learners in the instructional process.

## **GIANTS OF JAZZ ON FILM: THE GREAT AMERICAN SONGBOOK**

**Saturday, April 30th, 8:00 PM**  
**Kanbar Hall, JCCSF, 3200 California St.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**  
**10 free tickets for SFV members: first come, first served**



The Great American Songbook forms the repertoire of much of jazz, and the “Big Five” are responsible for a great deal of that iconic music: George and Ira Gershwin, Rodgers and Hart, Cole Porter, Irving Berlin and Jerome Kern. And who knows? Perhaps we’ll throw in a little Harold Arlen or Johnny Mercer to round things out. Join us for a celebration of these influential songwriters with jazz performances from the likes of Artie Shaw, Rahsaan Roland Kirk, Sarah Vaughan, Chet Baker, Bill Evans and others.

## **VOLUNTER OF THE MONTH-Aditya Thakur**



Aditya Thakur, a product manager at a technology company, is making the most of his volunteer experience by spending time helping members with their technology needs, coordinating meal delivery and providing companionship.

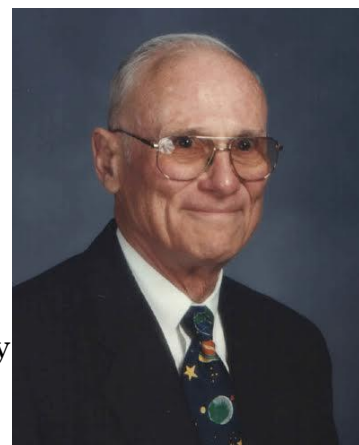
As a volunteer, Aditya sees the immediate impact of what he does, but the relationship goes both ways. “Volunteering provides a great perspective on the needs of people who are aging. It always amazes me how much of a difference an hour spent can make for the Village members.” He goes on to explain that “members are really great and friendly, and they love to have conversations with [him]”.

Chet Roman got his printer up and running thanks to Aditya's time and expertise. “He was wonderful. He absolutely fixed my problem. In fact, he inspired me by saying I was on the right track in fixing my own problem. Maybe I'll try it myself next time.”

For Aditya, volunteering provides a sense of community and we thank him for being an important part of the San Francisco Village family as we recognize him as April’s Volunteer of the Month.

## IN MEMORIAM-DAVID EDWARD ROSENKRANTZ

San Francisco Village member David Rosenkrantz was born in San Francisco, grew up in Fresno and received his MBA from Stanford in 1954. David met his wife Anna Gayle Nin while at Stanford and married her in 1951. David spent 42 years in various executive management positions at Macy's, retiring in 1996.



David had a firm and sweet disposition and was deeply admired and loved by his business associates, colleagues and employees. He was an effective fundraiser for Stanford and various charities, and was a member of the parish council and chaired the finance committee at St. John of God Church. David and his wife Gayle spent many years working for environmental, peace and weapons reduction causes.

David was an avid life-long sports lover. During his youth he enjoyed football and baseball and in his later years, he took up running and golf. He ran in several Bay to Breakers and hosted several amateur golf tournaments at Tilden Park in Berkeley.

His greatest love was his family. David is survived by his wife Gayle Rosenkrantz of almost 65 years, five children and a number of grandchildren. A memorial service will be held at St. Aidan's Episcopal Church, 101 Gold Mine Drive at 3 PM Saturday April 2<sup>nd</sup>, 2016. In lieu of flowers, donations may be made to a charity of your choice.

## SAVE THE DATES!!!

### CONNECTIONS FOR HEALTHY AGING WORKSHOPS

**Thursdays, May 12th, 19th, 26th, and June 2nd, 10 AM- 1 PM  
(please attend all 4 sessions)**

**Fireside Room, St John's Church, 25 Lake Street (at Arguello)**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



Staying healthy and engaged as we age is no easy matter these days. But with a little help from our friends, we can be informed and empowered to do just that.

We invite you to come to our Connections for Healthy Aging Workshops in partnership with the Community Living Campaign. Building on techniques for peer learning, this workshop helps weave connections to support healthy aging.

Workshop topics, presented in a fun and interactive way, will include:

- Assessing your own personal goals for Healthy Aging
- Learning how to build a network of support to help you reach those goals.
- Important documents everyone should have prepared and stored in a manner that is safe, security and accessible in an emergency.
- Proven ways to prevent isolation and loneliness
- Tips and resources for how you or a loved one can survive a hospital stay and enjoy a smooth transition back home.
- Simple, online tools that can support us to be informed and empowered as we age.

Workshop trainers include Marcia Peterzell, Linda Silver, Marie Jobling, CLC Connectors & other guests.

Lunch is included at no charge. Please let us know if you have any dietary concerns.

### **WHAT' THE POLITICAL SCOOP!?! with John Rothmann**

**Monday, May 16th 10-11:30 AM**  
**Auditorium, IOA 3575 Geary Blvd**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**  
**Guests are welcome**



John Rothmann is a radio talk show host on KGO 810 AM. He is a frequent lecturer on American politics and the Presidency, and has spoken at over 150 campuses throughout the United States, Canada, and Israel. He has been involved in many political campaigns on the national, state, and local levels, including Richard Nixon's in 1968. Rothmann has also published a wide range of articles on American political history, the Middle East, and education. Rothmann's personal love is his 15,000-volume library - one of the finest private libraries in the country - specializing in American political history and political biographies.

### **MEMBER TO MEMBER**

#### **Asian Heritage Street Fair-Mitchell Bonner**



Mitchell Bonner wants you to know about the Asian Heritage Street Fair on Saturday May 21st at the Civic Center/Little Saigon Area -- Larkin between Fulton & Ellis. A celebration of all Asian and Pacific Islander cultures, the goal of the Street Celebration is to promote and foster Asian Pacific American identity by bringing together community and encouraging the sharing of differences and appreciation of diversity. For more information, please contact Mitchell at (415) 335-3182 or [bonner1944@hotmail.com](mailto:bonner1944@hotmail.com), or visit [asianfairsf.org](http://asianfairsf.org)

### **Arts and Sciences and their relationship to everyday life - Dr. Lapsley Malcolm McAfee**

The group will look at humanities, sciences, and current developments and examine their overlaps with everyday life, contrasting the little picture with the big picture. This new conversation and action group will talk about how we care for the planet, each other, and the ventures we do together. All are invited to bring a topic to the table and the group will decide which to focus on during their 90 minutes together. For more information, contact SFV member Dr. Lapsley Malcolm McAfee at (415) 751-5305 or (415) 632-9222. "An unexamined life is not worth living" -Plato

### **Treasure from 'San Francisco History Days' - Cosi Pavalko**



We'll be bringing you the most intriguing elements from the recent SF History Expo at the Old Mint to stimulate our ongoing exploration of San Francisco history on Thursday, April 28th 3:30-5pm in the Ponderosa Room. Contact Cosi Pavalko for more info at (415) 564-2275 or [cosifabian@mindspring.com](mailto:cosifabian@mindspring.com).

## **NEIGHBORHOOD CIRCLES**

### **94102**

The 94102 Circle will host a grab bag hour and plan the next few meetings on Wednesday, April 13, at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2 p.m. to 3 p.m.



Do we want to have conversations about grace? Happiness?  
Or advice from my 80 year old self? Or something else? Bring a book or a poem or an article, or just an idea. Or just be our guest!

Open to all SF Village members, but space is limited. E-mail Lynn Davis at [treebarque@aol.com](mailto:treebarque@aol.com) or call (415) 826-5416.

### **94131**

The 94131 Circle will have its monthly social gathering on Saturday, April 16th, from 2-4 PM in the club house at 43 Ora Way. For more information or to RSVP, please contact Demetri Politics at (415) 826-3666 or [politesd@yahoo.com](mailto:politesd@yahoo.com).

### **LGBT Circle**

The SF Village LGBT Social Circle will meet this month for social engagement and to discuss matters important to this community. Please contact Ken Prag for more information or to RSVP at [kprag@planetaria.net](mailto:kprag@planetaria.net) or (415) 586-9386.

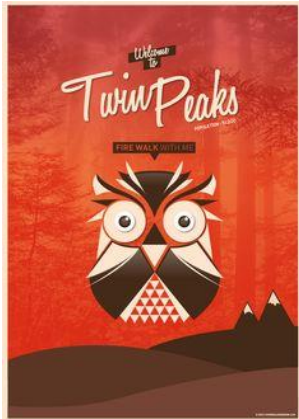


### **Noe Valley Circle**

The Noe Valley Circle will host a potluck at the home of Kay Taneyhill on Saturday April 16th at 5:00 PM. Please contact Kay at (415) 241-0422 to RSVP. Space is limited.



## West of Twin Peaks Circle



**Contact Elaine Mannon to RSVP and for address info for all WTP events at (415) 469-9832**

Thursday, April 14  
Lunch Bunch  
Time and place to be announced

Wednesday, April 27  
Movie and Discussion over tea  
Details to follow

## VOLUNTEER TRAINING with Keyatta Shade

**Saturday, April 2<sup>nd</sup> from 10:00 AM to noon**  
**IOA, 3575 Geary Blvd**  
**RSVP to Key at (415) 387-1375 or [Key@sfvillage.org](mailto:Key@sfvillage.org)**

Individuals with little or no experience working with seniors can get volunteer training at one of the Village monthly training programs.

Led by Key and our community partner, Home Instead Senior Care, the training includes a discussion of important issues facing seniors, myths and facts about aging, identifying hazards in the home and more.



## APRIL MONTHLY EVENTS

**Longevity Explorer Circle**  
**First Tuesday of the Month – April 5<sup>th</sup> from 2:00 PM - 3:30 PM**

Join an intimate group of your peers to discuss new & emerging solutions to the challenges of growing older.

- Find out about new products that can help postpone the day when growing older starts to get in the way of living life to the fullest.
- Share your ideas about what works and what does not work well with others from your community and members of other circles.
- Add your ideas for “solutions someone needs to develop” to the Longevity Explorer’s growing list of new product ideas.
- Hear what your peers from other circles of older adults have to say.



Facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers. Dr. Caro’s work focuses on the intersection of healthcare, aging and technology.

Contact: RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375  
Location: Sequoia Room, IOA 3575 Geary Blvd

## **Aging Well with Meditation**

**Wednesdays, April 6th and 20th, 11:30 AM - 12:30 PM**

Led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation, come learn to practice meditation together. All levels of experience welcome for these drop-in groups.

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation—paying attention purposefully and non-judgmentally in the present moment—is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. So why not give it a try?

Contact: RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375

Location: Sequoia Room, IOA, 3575 Geary Blvd



## **Poetry Group**

**Thursdays, April 7th and 28th, May 5th and 12th, June 2nd and 16th**

**11:00 AM-12:30 PM**

Poetry allows us to connect with a deeper part of ourselves, and through this sharing we build intimacy and community. Join your fellow Village poetry enthusiasts as we give and receive feedback on our own work, share the work of writers we love, and use prompts to encourage our writing.



This member led group is open to all. Poets at every level of experience are welcome. Just bring attentive ears, a willing mind, pencil and paper, and a desire to converse in a slightly different way. You can also bring a snack or lunch to eat as we write and talk.

Contact: RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375

Location: Ponderosa and Sequoia Rooms, IOA 3575 Geary Blvd

## **Writers Circle**

**Tuesdays, April 12th and 26th (2nd and 4th Tuesdays), 3:00-4:30 PM**

A writers circle provides a forum for writers in any genre to share their work-in-progress and receive support through critiques, creative prompts, and encouragement. All writing experiences are welcomed. Currently, the writers circle will be member led and in the near future, we will have workshops with an instructor.

Contact: RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375

Location: Sequoia Room, IOA 3575 Geary Blvd



## Film Group

**Wednesday, April 20<sup>th</sup> at 3:00 PM**

The film group will watch and discuss *Klute*, a mystery-detective-crime film with twists and turns that earned Jane Fonda an Academy Award.

Contact: RSVP to Barbara Hancock at (415) 750-0865 or [ladybekh@gmail.com](mailto:ladybekh@gmail.com)

Location: Barbara's home (Contact SFV for address info)

## Play Reading Group

**Thursday, April 21<sup>st</sup> at 4:00 PM**

The Play Reading Group will read *Prelude and Liebestod* by Terrence McNally and *Camp Cataract* by Joseph McPhillips (adapted from a story by Jane Bowles). Both plays can be found in *Plays in One Act* edited by Daniel Halpern.

Contact: Call Midge Fox at (415) 984-0613 for information.

Location: Telegraph Landing Club Room, 150 Lombard

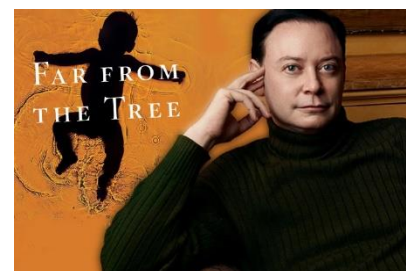
## Book Group

**Monday, April 25<sup>th</sup> at 4:00 PM**

The book group will read and discuss *Far From the Tree* by Andrew Solomon.

Contact: RSVP to Brooke Anderson at (415) 833-3487 or [Brooke.Anderson@kp.org](mailto:Brooke.Anderson@kp.org)

Location: Brooke Anderson's home (Contact SFV for address info)



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\*|3575 Geary Blvd-San Francisco, CA 94118|\* \*|Ph: (415) 387-1375|\*