

# SAN FRANCISCO VILLAGE

Monthly Newsletter

January 2017



## FROM THE EXECUTIVE DIRECTOR: KATE HOEPKE

Dear Members:

This month we celebrate our 8<sup>th</sup> anniversary as an intergenerational community supporting older adults who want to stay in charge of their lives. There is so much to celebrate and so many people to thank: founders, board members past and present, staff, volunteers, funders, donors, champions and most of all our MEMBERS. Together we are proving that no matter our age, when we take the risk to connect with others, we find that we are cared for, needed and part of a positive force for good.



For those of you who weren't able to join us, we had a beautiful holiday party in December celebrating how kindness builds community. Members were asked to share with one another simple stories of kindness they've experienced since joining SFV. We heard about budding friendships, good deeds exchanged, support beyond expectation and simple gratitude. It was clear to me that the seeds planted more than ten years ago to launch SFV have blossomed into trusted loving relationships that remind us we're all in this life together.

These past few months have left many of us feeling confused, anxious and afraid. When I feel this way, I have to remind myself of what is within my power to do. I can talk with friends, donate to the causes I believe in, recommit to my values, focus on my work, reach out to people who may need my help and look for various ways to be kind to others: say good morning to a stranger, volunteer my time, let someone cut in front of me on the Bay Bridge, offer my support to an SFV family in distress. I'm noticing that each time I make the choice to act with love and kindness, my heart feels a little fuller, I feel a little less anxious about what I can't control in the world and slowly I feel more hopeful.

The Chinese philosopher Lao Tzu said: Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

### TABLE OF CONTENTS:

#### From the E.D.

#### Annual Member Survey

#### Did You Know?

#### January Events

iPhone & iPad  
Precious Feet  
Active Minds  
Book Tour  
First Aid  
Games  
Family Folklore  
Spirituality  
Mentoring Exchange

#### Member Perks

#### What's Trending

How to Give  
Dignity Fund  
Sleep Study  
Volunteer Training

#### Member to Member

#### Neighborhood Circles

#### Recurring Events

#### Save the Dates

#### Community Thrift

#### New Members in December

Edward Buchli  
Svetlana Buchli

Please review the rich calendar of events for January and for your new year's resolution, try something new! This month we're conducting our first member satisfaction survey which we've mailed to all our members. Please take 15 minutes to tell us what you think so we can continue to improve our program and services. Finally, please mark your calendar for our annual State of the Village meeting on Wednesday, February 15<sup>th</sup> from 2:00 – 4:00 p.m. where we will reflect on 2016 and share our goals for 2017.

I look forward to seeing you this month!

Warm regards,  
Kate

## ANNUAL MEMBER SURVEY



Please help us take stock of how well San Francisco Village helps you to make connections and get the information and support that you need. Your responses will enable us to add or adjust our activities and to ensure that all SFV members get the most value possible from being a part of this community. Our goal is a 90%+ response rate! Thank you for your input!

We've included a paper copy with the printed newsletter for you to fill out and return, or you can complete the survey

online: [www.surveymonkey.com/r/DDBGSZ9](http://www.surveymonkey.com/r/DDBGSZ9). Please submit your responses by Tuesday, January 31.

## DID YOU KNOW?

### Community Meeting

**Thursday, January 12, 3:30 - 5:00 p.m.**

**Merced Branch Library, 155 Winston Drive**

As the membership of San Francisco Village continues to grow, so does our sense of community and connection. With each new member, we're introduced to a life story that includes an individual's talents, curiosity and ideas that expands our notions of what is possible. We have scheduled a community meeting this month to inform prospective members about the benefits of belonging to SF Village. Please help us get the word out by sharing this invitation with friends and neighbors.



## JANUARY EVENTS

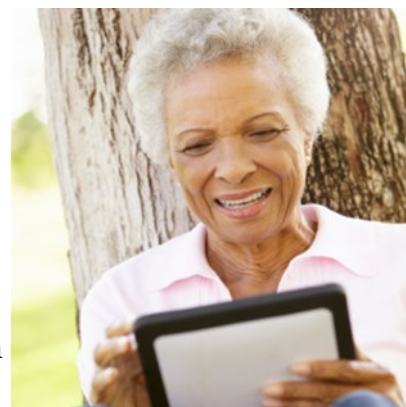
### iPhone & iPad Tutorial: iCal, Notes, & Reminders

**Monday, January 9, 10:30 AM – 12:00 PM**

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

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

Take a dive into the world of the iPhone. Village members will learn how to use iCal (calendar app), Notes and Reminders that can be used on both iPhones and iPads. Find out how to enter a calendar event on your iPad and see how it shows up on your iPhone (and vice versa!). Class size is limited for the best learning environment and there are no drop in's so RSVP early!



Jim Clarke worked at Modesto Junior College for 30 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 a pioneer in using new methods to engage learners in the instructional process.



### **Taking Care of Our Precious Feet**

**Tuesday, January 10, 10:30 AM – 12:00 PM**

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

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

Join Susan Lorica, RN and Certified Foot Care Specialist, in looking at how normal aging affects our feet and why underlying systemic issues such as diabetes, vascular disease, autoimmune disorders, and many other common conditions can accelerate these effects, leading to disabling consequences. Many of these problems, however, can be alleviated or avoided with extra care and attention to the feet and

lower legs. During this presentation, we will look at pictures of some of the most common foot ailments, as well as, more serious foot problems experienced by people as they age and/or confront health issues.

No one will be required to expose their feet! This is meant to be a fun and informative presentation and discussion. Our goal is to learn as much as we can about how to better take care of our feet - knowing what we can do for ourselves and when to ask for help from caregivers, family and professionals - thus maintaining optimal mobility and quality of life, no matter our age or unique situation.

### **Active Minds, Healthy Brains**

**Fridays, January 13 and 20,**

**February 3 and 10, 10:30 – 11:30 AM**

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

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

Join us for four one-hour sessions, led by staff from the UCSF Memory and Aging Center, and learn about how to keep your brain healthy. We will discuss nutrition, general health, cognitive stimulation, social



engagement, and physical activity. We'll explore how all of these factors shape our aging process and might contribute to decreasing the risk of developing neurodegenerative diseases such as Alzheimer's. Write down your questions and bring them with you!

The UCSF Memory and Aging Center, through the Global Brain Health Institute, offers a bilingual team (Spanish and English) dedicated to the improvement of health care quality of the San Francisco community, around issues related to brain health education, cognitive impairment assessment and management, as well as prevention of dementias. A large part of their efforts are focused on increasing brain health literacy in the community.



### **San Francisco Center for the Book Tour**

**Tuesday, January 17, 11:00 AM – 1:00 PM**

**375 Rhode Island St.**

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

The San Francisco Center for the Book is a center of inspiration for the book arts world, featuring the art & craft of letterpress printing, bookbinding, and artists' bookmaking.

The guided tour involves a view of all of the studios with a discussion about the bookbinding and letterpress equipment as well as talk about the history of bookbinding and letterpress printing. It also includes a chance to pull a letterpress print and create an inventive book structure.

### **Psychological First Aid**

**Wednesday, January 18, 1:00 – 4:00 PM**

**25 Van Ness Ave., Room 610,  
(between Oak and Hickory)**

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



You may be prepared physically with an earthquake emergency supplies kit, but have you prepared psychologically?

Would you like to know:

- What are some common reactions to disaster?
- How you can protect yourself emotionally?
- What specific, practical actions you can take to increase your resilience, improve coping, and manage stress before, during, and after an emergency?

Dr. Elizabeth McMahon is a licensed psychologist in private practice who specializes in anxiety, panic, fears, and stress. She co-wrote the training materials for Psychological First Aid for Neighborhood Emergency Response Team (NERT) members and speaks frequently on psychological first aid, coping, increasing happiness, and other topics.

To find Room 610 at 25 Van Ness Ave.: sign-in at the desk on the 1<sup>st</sup> floor, then take the elevator to the 6<sup>th</sup> floor. On the 6<sup>th</sup> floor, get out of the elevator and turn right, continue straight ahead and you will see the room.



## Let's Play Games!

**Thursday, January 19, 1:00 – 3:00 PM**  
**Ponderosa Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

This is a time to come together and play games! We'll play cards and board games and see what else seems fun in the upcoming months. Let us know your favorite game! Games and popcorn will be provided; join us!



## Personal Stories as Family Folklore and Cultural History

**Mondays, January 23 and 30,**  
**February 6 and 13, 1:30 – 3:00 PM**  
**Ponderosa Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

We carry the stories told to us by elders, and now we are the elders with the legacy of their memories and our own lived experience. We hold history: each one of us a different piece. What shall we share as our gift to the future?

Olive Hackett-Shaughnessy returns to SF Village with exercises and prompts for storytelling in the oral tradition. When we listen deeply to one another's stories, our own memories take shape. Hidden treasures can be found that have renewed meaning and value. Storytelling techniques will be included in each class.

## Exploring Spirituality

**Tuesdays, January 24 and 31, 10:30 AM – 12:30 PM**  
**Ponderosa Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Have you ever wanted to take some time in a small group to explore spirituality and its components? Please join us as we consider a framework for understanding spiritual experience, the ways we cultivate it, how we respond to spirituality, and the ways it can influence the decisions we make, the lives we lead, and the communities we build.



This two-part workshop has limited space and we request that you please make a commitment to attend both sessions.

Rabbi Eric Weiss is CEO/President of Bay Area Jewish Healing Center. He is a spiritual director and has worked in the area of spiritual care for the past 20 years.

## Spring Mentoring Exchange

**Wednesday, January 25, 10:00 AM – Noon**

**Temple Emanu-El, 2 Lake St. (entrance on Arguello)**

**Contact Key at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

**For more information and to reserve your spot**



SF Village continues to partner with City Arts & Technology High School for a Mentoring Exchange Experience between our members and 9<sup>th</sup> grade students. Members and students meet one-on-one so that the students can gain perspective on your life choices. Members get to know the students by asking questions about their families and interests. Students will 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.

We will continue to meet with the same classes who participated this past fall. There is no requirement to attend prior sessions to participate.

## MEMBER PERKS



### California Academy of Sciences

San Francisco Village members and their guests can enjoy a 15% savings off ticket prices by using the code *sfvillage* when purchasing tickets online.

To purchase tickets, go to: **[www.calacademy.org/etickets2](http://www.calacademy.org/etickets2)**

Enter in the following sales code: *sfvillage*

*Note: Sales code is space and case sensitive. All first-time users need to set up a profile in order to make an online purchase.*

Enjoy exploring the planetarium, aquarium, and natural history museum, all under one living roof!

## Move, Breathe & Relax

To move, breathe, and relax in the new year, SF Village members and volunteers are invited to a new class focused on mindful movement and breathing practices.

All experience levels welcome. The class meets in Noe Valley on four Thursday afternoons from 1:00 - 2:00 PM: Jan. 26, Feb. 2, Feb. 9 and Feb. 16. Attend all four (\$80) or drop in (\$25 per class).

Contact Rachel Lanzerotti, at Five Rivers Yoga by email at **[rachel@fiveriversyoga.com](mailto:rachel@fiveriversyoga.com)** or phone (415) 710-7407 to sign up in advance.



## Jewish Community Center Art and Ideas Partnership

We've received tickets to a number of JCCSF events in January; let us know if you'd like to attend any of them. RSVP with San Francisco Village at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to save a seat. Tickets will be reserved under your name at the JCCSF Box Office, 3200 California St.



### **The Telomere Effect:**

**Elizabeth Blackburn & Elissa Epel with Anahad O'Connor**

**Tuesday, January 10, 7:00 PM**

Join microbiologist and Nobel laureate Elizabeth Blackburn and leading health psychologist Elissa Epel for a fascinating discussion about their new book that explores the role of telomeres in the aging process, and what we can do to improve and lengthen our telomeres to keep us vital and disease-free.

### **The Yellow Ticket (Der Gelbe Schein): Silent Film with Live Score by Alicia Svigals** **Thursday, January 19, 7:00 PM**

Shot on location in the former Jewish quarter of Warsaw at the end of World War I, this silent film rarity addresses ethnic and religious discrimination, human trafficking and poverty in remarkably progressive terms. Presented with a lush score performed live by Grammy-winning violinist and composer Alicia Svigals, virtuoso pianist Marilyn Lerner and clarinetist Laura DeLuca. The hour-long film will be followed by a talkback with Svigals and others.



### **Bill T. Jones**

**Sunday, January 22, 7:00 PM**

With his artistry and creativity, Bill T. Jones has inspired a generation of dancers, choreographers and audiences, creating more than 140 works. Join us for this special evening, as he discusses his life and career.

### **Giants of Jazz on Film: Jazz Centennial with Mark Cantor** **Featuring music by The Klipptones at 7:00 PM** **Saturday, January 28, 7:30 PM**

*Giants of Jazz on Film*, the longest-running jazz-on-film series in the country, returns to celebrate the 100th anniversary of recorded jazz. World-renowned jazz film archivist Mark Cantor provides lively commentary for a uniquely curated show featuring a broad sampling of jazz classics – from early New Orleans jazz, swing, bebop and cool jazz to modal jazz, hard bop, West Coast and more.





**The Wisdom of the Zohar:  
A Text Study with Daniel Matt & Arthur Green  
Sunday, January 29, 4:00 PM**

Take a deep dive into the *Zohar* with two of its leading authorities. Daniel Matt is joined by Rabbi Arthur Green for this afternoon's mystical study session where we'll distill some of the unique wisdom of the *Zohar* and discover why it's an important and alluring work for our time.



**Venture Capital 101:  
with David Hornik, Amy Errett and Hunter Walk  
Monday, January 30, 7:00 PM**



Three of Silicon Valley's top venture capitalists reveal how their world works, what makes a successful pitch, what's hot and what's not. David Hornik, general partner at August Capital invests broadly in information technology companies; Amy Errett, founder and CEO of Madison Reed and former venture capitalist at Maveron Ventures, and Hunter Walk, formerly with Google and YouTube, created Homebrew, a \$35-million seed-stage fund. Don't miss this rare opportunity to hear from the tech world's movers and shakers.

## WHAT'S TRENDING?

### How to Give: Donating to San Francisco Village

Happy new year! 2016 was a momentous year for San Francisco Village – our intergenerational community grew to include 73 new members, 11 active Neighborhood Circles, 176 kindhearted volunteers, and we added a full-time staff person, as well as an intern to our team. Additionally, we saw an immense increase in member engagement and programming, averaging 26 events a month, up 63% from 2015.

2016 also brought out the best in our generous donors, who opened their hearts and their wallets to ensure that we can achieve our mission. Compared to previous years, we received a greater number of donations, of all sizes, from a larger group of people and for this, we are deeply grateful.



As a non-profit organization, we rely on the generosity of many people. In addition to cash donations, there are many other ways to give:

- Appreciated securities – a longtime donor chose to make a year-end gift of appreciated stock to San Francisco Village; by doing so, she received tax benefits and we received a larger donation.
- In-kind gifts – a thoughtful member reached out to Ghirardelli and asked for a donation of chocolates, which she brought to the holiday party. A gift that everyone enjoyed!
- Time – volunteers and board members graciously give their time and talent throughout the year to support both members and staff.
- Expertise – our community is rich with professional experience, and the ability to tap into that knowledge, without paying a premium, is invaluable as we grow.



If you are interested in learning more about how you can give to our burgeoning community, we would love to hear from you! Call Maya at (415) 387-1375 or email her at [maya@sfvillage.org](mailto:maya@sfvillage.org).

Thank you for your continued support and we look forward to a year filled with purpose and promise.

## Dignity Fund Passes! Now What?

The Dignity Fund passed on November 9<sup>th</sup> with 67% of the voters saying Yes! Now the implementation work begins. A new website is under development, but until it is up and active, you can find an overview of the campaign, what's next, as well as information on upcoming activities at <http://www.sfhealthyaging.org/dignity-fund-passes-now-what/>.



## Do You Have Insomnia and Live in the SF Bay Area? Participate in a Study!

Posit Science is looking for healthy people aged 55-80 for a study on cognitive training in people with clinically significant insomnia, which has resulted in distress or impairment in social and/or occupational functioning. As a participant in the STATE trial (SusTained Attention Training to Enhance sleep), you will be asked to complete about four sessions (2-3 hours each) of assessments in our

office in San Francisco and 12 hours of cognitive training from home, and also wear a sleep monitoring watch at night. If you complete everything, you will be paid \$260.

Interested? Email [SLEEPrecruitment@positscience.com](mailto:SLEEPrecruitment@positscience.com) or call (415) 568-3565 and mention that you're interested in the sleep study. Posit Science provides cognitive brain training software and services.

## San Francisco Village Volunteer Training

**Saturday, January 28, 10:00 AM – Noon**

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

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

Individuals with little or no experience working with older adults can get volunteer training at one of the Village's monthly training programs. Led by Key and our community partner, Home Care Assistance, the training includes a discussion of important issues facing older San Franciscans, myths and facts about aging, active listening techniques, identifying hazards in the home and more.



## MEMBER TO MEMBER



**AgingMatters**

## Openings for the Commission on Aging Advisory Council

The Commission on Aging Advisory Council is comprised of people who volunteer their time, experience, energy and desire to provide information and guidance to the staff of the Department of Aging and Adult Services (DAAS) and the board of the Area Agency on Aging (the Commission on Aging). The Council consists of 22 members, 11 of whom are appointed by

the Board of Supervisors (one per supervisor). Currently, there are openings for San Francisco residents who live within the following Supervisorial Districts: District 1 (Sandra Lee Fewer), District 3 (Aaron Peskin), District 6 (Jane Kim), District 8 (formerly Scott Weiner), and District 10 (Malia Cohen).

According to the San Francisco Administrative Code, the Council should be representative of the geographic and ethnic populations of San Francisco. To fulfill that goal, we are particularly encouraging Asians, Latinos, and adults with disabilities and/or their caregivers to apply.

There is an application process, but first, interested individuals should attend at least one of the Advisory Council meetings. Generally, the Council meets every 3<sup>rd</sup> Wednesday of the month. The next meeting is Wednesday, January 18<sup>th</sup> from 10:00 to 11:30 AM. The Council meets at 1650 Mission St. (between South Van Ness and Duboce Avenues). We are on the 5<sup>th</sup> Floor in the Golden Gate Conference Room.

If you are at all interested and want more information, please contact SF Village member, Allegra Fortunati, at [allegrafortunati@yahoo.com](mailto:allegrafortunati@yahoo.com).

## NEIGHBORHOOD CIRCLES



### Invitation to Neighborhood Circle Leaders

We're inviting all Circle leaders and those potentially interested in launching a Circle to join us for a 'learn and lunch' on Thursday, January 26 from 11:00 AM to 1:00 PM at the IOA (3575 Geary Blvd.) in the Board Room. We'll spend our time together discussing successes and challenges of this past year, how SFV can continue to support you in your efforts, and hear from staff and board members about ways in which Circle leaders can help SFV achieve some of its 2017 goals. Please confirm your attendance to Key at (415) 387-1375 or [Key@sfvillage.org](mailto:Key@sfvillage.org) no later than Friday, January 6 at noon. Lunch will be provided.

### 94109 & 94133

In keeping with this year's theme of "San Francisco," the 94109 & 94133 Circle will meet at the home of Juliet and Leonard Rothman at 3:00 PM on Monday, January 16 and discuss San Francisco as a sanctuary city. For more information and to RSVP, please contact Bobbie Rothman at (415) 345-9034 or [RRothman2174@gmail.com](mailto:RRothman2174@gmail.com).



### 94114

The 94114 Circle will go wine tasting at the San Francisco Wine Company on January 31 from 5:00 to 7:00 PM. Tickets for the tasting are \$20 per person. This event is only open to 94114 Circle members. Please contact Marian Anderson at (415) 864-0987 or [majiwinx@sbcglobal.net](mailto:majiwinx@sbcglobal.net) to RSVP and for more information.

### 94115 & 94123

The 94115 & 94123 Circles will have a potluck at the home of Jeanne Lacy on Monday, January 23. Space is limited to 10 people so you must RSVP and wait for confirmation from Marilyn Campbell, [mcampbell2675@comcast.net](mailto:mcampbell2675@comcast.net).

## 94117

The 94117 Circle will meet at the home of Lauren Chaitkin on Friday, January 27 from 2:30 to 4:00 PM to further strengthen their relationships and discuss issues important to this group. RSVP to Lauren at (415) 681-7713 or [lauren.chaitkin@gmail.com](mailto:lauren.chaitkin@gmail.com).



## 94118

The 94118 Circle will host a potluck on Tuesday, January 17 from 5:00 to 6:30 PM to get to know one another and further deepen our relationships at the home of San Francisco Village volunteer and new co-facilitator Gabie Berliner. Please contact Key at (415) 387-1375 or [Key@sfvillage.org](mailto:Key@sfvillage.org) for address information, to RSVP and to let him know what you plan on bringing. Beverages will be provided.

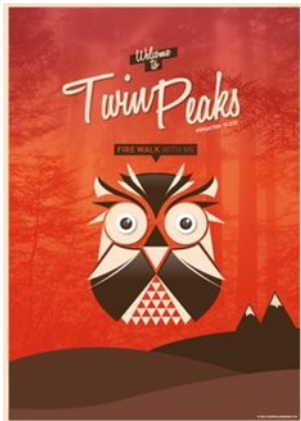


## 94131

The 94131 Circle will meet on Saturday, January 28 from 2:30 to 4:00 PM at the Gold Mine Club House, 43 Ora Way. Guest leaders from other Circles will be on hand to discuss their challenges and how they overcame them, and share some of their successes. RSVP to Key at (415) 387-1375 or [\*\*Key@sfvillage.org\*\*](mailto:Key@sfvillage.org). We hope you come open to new ideas and opportunities.

## LGBTQ Circle

The LGBTQ Circle will meet on Thursday, January 19 from 1:30 to 3:00 PM at the Castro Senior Center, 110 Diamond St., to create more opportunities for social connection within the group. RSVP to Key at (415) 387-1375 or [\*\*Key@sfvillage.org\*\*](mailto:Key@sfvillage.org).



## West of Twin Peaks Circle

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

### Lunch Bunch

Tuesday, January 17, 1:00 PM  
Trattoria da Vittorio  
150 West Portal Ave.

### Matinee Movie with Movie Critic Toni Illick

Wednesday, January 25  
Neighborhood movie theater  
Tea and discussion following movie at the home of Elaine Mannon  
Details to follow once we know what is showing



# RECURRING EVENTS

## Longevity Explorer Circle

**First Tuesday of the Month, January 3, February 7, 2:00 – 3:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

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.



The meeting begins at 2:00 PM. However, you are welcome to come early, introduce yourself, and get to know the other explorers in a mini-social 30 minutes prior to the meeting. From 1:30 – 2:00 PM, Richard Caro will be available to answer one-on-one questions about your iPhone or iPad (maybe your Android). These can be as simple as "how to download an App" or something more complex. Bring your smartphone or tablet if you have questions.

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.



## Rounds and Canons

**New Day: Tuesdays, January 10, 17, 24, 31,**  
**4:30 – 6:00 PM**  
**Susie Zacharias’s home**  
**RSVP to Dorothy Barnhouse at (415) 221-5915 or [dorbarn@sbcglobal.net](mailto:dorbarn@sbcglobal.net)**

Start the week with joyful song and your days will be filled with happiness. Join the Rounds and Canons Group and sing songs from around the world. Dorothy Barnhouse, who has decades of experience teaching singing and leading groups is our secret weapon. Reading music not needed – just a love for singing and togetherness.

Give us a try! For more information, contact Dorothy.

## Aging Well With Meditation

**Wednesdays, January 11, 18, 25,**  
**February 1, 8, 15, 11:30 AM – 12:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



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?

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 are welcome for this drop-in group.



### **Play Reading Group**

**Thursday, January 12, 4:00 PM**

**Telegraph Landing Club Room, 150 Lombard St.**

**Contact Midge Fox,**

**[midgefox@comcast.net](mailto:midgefox@comcast.net) or (415) 984-0613**

The one-act play-reading group will read *The Chalky White Substance* by Tennessee Williams and *Jack Pot Melting: A Commercial* by Amiri Baraka. Both plays can be found in *Plays in One Act*, edited by Daniel Halpern.

### **Discussion Group**

**Friday, January 13, 2:30 PM**

**Eva Auchincloss's home**

**Contact SFV for address information**

**RSVP to Eva at (415) 563-7519 or [eva3auch@gmail.com](mailto:eva3auch@gmail.com)**

The discussion group will meet and discuss recent medical breakthroughs. Participants are invited to bring any articles, journals, or other information you may have on any such breakthroughs.



### **Film Group**

**Wednesday, January 18, 3:00 PM**

**Contact Ralph Beren at (415) 929-8309**

**Meeting place: TBA**

The film group will watch and discuss *Sunset Boulevard*, the award-winning 1950 film about a fading movie star who lives in the past. The film stars Gloria Swanson and William Holden, and won an Oscar for best script.

### **Lunch Bunch**

**Thursday, January 19, 11:30 AM**

**Contact Marci Fogg at (415) 821-6333 or [mjfogg@hotmail.com](mailto:mjfogg@hotmail.com)**

**Delancey Street, the Embarcadero at Brannan**

The lunch bunch will meet for food and fellowship at the Delancey Street restaurant at the Embarcadero.

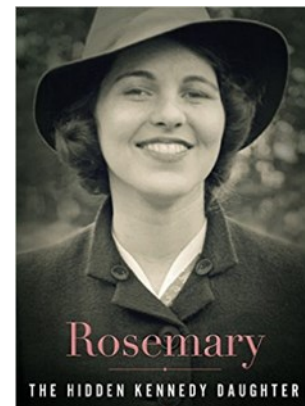
## Book Group

**Monday, January 23, 4:00 PM**

**Jeanne Lacy's home (Contact SFV for address info)**

**RSVP to Jeanne Lacy at [jlacysf@gmail.com](mailto:jlacysf@gmail.com) or (415) 922-6517**

The group will meet at Jeanne Lacy's home to discuss Kate Clifford Lawson's *Rosemary: The Hidden Kennedy Daughter*.



## SAVE THE DATE



### Palliative Care: What It Is and What It Isn't

**Thursday, February 9, 1:00 – 2:30 PM**

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

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

Discover the basics of palliative care. This engaging presentation will open a discussion to explore this growing, compassionate, and realistic approach to care near the end of one's life.

Rev. Jeffrey Ishmael M.Div., Board Certified Chaplain is the Chaplain for the Palliative Care Team at California Pacific Medical Center. As a vital part of the Palliative Care team, he works with patients and families as they come to grips with the reality that curative options have been exhausted. He assists as patients and their loved ones start to look at medical care options that focus on symptom and pain management so they can enjoy the life they have left.

## State of the Village

**Wednesday, February 15, 2:00 – 4:00 PM**

**IOA Auditorium, 3575 Geary Blvd.**

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

The State of the Village meeting is our version of an Annual Shareholders Meeting, marking our 8th anniversary. It's a great opportunity to feel connected to SF Village, meet the staff, and get better acquainted with one another. Please join us as we review results of the Member Satisfaction/Program Survey, our accomplishments from 2016, and discuss our goals for 2017.



## The WOW! Factor

**Tuesdays, February 21, March 14 and 28, April 11, 11:30 AM – 1:00 PM**

**Ponderosa Room, IOA, 3575 Geary Blvd.**

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

Join fellow Village members in conversations focusing on those little moments in our lives that



“literally caught our breath, caused us to pause, and say WOW!” We’ll explore how those experiences deepened us, made us laugh, tested our courage, or altered our life purpose.



At each session, several members will come prepared with stories to share and discuss. Conversations include “An Amazing Synchronization,” Mama’s Green Coat at Lyndon Johnson’s 1964 Inauguration,” “How I met my husband of 65 years,” “The Medicine Man and the Hawk,” and “The encounter that altered my life completely.” Bring along your WOW story or just enjoy those of others.

E-mail Lynn Davis at [treebarque@aol.com](mailto:treebarque@aol.com) or call (415) 826-5416 for more information.



**Stop, Look & Listen:**  
**Movement & Mindfulness for Balance**  
**Monday, February 27, 1:30 – 3:00 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

This class introduces tools from yoga— such as mindfulness and movements— which, practiced over time, can help to increase your stability, strength, focus and confidence. Improve your confidence, focus and balance while standing and walking. "Use your eyes, your ears, and then you use your feet!" This is a chair-based and standing class, no floor work. Please wear comfortable, non-restrictive clothing and be prepared to remove your shoes.

Led by Rachel Lanzerotti, IAYT-Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Rachel offers one-on-one sessions in the Noe Valley office of Five Rivers Yoga Therapy, as well as group classes at UCSF’s Osher Center for Integrative Medicine.

## Donate to Community Thrift Store and Support San Francisco Village at the Same Time!

San Francisco Village has a unique opportunity to receive cash donations from Community Thrift Store (623 Valencia Street-SF 94110 , Ph:415-861-4910, [www.communitythrifthsf.org](http://www.communitythrifthsf.org)).

Take your old but usable items to the store and provide the ***San Francisco Village code #122***. They will deduct their operating costs and give us the rest in cash. They welcome donations of clean clothing, jewelry and accessories, costumes, leather goods, shoes and boots that are still wearable, art and decorations, sports equipment, house wares, lamps, luggage and much more. For large amounts (over 20 bags of goods) they will pick up at your house.

If you are unable to take your things to the Thrift Store, please call the office to coordinate a pick-up time when we will collect your goods and drop them off for you.

This is a wonderful way to bring in funds that will help us improve our programs, offer reduced fee memberships and update our office systems to better serve our members. So, gather your usable goods and drop them off at Community Thrift.

Be sure to mention ***San Francisco Village account # 122***.



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