



FROM THE EXECUTIVE DIRECTOR- KATE HOEPKE

Dear Members:

We had a wonderful Volunteer Appreciation party in October that brought together a delightful mix of people young and old, and in between. Members and volunteers told stories about their relationships and how knowing each other is adding to their lives.

A perfect embodiment of how we describe San Francisco Village: an intergenerational community that supports older San Franciscans who want to stay in charge of their lives.

I was impressed by the number of volunteers in their 20's and 30's who love their connection to San Francisco Village members and easily recount what they gain: a sense of continuity, perspective on history, teaching as well as learning, and acting from their heart to create a sense of intergenerational community for themselves.

As human beings, community is our natural state. We're pack animals who are hard-wired for cooperation, yet for many reasons our sense of belonging has eroded: relocating long distances from where we grew up, hours spent alone in cars and in front of screens, and political campaigns that scare the daylights out of us. Dr. Bill Thomas, a well-known geriatrician, says the greatest gift we can give each other is that of mutual reliance. Asking for help and letting ourselves be needed is at the heart of community.

What's required is intentionality – a conscious decision to let ourselves be open to receiving kindness, while seeking opportunities to give what we can of our talent, time and care – a lived experience of interdependence. Dr. Thomas decries our culture's emphasis on "independence" which he calls a developmental struggle of youth. It's not an endpoint.



From the E.D. Did You Know?

November Events

1. LightHouse Tour
2. LARB Radio Hour
3. Holiday Coping
4. Grandparent Group
5. Wisdom of Faith
6. Talk to Me
7. Poetry Writing
8. End of Life
9. Stop, Look, Listen
10. Native American spirituality
11. Mentoring
12. Hearing Loss
13. Film: She's Beautiful

What's Trending

1. Dignity Fund
2. Why I Give
3. Rand Research
4. Volunteer Training

Member to Member Neighborhood Circles Recurring Events Save the Dates

New Members in October:

Kathy Bissinger
Paul Bissinger
Gloria Mann
Georgio Piccagli
Kathie Piccagli

He suggests that we must mature beyond our youthful struggles and embrace the truth that we are, in fact, interdependent. As we're learning from our dedicated posse of volunteers, such maturity is age neutral.

Warm regards,
Kate

P.S. Please plan to join us at the Holiday Party on Wednesday, December 7 from 5:00 - 7:00 p.m. Details follow in the Save the Date section of this newsletter.

DID YOU KNOW?

Senior Center Without Walls and Openhouse are partnering to conduct an LGBTQ phone-based discussion group for older adults. This phone-based group is open to all LGBTQ seniors and is an opportunity to connect with others socially in a supportive environment where participants can share individual and shared experiences. To join or for more information, contact Senior Center Without Walls at (877) 797-7299.



NOVEMBER EVENTS

LIGHTHOUSE FOR THE BLIND: New and State-of-the-Art Facility Tour



Thursday, November 3, 2:00 – 4:00 PM
1155 Market St. (between 7th and 8th Streets)
Meet in the lobby
RSVP to (415) 387-1375 or info@sfvillage.org

Severe vision loss is a significant problem affecting millions of older Americans. According to the Family Caregiver Alliance "nearly 3.5 million Americans over 40 have some degree of vision loss, most commonly from age-related conditions." Even if you don't consider yourself to be blind, the LightHouse likely has something to offer you.

In 2016, the LightHouse completed the move from its old location to a new, state-of-the-art headquarters in the heart of downtown San Francisco. A rare example worldwide of physical space designed by and for blind individuals, the new LightHouse is not only a blindness center fit for the 21st Century, but it has dozens of subtle yet meaningful features which may not be obvious to those unfamiliar with universal design. In addition to the LightHouse offices, the space includes a large teaching kitchen, a HAM radio room, technology centers, studios and computer labs, among many other technological and practical meeting spaces for blind education, community building and skills training.

Join fellow Village members and Keyatta Shade (former LightHouse staff) in a tour of the facility. LightHouse staff will share resources, tea, and cookies.

THE LARB RADIO HOUR

Thursday, November 3, 7:00 PM
Jewish Community Center, 3200 California St.
RSVP to (415) 387-1375 or info@sfvillage.org



The LARB Radio Hour is a production of the Los Angeles Review of Books. Part variety show, part talk show, part literary digest, the hosts — journalist and theatre critic Laurie Winer, and writer and LARB founding editor Tom Lutz — have interviewed everyone from literary luminaries like Salman Rushdie to first-time authors from small presses, in a style that mixes Comedy Central and NPR. This special live taping of the Radio Hour features novelists Ha Jin (*The Boat Rocker*), Rabih Alameddine (*The Angel of History*) and Jade Chang (*The Wangs vs. the World*); and a performance by Dr. Loco's Rockin' Jalapeño Band.

Come early to the JCCSF! Starting at 6:00 PM, join us in the Pottruck Family Atrium for food and live music with Dr. Loco's Rockin' Jalapeño Band.

COPING WITH THE HOLIDAYS

Saturday, November 5, 10:30 AM – Noon
CPMC Davies Campus
Davies Auditorium located in the North Tower,
Level B (near cafeteria)
45 Castro St.
RSVP to Rachel Main at (415) 463-8505 or rmain@alz.org



The holidays are a time when family and friends often come together. But for families living with Alzheimer's and other dementias, the holidays can be challenging. Take a deep breath. With some planning and adjusted expectations, your celebrations can still be happy, memorable occasions.

GRANDPARENT GROUP



Mondays, November 7, 28, December 5 & 12
10:30 AM – 12:00 PM
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

"There are only two things we can give our grandchildren. One is roots, the other, wings."

The four-session group will explore both the grandparent and grandchild perspectives, child development, and some of the special grandparenting circumstances that can impact our relationships. The structure of the group will loosely follow *Grandparenting with Heart*, written by the facilitator and SFV member Juliet Rothman. It is not necessary to have read the book to participate in the group.

Juliet Rothman holds an MSW degree and has specialized in work with the aging community. She holds a PhD. in philosophy, and taught in the School of Social Welfare at UC Berkeley until two years ago. She has a special interest in inter-generational issues and relationships, and is the grandmother of 8 grandchildren, ranging in age from 23 to 9 year-old twins.

If there is a continued interest in sharing our ideas and experiences, we can continue the group as members desire.

THE WISDOM OF FAITH: Bestselling Author Huston Smith Interviewed by Celebrated Journalist Bill Moyers

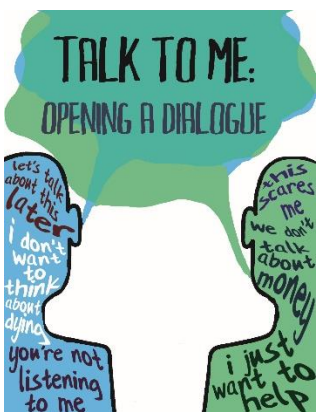
Tuesday, November 8, 11:30 AM – 1:30 PM
**This series started in September and you are
 welcome to join at any date**
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org



All religions, at their core, are the same; this remarkable claim is made by Huston Smith, bestselling author and professor of comparative religion at Syracuse University, MIT and the University of California, Berkeley. Raised a Methodist, Smith practices yoga, prays five times daily as Muslims do, and joyfully joins his daughter and her Jewish husband in observing the Sabbath. He has traveled the world 10 times, visiting ashrams and temples, synagogues and mosques, Zen masters and swamis. His book *The World's Religions* has sold more than 2.5 million copies worldwide since 1959, and is considered one of the defining treatises on the subject.

In this series of conversations with journalist Bill Moyers, Smith provides thoughtful insights into the world's largest religions with these compelling episodes: Hinduism and Buddhism, Confucianism, Christianity and Judaism, Islam, and A Personal Philosophy — and how, taken at their best, they provide universal truths that unite and define the human spirit.

TALK TO ME: OPENING A DIALOGUE



Thursday, November 10, 7:00 – 8:30 PM
Byers Auditorium, Genentech Hall, UCSF Mission Bay
RSVP to (415) 387-1375 or info@sfvillage.org
Friends and family members welcome!

San Francisco Village and the Optimizing Aging Collaborative at UCSF invite you to part two of the series Talk to Me.

Whether you're an older adult or someone who cares for them, we all seem to struggle with the barriers that prevent meaningful conversations about planning for the future: changes in health condition, end-of-life care options,

advance health care directives, financial plans, ethical wills and what is, as yet, unspoken.

Through role playing sample conversations that are familiar to all of us, we will learn effective skills and language that break down barriers and lead to meaningful connection. Facilitated by Dr. Patrick Arbore, Founder of the Friendship Line at the Institute on Aging.

Paid parking is available at 1625 Owens Street Garage. The campus can also be easily reached by public transportation; the MUNI T-Third Street train line has a stop at Mission Bay and the #22 and #55, bus lines stop only a few blocks away.

Signs and volunteers will be guiding you from the parking garage to the auditorium. Please note that the entrance to Genentech Hall is off the Koret Quad on Campus Way between 4th St. and Owens.

Need a ride? Call the office to find a carpool or request a volunteer!

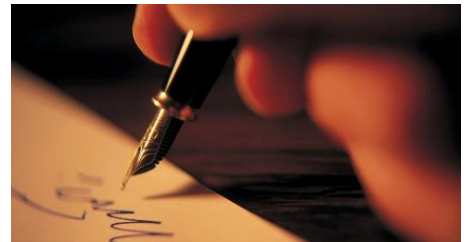
POETRY WRITING WORKSHOP

Fridays, November 11 and 18, 1:30 – 3:00 PM

This series started in September and you are welcome to join at any date

Sequoia and Ponderosa Rooms, IOA, 3575 Geary

RSVP to (415) 387-1375 or info@sfvillage.org



For those who write poetry, it's often a satisfying, artful celebration of language and form. For those who don't, creating poetry can be mystifying and intimidating. But it doesn't have to be. This creative writing seminar is geared to both poets and potential poets. We'll look at what poetry is, and how to write it. We'll demystify it, and explore different types of poems. And we'll write some poems, which may turn out to be easier than you think. If you're already writing poetry, this is an opportunity to write more. If you think you might want to start, or you're just curious and want to learn more about poetry, this is a chance to begin. It's an introductory class for people just getting started, as well as a workshop for people who want to take their poetry to the next level. What will it be for you? Whatever you want it to be.

Cary Pepper is a playwright, novelist, screenwriter, and nonfiction writer. His plays have been presented throughout the United States and internationally. He's a four-time contributor to the Best American Short Plays series from Applause Books, and he's published dozens of articles as well as other nonfiction. His one-act play *Small Things* is currently airing on National Public Radio. He has taught writing at Media Alliance, the San Francisco Art Institute, the Fromm Institute, OLLI, and privately.

2nd ANNUAL EMBRACING THE JOURNEY: End of Life Resource Fair



Sunday, November 13, 9:30 AM – 3:30 PM
Jewish Community Center, 3200 California St.
Free to attend; register at (415) 292-1200 or
jccsf.org/eol.

Embrace the journey – join the JCCSF for its second annual End of Life Resource Fair. Learn compassionate and dignified ways to navigate the pathways that we and our loved ones will all travel. Hear speakers on the spiritual wisdom embodied in various traditions concerning the end-of-life journey. Engage with businesses and organizations offering a wealth of end-of-life resources. For presentation and activity schedule visit jccsf.org/eol.

STOP, LOOK & LISTEN: Movement & Mindfulness for Balance

Monday, November 14, 11:00 AM – 12:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or 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, EYT 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.

NATIVE AMERICAN SPIRITUALITY



Tuesday, November 15, 11:30 AM – 1:30 PM
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

As an addition to the *Wisdom of Faith* series, the planning committee decided to host a session to learn and talk about Native American spirituality. Deni Leonard, a member of the Confederated Tribes of Warm Springs in Oregon, will be joining the group in discussion and sharing his experience.

FALL MENTORING EXCHANGE

Wednesday, November 16, 10:00 AM – Noon
Temple Emanuel, 2 Lake St.
(entrance on Arguello)
RSVP to Key at (415) 387-1375 or info@sfvillage.org for more information and to reserve your spot



SFV continues to partner with City Arts & Technology High School for a Mentoring Exchange Experience between our members and 9th 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.

HEARING LOSS AND COGNITION



Thursday, November 17, 1:00 – 2:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Did you know that a third of people over the age of 65 have hearing loss? Recent studies show that untreated hearing loss increases your risk of cognitive decline, including dementia and Alzheimer's.

Jessie Johnson from the Hearing and Speech Center of Northern California joins us to talk about the importance of getting a hearing test and hearing loss treatment options. We will discuss hearing aids, assisted listening devices, communication strategies as well as the recent studies linking untreated hearing loss to cognitive decline.

SHE'S BEAUTIFUL WHEN SHE'S ANGRY: FILM AND DISCUSSION

Tuesday, November 22, 1:30 – 3:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org



She's Beautiful When She's Angry resurrects the buried history of the outrageous, often brilliant women who founded the modern women's movement from 1966 to 1971. It takes us from the founding of NOW, with ladies in hats and gloves, to the emergence of more radical factions of women's liberation; from intellectuals like Kate Millett to the street theatrics of W.I.T.C.H. (Women's International Conspiracy from Hell!). Artfully combining dramatizations, performance and archival imagery, the film recounts the stories of women who fought for their own

equality, and in the process created a world-wide revolution.

She's Beautiful When She's Angry does not try to romanticize the early movement, but dramatizes it in its exhilarating, quarrelsome, sometimes heart-wrenching glory. The film does not shy away from the controversies over race, sexual preference and leadership that arose in the women's movement. The film captures the spirit of the time – thrilling, scandalous, and often hilarious.

WHAT'S TRENDING?



VOTE YES ON PROPOSITION I!!

Prop I has a long list of endorsers (www.sfdignityfund.org) but we still need your help. Here's how:

Prop I Signs – The remaining signs must be put up in windows in commercial areas. Contact Ashley McCumber at amccumber@mowsf.org for delivery or you can pick up the signs yourself from Meals on Wheels at 1375 Fairfax or from 11 Grove.

Visibility, Visibility, Visibility – Gwynn Mackellen is coordinating all people involved with outreach. She can be reached at gwynnofnell@gmail.com or by viewing the volunteer opportunities on www.sfdignityfund.org. We are focused on farmer's markets, selected MUNI stops, and agency and community events.

Press and Social Media – Prop I has received endorsements from the *SF Examiner*, *SF Bay Guardian* and the *Bay Area Reporter*! Help us pump up the social media presence – “like” the SF Dignity Fund page on Facebook and share items placed there to increase online visibility. Follow along on Twitter too - @sfdignityfund.

Fundraising – The Coalition needs to be sure this campaign does not end in the red. To do this, the Coalition hopes to raise an additional \$5,000. Can you provide additional support? Contact Laurie@earevents.com to learn more and help out.

WHY I GIVE: In My Own Words, with Larry Lurie

How long have you lived in San Francisco? What brought you here?

My wife, Ellie, and I moved to San Francisco in 1960 because I was accepted into a residency program in psychiatry at USCF. We had gotten married the year before and were living in Palo Alto, but when we came to the city we liked everything about it – the culture, climate, the people – and we've been here ever since.



How did you get involved with San Francisco Village?

I read the New York Times article about Beacon Hill Village and found it to be really interesting; we even visited the Village in Boston to see how it worked. When we heard that a Village was being started here in San Francisco, Ellie and I were very excited and knew that we wanted to support an organization that would allow us to stay in our homes as we got older. Ellie is a gerontologist, so learning about aging and how to live when you age are very important to her – it was natural that we would get involved.

What is it about San Francisco Village that draws you in?

This is for our own well-being – as members, we hope that when we need support, we'll be able to get it from the Village, and as volunteers we like being able to give back to our community. Ellie and I are both involved in many different things, and it's nice to have something that we can be a part of together.

Why do you give to San Francisco Village?

I give for many reasons – I like helping people, for one. It's part of who I am; having spent my career working as a psychiatrist, giving is a big part my life. There's a pleasure I find in doing things for other people: I enjoy their company, learn new things by engaging with different people and developing friendships as a result of my volunteer work with the Village.

At this point in my life, I'm lucky that I don't need much help myself – I can still drive, and change my own lightbulbs, so I'm doing what I can to support others. When I start needing help, I'll be able to turn to the Village.

Is there anything else you'd like to share?

When you retire, you generally find yourself with some extra time – before in your life you were always so busy – so filling some of your free time with volunteering is a nice thing to do.

RAND RESEARCH OPPORTUNITY



**ARE YOU
PREPARED?**

Your help is needed! The RAND Corporation, based in Santa Monica, CA, is partnering with the Village to Village Network, AARP, and the Centers for Disease Control and Prevention to find out how Village membership contributes to your sense of resilience and preparedness, especially in the case of emergencies. Their research results will help guide policy and programs at a

national level, but also help us better understand how to address emergency preparedness here in San Francisco.

RAND is requesting your participation in a short telephone survey (15-20 minutes). Please contact Key key@sfvillage.org or 415-387-1375 to opt in. The survey is for research purposes only. Your phone number will only be used for the purposes of the survey and will not be shared with anyone outside of the research team. RAND will delete your phone number after they contact you.

To thank you for your time, you will **receive a \$20 gift card** (note – a mailing address will be needed to send the gift card, but will only be used for the gift card and will be deleted after the gift card is sent).

If you have any questions about the study, please contact the study director Joie Acosta at jacosta@rand.org or at (703) 413-1100 Ext. 5324. We hope to hear from you!

SAN FRANCISCO VILLAGE VOLUNTEER TRAINING

Saturday, December 3, 10:00 AM – Noon
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to 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

THE WOW FACTOR!



Each of us can teach – and we can learn from one another. A planning group is developing a series of conversations called The WOW Factor! – Sharing Personal Stories.

Do you have a personal WOW story – of great excitement or joy in your life, or challenges that were overcome?

Would you enjoy sharing this experience? Would you be interested in joining the planning committee for the series, which we hope to start in late January 2017?

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

ROUNDS & CANONS

The Rounds and Canons singing group has met 12 times and so far we have learned a dozen canons, spanning 500 years and several languages. Would you like to join us? Some of our members say...

"There's something very special about singing parts in a group. And there's such camaraderie in our group! It's really fun to be together." - Judy Winn-Bell



" Singing is a spiritually uplifting experience, and a beautiful way to connect with people. I love this class." - Brooke Anderson

"I go home singing and inwardly happy after each meeting. Singing elates." - Kai Kristensen

"They say, 'Singing is the magic that washes away the cares of the day' :-) I don't know about that, but I do know that if I didn't have our rounds and canons group I would be very sorry." - Susie Zacharias

Please email Dorothy Barnhouse, dorbarn@sbcglobal.net, if you think you might want to join us. We meet Monday afternoons, 4:30 to 6:00 PM at the home of Susie Zacharias near Pacific and Laguna Streets. Exact address provided after you contact Dorothy.

NEIGHBORHOOD CIRCLES

94102

Please join other 94102 Circle members for a movie at the Opera Plaza Theater, known for exciting documentaries and provocative films.

Showtime is 2 p.m. A complimentary glass of wine or non-alcoholic beverage will be my treat after the movie at the Rosebowl Florist and Wine Bar at Opera Plaza. We will meet on Wednesday, November 16, in front of the Opera Plaza theater, 601 Van Ness Ave., just before 2 p.m. Tickets are \$8. Open to all SF Village members. E-mail Lynn Davis at treebarque@aol.com or call 415-826-5416.



DOCUMENTARY

94109-94133

Our Circle will meet at noon on Monday, November 7 to tour the newly refurbished Coit Tower. The docent-led tour, beginning at noon, will visit the murals upstairs as well as the ground floor areas. Please arrive a few minutes early in order to gather as a group. Tickets should be purchased in advance to reserve a place on the tour. Following our tour, we'll descend into North Beach for lunch at a local restaurant. Please RSVP to Bobbie at rothman2174@gmail.com, or Juliet at rothman@berkeley.edu

94123 & 94115



The 94123 & 94115 Circle will meet at the home of Eva Auchincloss on Thursday, November 10 at 5:30 PM to socialize and celebrate or bemoan the results of the election, as well as discuss what we think lies ahead. RSVP to Eva at (415) 563-7519 or eva3auch@comcast.net

94131

The 94131 will host its monthly social gathering on Saturday, November 19 from 2:00 to 4:00 PM at the clubhouse at 43 Ora Way. For more information or to RSVP, please contact Phyllis Lund at phyllisnsf@aol.com or (415) 826-7826.

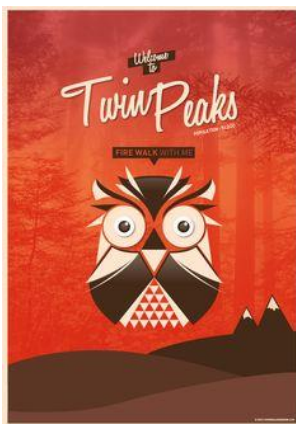
LGBTQ

LGBTQ Circle will meet and discuss issues related to the LGBTQ community and aging. Members are invited to share in an open and safe environment. Please RSVP to Key at (415) 387-1375 or Key@sfvillage.org if interested. The group will meet on Thursday, November 17 from 1:30 to 3:00 PM in the library at the Castro Senior Center, 110 Diamond Street.



West of Twin Peaks

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



Lunch Bunch

Wednesday, November 2, 1:00 PM
Roti Indian Bistro
53 West Portal Ave.
RSVP: [415-469-9832](tel:415-469-9832)

Matinee Movie followed by discussion over tea

Wednesday, November 30
Neighborhood movie theater
Discussion and tea at home of Elaine Mannon
Details to follow, once we know what's showing

RECURRING EVENTS

LONGEVITY EXPLORER CIRCLE

First Tuesday of the Month, November 1, December 6, 2:00 – 3:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or 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.

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.

AGING WELL WITH MEDITATION



Wednesdays, November 9 and 23, 11:30 AM – 12:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or 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 welcome for this drop-in group.

LUNCH BUNCH

Thursday, November 10, 11:30 AM
Bernal Star Restaurant
410 Cortland Ave. (cross Andover)
RSVP to Marci Fogg at (415) 821-6333 or mjfogg@hotmail.com

The Lunch Bunch will meet for food and fellowship at Bernal Star Restaurant. Bernal Star is a neighborhood place serving American comfort food, baked goods & wine in a cozy atmosphere.



PLAY READING GROUP



Thursday, November 10, 4:00 – 6:00 PM
Telegraph Landing Club Room
150 Lombard St.
RSVP to Marjie Fitterer at (415) 421-8219 or marjiefitterer@mac.com

The group will read and discuss *The Boundary* by Tom Stoppard & Clive Exton.

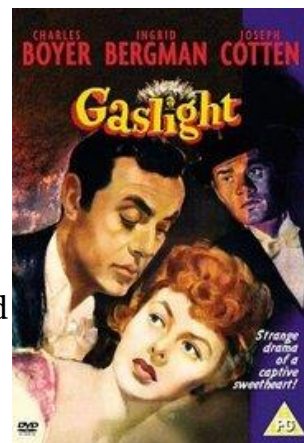
FILM GROUP

Wednesday, November 16, 3:00 PM

Eva Auchincloss's home (Contact SFV for address)

RSVP to Ralph at (415) 929-8309 or ralphberen@comcast.net

The film group will watch and discuss *Gaslight*, an early film noir starring Ingrid Bergman, Charles Boyer and Angela Lansbury in her film debut. A 1944 classic, Bergman won an Oscar for her outstanding performance.



DISCUSSION GROUP

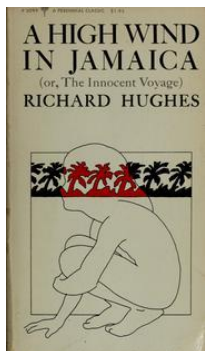
Friday, November 18, 2:30 PM

Eva Auchincloss's home (contact SFV for address)

RSVP to Eva at (415) 563-7519 or eva3auch@comcast.net

The group will meet and discuss a yet to be determined topic. Please contact Eva for details closer to the date.

BOOK GROUP



Monday, November 28, 4:00 PM

Marianne Clough's home (Contact SFV for address)

RSVP to Marianne at (415) 863-5598 or marianneclough@att.net

The book group will read and discuss Richard Hughes' *A High Wind in Jamaica*. When a hurricane hits the isle of Jamaica in 1870, the Thorntons, parents of five children, feel it is time to send the children to England for a more civilized upbringing and education.

SAVE THE DATES

LIBRARY SERVICES FOR OLDER ADULTS

Thursday, December 1, 1:00 – 2:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

RSVP to (415) 387-1375 or info@sfvillage.org



Whether you are able to come into the library or not, the library has a service or material for you. Public libraries are part of the Healthy Aging Initiative. They provide the missing component to social services – mental stimulation.

Pat Southard, MLIS will discuss the San Francisco Public Library's programs, accessibility, and services for older adults (50+) aimed at providing that stimulation in addition to traditional services. Handouts will include applications for various services, search information and resources

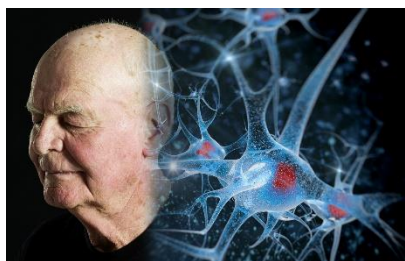
SAN FRANCISCO VILLAGE HOLIDAY PARTY!



Wednesday, December 7, 5:00 - 7:00 PM
St. Francis Hall at St. Mary's Cathedral
1111 Gough St. (free parking is available on-site)
RSVP to (415) 387-1375 or info@sfvillage.org

Join us for an evening of food, wine and merrymaking to celebrate the holidays! In the spirit of the season, let's come together as a community and share some laughter and gratitude with fellow Village members.

We are also inviting you to participate in an optional dessert potluck. So many of our fondest holiday memories involve food, and particularly sharing food with friends and family; if this is true for you as well, please feel free to make and bring a tasty treat to the party.



A LOOK INSIDE OUR AGING BRAINS

Tuesday, December 13, 10:00 – 11:30 AM
Auditorium, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Come and join our conversations on how to keep your brain active and healthy! This kick-off presentation will cover notions, ideas, and myths about the process of getting older as well as healthy and pathological aging. The conversation will continue with *Active Minds, Healthy Brains*, a four-session series about lifestyle factors that promote healthy aging that will occur in early 2017.

The UCSF Memory and Aging Center (MAC), 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.

Dr. Sergio Lanata was raised in Peru, where he began his undergraduate studies in general science. He later earned a Bachelor of Science degree from the University of Florida. Dr. Lanata obtained his

medical degree from the University of South Florida, and completed his internship and neurology residency at Brown University. He joined the UCSF Memory and Aging Center in July 2013 as a Clinical Instructor and Behavioral Neurology Fellow. He is now Assistant Adjunct Professor at the MAC, where he evaluates and treats patients referred to the clinic; Dr. Lanata also leads the MAC's outreach program.

Karen Dorsman was born and raised in Nicaragua where her interests in neuropsychology and community health were nested. After moving to Uruguay, she graduated with a bachelor's degree in psychology and trained in neuropsychology assessment as well as psychogerontology. Karen joined the MAC in 2016 to coordinate and assess Latino participants who join MAC studies. She works alongside Dr. Lanata to manage outreach efforts at the MAC.

SAN FRANCISCO HOLIDAY LIGHTS WALKING TOUR

Wednesday, December 14, 4:00 – 6:00 PM
Starting Place: Sheraton Palace Hotel
RSVP to info@sfvillage.org or (415) 387-1375



Back by popular demand! This fun-filled tour provides insights into San Francisco history as well as current city trivia. Highlights include a lighted garden, uniquely decorated and festive hotels, office lobbies, and retail locations.

The tour will be led by SFV member, Marilyn Straka, who runs *On the Level Tours* with no hills or steps. Join Marilyn and other members for a private tour to see downtown San Francisco and all that glitters during the Season!

Optional: Enjoy dinner together at Lori's Diner, one block from where the tour ends.

Donate to Community Thrift Store and Support the 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

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. 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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