



FROM THE EXECUTIVE DIRECTOR- KATE HOEPKE

Dear Members:

Volunteers are an integral part of our community. They come in all shapes and sizes, ages and ethnicities; generously sharing their time and talent with us. They volunteer for a variety of reasons: to give back to the community, to learn about someone they otherwise would not meet, to feel like they are needed, to know they belong to something bigger than themselves. We hear stories every week about how members and volunteers are making a meaningful difference in one another's lives. You could call them love stories.



Months ago one of our members, Pat, asked Key for a volunteer cat sitter. He connected her with another member, Louise, who loves cats but lives in an apartment that doesn't allow pets. Not only did Louise attend to the cat while Pat was out of town, she also helped out while Pat was recovering from surgery. Slowly, their friendship grew so that when Louise was scheduled for a biopsy that terrified her, Pat gladly volunteered to drive her, stay through the procedure, and take notes on discharge instructions. When Louise got the news that the biopsy was negative, Pat took her out to lunch to celebrate. In Pat's words, "what a great *it takes a village* story, right?" We couldn't agree more!

On Thursday, October 20th we're having a party to recognize our volunteers and their contribution to San Francisco Village. We're planning to tell some stories about how your connections with volunteers have opened your heart, restored your faith, or simply brought a smile to your face. If you've received help from one of our volunteers or a member and would be willing to tell a short story about your experience, please contact Key. Regardless, please come to the party and help us say a big collective thank you to these kind people who remind us that we're all in this life together.

Kind Regards,
Kate

From the E.D. Did You Know?

October Events

1. Sunday Music
2. Home Match
3. Tech Help
4. Mark Bittman
5. Poetry Writing
6. Wisdom of Faith
7. Mentoring Exchange
8. Volunteer Party
9. Ballot Measures
10. Medicine
11. Jessi Klein
12. Alfred Hitchcock Tour
13. Healing Touch

What's Trending

1. Henry Quantum
2. Dignity Fund
3. Volunteer of the Month
4. Volunteer Training
5. In Memoriam

Member to Member Neighborhood Circles Recurring Events Save the Dates

New Members in September:

Allen Green
Frederick Bryant
Gloria Mann

DID YOU KNOW?

*Make Your Life
a Story worth Telling*

StoryWorth believes that everyone has stories to tell, and they know it's not always easy to get started. That's why they developed a library of question prompts to get you inspired: each week, you receive an automated email with a question about your life, like "Do you remember the best date you've been on (...or the most awkward)?" or "What things are you proudest of in your life?" Simply reply to the email with your story, and it will be saved to your personal, private StoryWorth account - down the line, you can print your stories in hardbound books. StoryWorth is giving SFV members a 1-year free subscription. Head to www.storyworth.com/promo/sfvillage to start telling your stories today!

OCTOBER EVENTS

A SUNDAY AFTERNOON WITH MUSIC



Invitation from Aging & Disability Friendly SF

Sunday, October 9, 2:00 – 4:00 PM

The Arc San Francisco, 180 11th St.

Space is limited,

so please RSVP to 415-474-7310, ext. 2470

Doors open at 1:30 PM

This is an ADA-accessible space; refreshments will be served.

A concert of music inspired by nature. Tap your toes and wiggle in your seat as Sonic Forest plays spontaneous improvisations, jazz renditions of familiar tunes and Celtic music. Playing oboe, violin, upright bass and percussion, these professional musicians will also tell stories about the trees from which their instruments are made.

HOME MATCH INFORMATION SESSION

Tuesday, October 11, 3:30 – 5:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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



Home Match San Francisco is a joint program of Northern California Presbyterian Homes & Services and Episcopal Senior Communities and funded by the Mayor's Office of Housing and Community Development. Their mission is to expand housing opportunities to low and moderate income people who live, work, or attend school in San Francisco by maximizing existing housing stock. This information session will introduce the new free-of-charge program that connects home seekers and homeowners.

Home Match provides interviews, applications, background screening, and assists with the housing agreement for all parties involved. People are matched based on compatible living styles and have an opportunity to describe their ideal home arrangement, personal characteristics, and other factors that impact living with another person.

TECH HELP THURSDAY: Drop-In Clinic



Thursday, October 13, 2:00 – 5:00 PM

IOA Auditorium, 3575 Geary Blvd.

No RSVP necessary, but appointments are welcome

Technology assistance is one of the most frequent requests of SFV volunteers, and every iPhone class listed on our calendar fills up within days of it being announced. As new devices are announced and existing ones become outdated so quickly, it's important to learn how to navigate technology and make it work for you.

To that end, we're trying something new this month – a drop-in tech clinic! SFV staff – Sarah, Maya, Key and Yousra – will be available to provide one-on-one tech help and address any issues that have been frustrating you lately. Please bring in your smartphone (Android or iPhone), tablet or laptop and a short list of things you would like to learn or problems you need to solve; examples include:

- The basic functions: walking through the settings, buttons and screens on your device
- How do I compose and send a text?
- I took some photos, but don't know how to send them to someone. What do I do now?
- How do I check my email on my phone?
- How do I access the internet? Can you help me connect to WiFi?
- How I use maps – what's the difference between Apple and Google Maps?

If you need some help, give us a call (415) 387-1375 or email us at info@sfvillage.org to schedule an appointment. If you'd like to drop in, that works too – just be mindful that there may be a wait, depending on when you arrive.

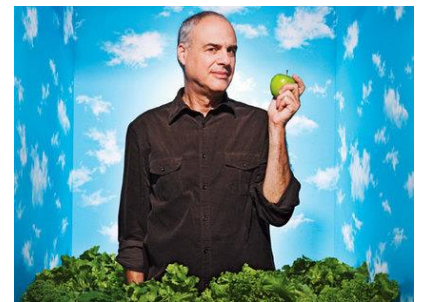
MARK BITTMAN

Thursday, October 13, 7:00 PM

Jewish Community Center, 3200 California St.

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

Mark Bittman, longtime *New York Times* columnist and author of more than a dozen cookbooks, including the “bible” *How to Cook Everything*, is one of America's most known, beloved and respected food writers. His new book, *How to Bake Everything*, demystifies, deconstructs and debunks myths about baking, making it simpler than ever before. From American favorites like Crunchy Toffee Cookies and Baked Alaska, to global baked treats like Nordic Ruis and Afghan Snowshoe Naan, these recipes satisfy every sweet tooth.



POETRY WRITING WORKSHOP



**Fridays, October 14, 28,
November 11, 18, 1:30 – 3:00 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

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.

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

**Tuesdays, October 18 and 25,
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.

Bring your lunch to enjoy during the discussion period. A different SF Village member will lead each session. For more information, please contact Bill Haskell at: (415) 661-2670, or at bhaskell@sonic.net or Mary Moore Gaines at: (415) 387- 7774, or at mmg@sonic.net.

FALL MENTORING EXCHANGE

Wednesday, October 19, 10:00 AM – noon
November 16, December 7
Temple Emanuel, 2 Lake St.
(entrance on Arguello)
RSVP to Key at (415) 387-1375 or orinfo@sfvillage.org for more information and to reserve your spot



This fall, SFV is once again partnering with City Arts & Technology High School for a Mentoring Exchange Experience between our members and 9th grade students. Members and students will meet one-on-one so that the students can gain perspective on your career paths and life choices. Members will also be given the opportunity to get to know the students – 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 learned from the experience.

VOLUNTEER RECOGNITION PARTY



Thursday, October 20, 5:30 – 7:30 PM
111 Minna Art Gallery, 111 Minna St.
RSVP to Key at (415) 387-1375 or key@sfvillage.org

Volunteers are the lifeblood of our organization. Throughout the year they dedicate their time and talent to assist our members and our staff with daily tasks that keep our organization running smoothly.

Join us in thanking them at our first annual recognition party taking place at the very hip San Francisco art gallery and lounge, 111 Minna. It promises to be a heart-warming evening of stories, gratitude and inspirational reminders of what is possible in community. If you've had the good fortune to be a volunteer or to receive help from one of our volunteers or another member, and would be willing to tell a short story about your experience, please contact Key. Wine and appetizers will be provided at no cost. A cash bar will also be available. SFV will provide a limited amount of Lyft rides both to and from the gallery at no cost for those who need them.

Parking: Parking is available at the nearby SF MOMA parking garage at 147 Minna street for a fee. In addition, 111 Minna has partnered with **Parking Panda**, the nationwide leader in online parking reservations, to allow visitors to find and **purchase guaranteed parking at many convenient locations in the area.**

***Exclusive Partner Offer:** Use discount code **111MINNA** at checkout for an automatic **20% off** 111 Minna Gallery parking.

SAN FRANCISCO BALLOT MEASURES INFORMATION SESSIONS

Friday, October 21, 10:30 AM – 12:00 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Tuesday, October 25, 3:00 – 5:00 PM
Telegraph Landing Clubroom, 150 Lombard St.
RSVP to Florence (415) 982-1497 or Elaine
fredpark1026@comcast.net



Are you looking for objective information about the San Francisco ballot measures? With more than 25 pending measures, there is a lot to know before voting and information keeps rolling in until just a few weeks before election day; don't send that mail-in ballot quite yet!

The League of Women Voters San Francisco Speakers Bureau are trained volunteers who present unbiased and opposing points of views on issues to give voters the information they need to make up their minds.

INTEGRATING EASTERN AND WESTERN MEDICINE

Monday, October 24, 1:30 – 3:00 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org



You may have afflictions that have not responded to conventional Western treatment. You wonder, should I seek alternative treatments? One option is traditional Chinese medicine in the form of acupuncture or Chinese herbs. But then you may have further questions such as, 'Will they work? Will they conflict with my existing Western treatments? How

long should I give them to work?' If you see a Chinese practitioner, you may not understand his explanation of your condition or his treatment because he is speaking from an Eastern medical paradigm that is unfamiliar to you. Dr. Tsang will explain the difference between the Eastern and Western medical paradigms. They are based on two very different philosophies. Both have advantages and limitations. She will explain how Eastern and Western medicine can be best used to complement one another.

Dr. Patricia Tsang received her M.D. from the University of California School of Medicine, San Francisco in 1963. She studied traditional Chinese medicine (TCM) at the American College of Traditional Chinese Medicine, San Francisco in 1981 and then continued her studies under the personal tutelage of her lifelong teacher and mentor, Dr. Yat Ki Lai, O.M.D., L.ac. She practiced an integration of Western family practice and TCM from 1982-1999. Her book, *Optimal Healing: a Guide to Traditional Chinese Medicine*, was published in 2008. In it, she translates mystical sounding Chinese medical language into common Western terminology and shares from her personal experience about conditions she successfully treated using an integration of Eastern and Western medicine. She has lectured widely to health care professionals and to the lay public on this subject. She presently writes a health blog www.patriciatsangmd.com from a complementary medicine perspective. Her book, which retails for \$19.95, will be discounted to \$15.00 for SFV attendees.

JESSI KLEIN with CHRIS COLIN

Wednesday, October 26, 7:00 PM
Jewish Community Center, 3200 California St.
RSVP to (415) 387-1375 or info@sfvillage.org



Inside Amy Schumer head writer and executive producer Jessi Klein offers a relentlessly funny yet poignant take on the rites of modern femininity, hilariously and candidly exploring the journey of the twenty-first century woman. The author of the essay collection *You'll Grow Out of It* and the writer behind many of the most popular *Inside Amy Schumer* skits, Klein strives beyond mere chuckles, also offering a more thorough accounting of what it means to be a woman in the world today. She's also written for Amazon's *Transparent* as well as *Saturday Night Live*. She has been featured on the popular storytelling series *The Moth* and has been a regular panelist on NPR's *Wait Wait...Don't Tell Me!*

Chris Colin is an author of three books, including most recently *What to Talk About*, and has written about chimp filmmakers, ethnic cleansing, George Bush's pool boy, solitary confinement and more for the *New Yorker*, the *New York Times Magazine*, *Saveur*, *Pop-Up Magazine*, *Outside*, *Wired*, *McSweeney's*, *Mother Jones* and more. He's a contributing writer for *California Sunday Magazine* and teaches writing at the San Francisco Writers' Grotto.

ALFRED HITCHCOCK'S SAN FRANCISCO TOUR



Thursday, October 27, 11:00 AM
Meet at the fountain in Huntington Park
RSVP to (415) 387-1375 or info@sfvillage.org

The Master of Suspense loved San Francisco and used its beauty, elegance and mystery to great effect in several films. From Nob Hill to Union Square, you'll see some of the hotels, clubs, retail stores and other locations featured in *Vertigo* and other Hitchcock classics. You'll hear why Hitchcock chose them and how he filmed them. And you'll learn about their history, architecture, and the stories they tell about the San Francisco of fifty years ago and today.

To enhance your enjoyment of the tour, we recommend that you watch *Vertigo* before taking the tour.

Meet at the fountain in Huntington Park, on Taylor St. between California and Sacramento Streets. The tour ends in Union Square and includes a steep downhill walk.

HEALING TOUCH: BALANCE YOUR ENERGY FOR MAXIMUM WELL-BEING

Monday, October 31, 1:30 – 3:00 PM
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org



Healing Touch is an energy balancing technique that uses gentle touch on and off the body to clear, balance and revitalize the human energy field to promote physical, mental, emotional and spiritual well-being. Used in conjunction with conventional health care, Healing Touch can assist with calming anxiety, decreasing pain, supporting the immune system, speeding recovery from surgery, enhancing vitality and improving clarity. During this experiential presentation you will discover the basics of the human energy system and have the opportunity to practice a self-healing technique for deep relaxation and rejuvenation.

Michele Bernhardt is a Certified Healing Touch Practitioner and Reiki Master who has assisted hundreds of clients in improving their well-being. She is president of Healing Touch California, a state-wide 501c(3) non-profit organization with over 700 community members. She has served on the Advisory Group of Stanford's Healing Partners program, and provided energy healing treatments for cancer patients at the Charlotte Maxwell Clinic and for the elderly at The Jewish Home. In addition to her private practice, Michele currently serves as a volunteer Healing Touch and Reiki practitioner at Hospice By The Bay.

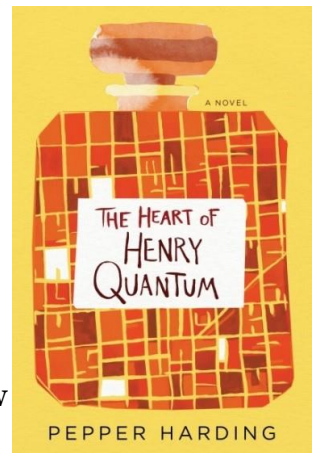
WHAT'S TRENDING?

THE HEART OF HENRY QUANTUM: A NOVEL BY PEPPER HARDING

Monday, October 24, 5:00 – 7:00 PM
Special book launch party at Gladys Thacher's home
RSVP to (415) 699-3158 or email gayle.geary@gmail.com

About the Book

On December 23rd, Henry Quantum realizes that he has forgotten to purchase a Christmas gift for his wife. When he sets off that day in search of the perfect present for her—a bottle of Chanel No. 5—he ends up bumping into the former love of his life, sending all former plans for the day spinning. From the fresh new voice of Pepper Harding comes *The Heart of Henry Quantum* a humorous, entertaining new novel.



About the Author

Pepper Harding is the pen name of a San Francisco writer known for an entirely different kind of literature. Pepper has two kids, two cars, one spouse and, some say, multiple personalities.

(And to let you in on the secret, Pepper's wife is former founder, member and SFV board president, Gayle Geary).

UPDATE ON THE DIGNITY FUND



Vote YES on Prop I (the Dignity Fund) on November 8th! The Dignity Fund protects services for seniors and people with disabilities, without raising taxes.

Who will benefit:

- San Franciscans aged 60 and older
- Adults of all ages with disabilities
- Isolated LGBT older adults
- Veterans
- Caregivers
- Older adults living with HIV/AIDS
- Older adults living with dementia
- Those with other significant chronic conditions

How You Can Help NOW:

- Learn more about the Dignity Fund at: www.sfdignityfund.org
- Become an endorser
- Volunteer
- Help to raise money
- Make a contribution online
- Sign up to receive regular updates about the Dignity Fund campaign

VOLUNTEER OF THE MONTH – JUSTIN DUKE

How long have you been a volunteer with SF Village?

A little under a year.

What kinds of activities have you engaged in and with whom?

I've been lucky enough to get involved with a variety of activities from house cleaning and organizing to technical requests such as computer set-up and podcasting. I also helped staff a table at the Pier to Pier Walk.



What do you find most rewarding about volunteering for SF Village?

I think the most rewarding thing is spending time with the members. It puts life into perspective. If there's one thing I've learned from volunteering at SF Village, it's to be in the present moment as much as you can.

What has been one of your most memorable moments during your time as a volunteer?

Time spent with my most recent member/friend Peggy is something that has been memorable. For a 90+-year-old, she acts like she's 60! She's really funny and a joy to be around. I helped her re-launch a podcast that told a story about love and past relationships. Getting to sit and listen to her life in the process was something I'll never forget.

Do you think it's important for this type of inter-generational connection to take place? If yes, why?

Absolutely. The members have so much to teach us whether it be knowledge about a certain subject or life lessons in general. They've been there, done that! If we're lucky, we'll all get old one day too. It's a chance to understand just how precious life is and how important it is to be involved in the lives of others.

Would you recommend volunteering with SF Village to others? If so, why?

I can't recommend SF Village enough. Keyatta Shade has been instrumental in connecting me with opportunities that enhance my life. It's a great chance to meet other volunteers with similar passions and interests as well. You can either volunteer a little or a lot, it all depends on you. No matter what you decide, know that you're really making a difference in the lives of others (including yourself).

SAN FRANCISCO VILLAGE VOLUNTEER TRAINING



Saturday, October 22, 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 Franciscans, myths and facts about aging, active listening techniques, identifying hazards in the home and more.

IN MEMORIAM - Thomas C. Benét

San Francisco Village member and veteran journalist Thomas Benét died at his San Francisco home on Wednesday, September 7th after a short illness. Tom, 89, was a reporter, editor and chief editorial writer for the *San Francisco Chronicle*.

Tom served with distinction at *The Chronicle* for more than 40 years. "He was a superb reporter," said David Perlman, the paper's senior reporter, who worked with Tom throughout his long career. Tom, who also served as an assistant city editor, was noted for his astute judgment and calm demeanor in the sometimes chaotic newsroom. He retired in 1994. "I never heard him raise his voice," Perlman said. "He was the very picture of a gentleman."



Thomas Carr Benét was born in Paris on Sept. 28, 1926, the son of Stephen Vincent Benét and his wife, Rosemary Carr Benét. He came from a literary family — his father was a poet and author whose narrative poem "John Brown's Body" won a Pulitzer Prize. His mother was a poet, and his uncle, William Rose Benét, was also a poet, writer and editor.

Tom Benét graduated from Phillips Exeter Academy and earned a bachelor's degree from Yale University in 1949. He decided to go into journalism because it was part of the writing world he admired, said his daughter, Alice Benét.

His wife, Joan, died in 1996. He is survived by two daughters, Rebecca Sawyer of Milburn, N.J., and Alice Benét of Santa Cruz; four grandchildren; and his good friend Ann Stone of San Francisco.

MEMBER TO MEMBER



LE GROUPE FRANCAIS

Parlez-vous Français? Whether you're a native Francophone or a proficient French speaker, a new French conversation group will be meeting at Denise Chapleau's home in the Richmond District. The group will meet twice a month, starting Monday, October 10 from 1:30 to 2:30PM. If you are interested, please contact Denise at (415) 386-9274. Space is limited.

ROUNDS & CANONS

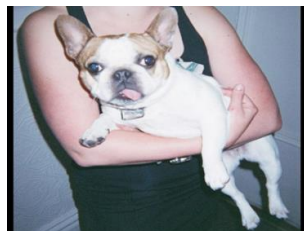
Do you want to get together to sing some rounds and canons? You don't have to read music to join. The only requirement is that you can carry a tune.

Dorothy Barnhouse, a Village member, formerly on the faculty of the SF Conservatory and currently on the faculty of the Community Music Center, has led groups singing these wonderful songs for many years. She has a large collection of canons and rounds, ranging from very simple and manageable, to more challenging, that span many centuries and languages.



The group meets on Mondays from 4:30 - 6:00 PM. From 4:15 to 4:30 PM we will have introductions and settling in time, so we can begin singing promptly at 4:30 PM. Please call or email Dorothy for more information: (415) 221-5915 or dorbarn@sbcglobal.net.

SWEET-NATURED FRENCH BULLDOG SEEKS WEEKDAY COMPANION!



This is Elle. She is an eight-year-old Frenchie who loves long naps, short walks, and chewing on her bone. She doesn't like being left home alone, so Elle's human parents are looking for someone who doesn't have other dogs and would like a canine companion to hang out with during the day while they're at work. She is game to go on an afternoon walk but it isn't necessary. She is sweet and good-natured, though she does snore a bit! Elle's parents would drop her off in the morning and pick her up at the end of the day. They live near the Panhandle

and commute between there and the Mission or Downtown, so someone in either of those vicinities would be most convenient. Interested? Contact San Francisco Village member Susan Poor at susan@sfvillage.org. If you do not have email you may contact SFV at (415) 387-1375 for Susan's phone number.

THE HISTORY HUB MARCHES ON

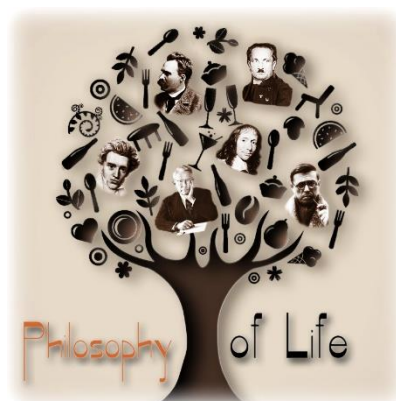
The SFV History Hub invites you to the San Francisco History Association's October meeting *Pacific Visions: Treasure Island, World's Fair and World War* by Anne Schnobelen. The meeting is Tuesday, October 25 at St. Philip's Church, 725 Diamond St. (between Elizabeth & 24th Streets). Doors open at 7 PM, the program starts at 7:45 PM, and general admission is \$5. For more information (or to find a fellow Village member at the meeting), contact Claire Lindberg at clairelind@hotmail.com or (415) 624-3365.



The History Hub continues to meet on an ad hoc basis – depending on what's happening and when. If you have any suggestions, or want to be notified of future plans, please contact Cosi Pavalko at (415) 564-2275 or cosi7@comcast.net.

NEIGHBORHOOD CIRCLES

94102



What might be your operating philosophy about life? Is it: *The 50-percent theory of life*, or *My Fellow Worms*, or *Finding Prosperity by Feeding Monkeys*?

The 94102 Circle members continue to considering our own operating philosophy about life using humor and thoughtfulness. We'll consider the words from essayists in a book titled *This I Believe*, based on the NPR series of the same name.

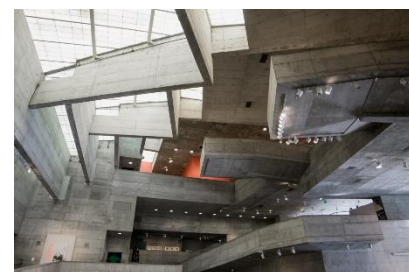
We will meet on Thursday, October 19, at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2:00 to 3:00 PM. Open to all SF Village members, but space is limited. E-mail Lynn Davis at treebarque@aol.com or call (415) 826-5416.

94109 & 94133

The 94109 & 94133 circles will next meet on November 7 for a visit to the newly renovated Coit Tower. Contact Juliet Rothman at rothman@berkeley.edu or (415) 775-5200 for further details.

94114

The 94114 circle will visit the Berkeley Art Museum on either October 13 or October 20 at noon. The group will have lunch at the museum's Babette Café at 12:30 PM followed by a docent tour scheduled for 2:00 PM.



The costs: The group rate admission fee is \$7 per person. The tour group fee is \$45, which will be evenly divided among the attendees. Purchase your own lunch. Contact Kay Taneyhill at kayitee@sbcglobal.net to RSVP and for date confirmation. Space is limited; this invitation is open to all Village members, although 94114 members have priority.

94123 & 94115



The 94123 & 94115 circles will visit Homeland Security, an art installation in the bunkers near Fort Scott on Thursday, October 13 at 1:30 PM. Marilyn Campbell will lead the group and will provide a brochure that explains the 18 installations from artists around the world.

The art is exhibited in the Nike Bldg., 3 former Batteries, and the Chapel that are all adjacent to the Golden Gate Bridge. This might be a challenge for anyone with a disability as it means walking on uneven paths and stairs and moving from one building to another. That said, the exhibition is very worthwhile for those who love art and the great outdoors. Should you not be able to make the Thursday outing I urge you to visit on your own, but plan to read about each installation before or during your visit.

Please contact Eva Auchincloss at eva3auch@comcast.net or (415) 563-7519 to RSVP and to arrange carpools and meeting spots.

94131

The 94131 will host its monthly social gathering on Saturday, October 15 from 2:00 to 4:00 PM at the clubhouse at 43 Ora Way. For more information or to RSVP, please contact Marci Fogg at mjfogg@hotmail.com or (415) 821-6333.

West of Twin Peaks Circle

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



Lunch Bunch

Thursday, October 6, 12:00 PM
Cypress Grill
Harding Park (Lake Merced) Golf Course
99 Harding Rd. (off of Skyline Blvd.)

Discussion of November Ballot Issues

Bring your voter's handbook, campaign literature and recommendations
Wednesday, October 19, 2:00 PM
Home of Elaine and Joe Mannon

Movie followed by discussion over tea

Tuesday, October 25
Neighborhood movie theater
Discussion and tea at home of Elaine Mannon
Contact Elaine for movie info

RECURRING EVENTS

LONGEVITY EXPLORER CIRCLE

First Tuesday of the Month, October 4, November 1, 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, October 5 and 19, 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.

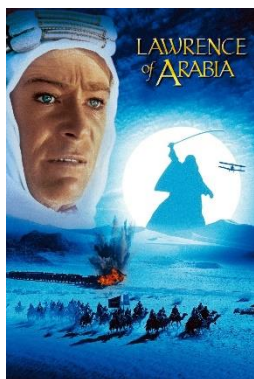
PLAYREADING GROUP

Thursday, October 13, 4:00 – 6:00 PM
Telegraph Landing Club Room, 152 Lombard St.
Contact Marjie Fitterer (415) 254-5394 with questions

The playreading group will read and discuss *The Pleasure of Detachment* by Perry Souchuk in *Plays in One Act* edited by Daniel Halpern.



FILM GROUP



Wednesday, October 19, 2:30 PM

Ralph's home

(Contact SFV for address info)

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

The film group will meet to continue watching *LAWRENCE OF ARABIA*, the epic film of Lawrence's victorious march through the Arabian desert and the roadblocks that he faced from the British high command. This is a breathtaking film full of desert scenes and political criticism of the incompetent British planners in WWI.

BOOK GROUP

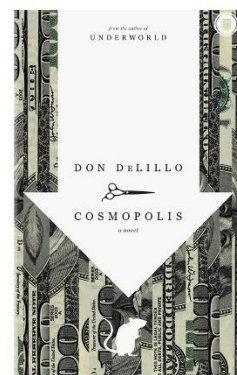
Monday, October 24, 4:00 PM

Maeve Metzger's home

(Contact SFV for address info)

RSVP to (415) 379-8921 or maeve@vom.com

The book group will meet and discuss Don Delillo's *Cosmopolis*, the story of Eric Packer, a 28-year-old multi-billionaire asset manager who makes an odyssey across midtown Manhattan in order to get a haircut.



DISCUSSION GROUP

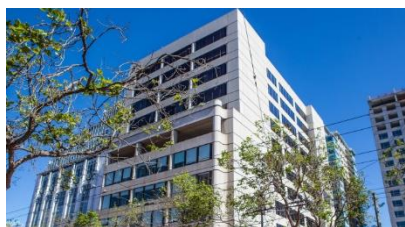
Friday, October 28, 3:30 PM

Eva's Home

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

The Discussion group will meet and discuss healthcare systems. We will have reports from Robert Kauffman regarding the current system and new/potential/old drugs on the market; single payer systems and how they work from Linda Lewin; the Affordable Health Care Act and why it isn't working from Eva. Any additions are welcome.

SAVE THE DATES



**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)

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 current SFV staff (and former LightHouse staff) Keyatta Shade 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.

GRANDPARENT GROUP



Mondays, November 7, 21,
December 5, and 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 the 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.

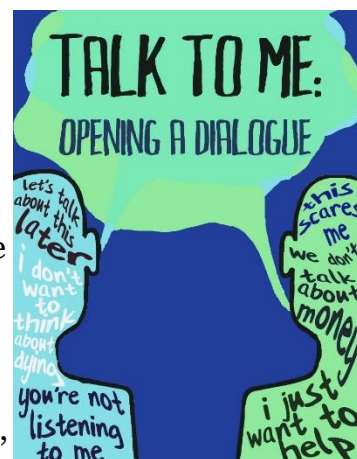
If there is a continued interest in sharing our ideas and experiences, we can continue the group as members desire.

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 to the office to find a carpool or request a volunteer!

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.

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.communitythrifsf.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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