



## FROM THE EXECUTIVE DIRECTOR- KATE HOEPKE

Dear Members:

Often times when a new member joins San Francisco Village, he or she asks how they might contribute to the community. This principle of reciprocity is after all, at the heart of who we are and why many people are attracted to join. Other times, people are afraid that the only way to contribute is by volunteering and they don't feel like they have the energy or time to commit.



It's important to remember that there are no requirements for how you participate in San Francisco Village, although we know that satisfaction is correlated with participation. We also know that participation is uniquely defined by every individual. I like to think that in a community this size, we maintain balance when we allow members to take what they need and give back what they can. The give and take doesn't always seem proportional in the moment, but over time there's a reckoning that I trust.

One of the ways that members can make a significant contribution with minimal effort is to share feedback about their experiences in the Village. What program resonated with you? Have you made new connections that warm your heart? Have you done business with a preferred provider that you want to recommend to others, or warn them about? This kind of insight allows us to continually improve our offerings and increase member satisfaction.

We're discovering that in order to maintain a robust preferred provider network, we need your input. Most of us would like to hire a handy man or talk with a financial advisor that comes recommended to us. Recently, a member stopped by my office to give me the name of a first-rate trust attorney that she found after doing substantial research and she wanted to save others the time and trouble. Another member was eager to share the name of a personal assistant that has made her life

### From the E.D. Did You Know?

#### September Events

1. Poetry Writing Workshop
2. Wisdom of Faith
3. Aging Your Way
4. Wishes In Writing
5. Days of Service
6. Pier to Pier Walk
7. Legacy Film Festival
8. The Dignity Fund
9. Citizen Scientist
10. Mentoring Exchange
11. New Member Orientation
12. Character Day
13. Transportation
14. Racial Justice

#### What's Trending

1. Why I Give
2. Treatment Study

#### Member to Member Neighborhood Circles Recurring Events Save the Dates

#### New Members in August:

Mary Arnold  
Carol Brown  
Ruth Clark  
Carol Crawford  
Phil Gravitt  
Joe Da Silva  
Cherie Fehrman  
Kenneth Fehrman  
Sarah Hummingbird  
Nancy Russell  
Cathy Quigley

simpler and more enjoyable, and we're delighted that other members have since employed her. These simple and fairly effortless gestures can have important ripple effects in the lives of others.

The next time you discover a resource or work with a service provider, whether favorably or not, please call us or send us an e-mail so we can build a meaningful provider network that benefits the entire San Francisco Village community. You can respond to Sarah Kent at 415-387-1375 or ***sarah@sfvillage.org***

Warm regards,

*Kate*

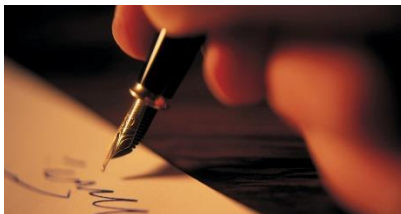
## DID YOU KNOW?

San Francisco Village has a Facebook Page. Are you interested in learning more about the Village movement, reading current articles and topics related to aging, or simply connecting with other Village members on the social networking site? Find us, Like Us and stay connected with us at <https://www.facebook.com/sfvillage/>.



## SEPTEMBER EVENTS

### POETRY WRITING WORKSHOP



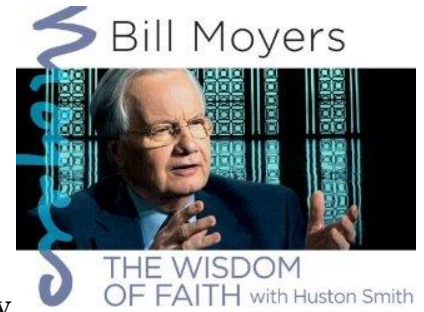
**Fridays, September 9, 23, October 14, 28,  
November 11, 18, 1:30 – 3:00 PM  
Sequoia Room, IOA, 3575 Geary Blvd.  
RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

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 with JOURNALIST BILL MOYERS

**Tuesdays, September 13 and 27, October 18 and 25,  
November 8, 11:30 AM – 1:30 PM  
Ponderosa Room, IOA, 3575 Geary Blvd.  
RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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](mailto:bhaskell@sonic.net) or Mary Moore Gaines at: (415) 387-7774, or at [mmg@sonic.net](mailto:mmg@sonic.net).

## AGING YOUR WAY: A COMMUNITY GATHERING



**Thursday, September 15, 10:00 AM – 3:00 PM  
Martin Luther Tower and St. Mark's Church  
1001 Franklin St.**

Join us in celebration of aging YOUR way! Visit our interactive vendor square, get a free blood pressure screening, and learn something new from one of our guest speakers: Shireen McSpadden, E.D. at the San Francisco Department of Aging and Adult Services, Shawna Reeves, Director of Elder Abuse Prevention Program at the Institute on Aging, and Dr. Mary Ann Jones, CEO at Westside Community Services.

The San Francisco Community Partnerships are a collaboration of community agencies, advocates, and non-profit organizations focused on serving the African-American, Asian and Pacific Islander, Latino, and LGBT communities, with ongoing support and sponsorship from the Department of Aging and Adult Services.

## PUT YOUR WISHES IN WRITING: Advance Care Planning

**Thursday, September 15, 11:00 AM – 12:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Who should make medical decisions for you if you are not able to? What are your goals and values for your health care? What forms should you use for documenting your treatment wishes and preferences? SF Village provides you the opportunity to learn about advance care planning from an experienced health care ethics professional. This session will cover frequently asked questions regarding medical decision making, appointing a health care decision maker, and provide guidance around effective advance care planning. Members will learn about Advance Care Directives and POLST forms.



Dr. Ruchika Mishra is a Bioethicist at Sutter Health's CPMC and oversees the standardization of ethics services across Sutter Health Bay Area Hospitals. She completed her Fellowship in Clinical Ethics at CPMC. She received her Ph.D. in Philosophy, specializing in Medical Ethics, from the University of Leeds, England, where she also obtained a Masters degree in Health Care Ethics. She has taught Medical Ethics and Philosophy to a diverse group of health care providers, patients, and students. She also edits the 'Ethics Committees and Consultants at Work' department for the *Cambridge Quarterly of Healthcare Ethics* journal. Her interests include Clinical Ethics, Policy, Ethics Education, End of Life, and Conflict Resolution.

## DAYS OF SERVICE

**Fridays, September 16 & 23, 10:00 AM to 12:00 PM**  
**(a two-hour shift at your home)**  
**Submit your list to Keyatta at (415) 387-1375**  
**or [Key@sfvillage.org](mailto:Key@sfvillage.org)**  
**no later than Friday, September 9**  
**Participation is limited to 10 homes**



Looking to finish off those pesky items on your to-do list? Well, look no further. San Francisco Village is partnering with staff at Honor who are ready, willing and able to volunteer to help you complete those tasks.

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



Volunteers will be available to assist in homes from 10:00 AM to noon on one of the two Fridays, and will work in groups of four at each residence. A Village staff member will need to approve your list of home projects, which should fill a two-hour time slot.

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

### **THIRD ANNUAL PIER TO PIER WALK**



**Saturday, September 17 at 9:00 AM**

**Registration at 8:00 AM**

**On the waterfront behind Ghirardelli Square at the San Francisco Senior Center located in the SF Maritime Historical National Park  
890 Beach St. (at Polk)  
(415) 775-1866**

Time for the Third Annual Pier to Pier Walk from the Municipal Pier to the Hyde Street Pier with a world-class view of the Golden Gate Bridge, Alcatraz, the San Francisco Bay, and maybe Karl the Fog. Join us in promoting outdoor exercise for adults 50+. Spend an eventful morning of health and resource tables, a great raffle, fitness class demos, ranger-led historic walks and more. Visit the art programs and galleries. Pre-registration is available at [www.sfsenior.com](http://www.sfsenior.com). This event is sponsored by NCPHS, SFSC, and the National Park Service. All are welcome to this family event!

### **LEGACY FILM FESTIVAL: *Gotta Dance!***

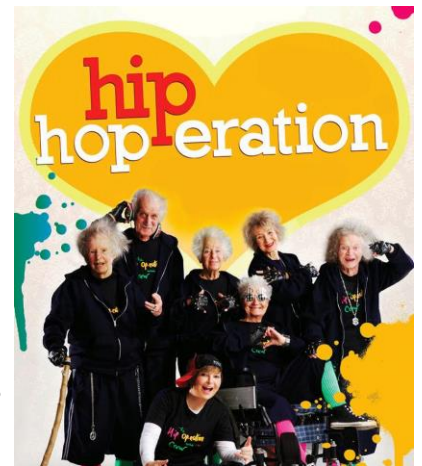
**Sunday, September 18, 2:30 – 5:00 PM**

**New People Cinema, 1746 Post St.**

**(between Webster and Buchanan)**

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

Join your fellow Village members for the *Gotta Dance!* films at the 6th Annual Legacy Film Festival on Aging. The unique festival, dedicated to films about aging, takes place at the New People Cinema, Friday-Sunday, September 16-18. You can find the complete schedule online at [www.legacyfilmfestivalonaging.org](http://www.legacyfilmfestivalonaging.org).



*Gotta Dance!* includes two films: *Opting-Out (Desconexión Territorial)* is a whimsical student film about a Spanish woman who visits her husband's urn at the cemetery, and talks to him about the strange things that are going on in her kitchen and on her radio. *Hip Hop-eration* is a feel-good documentary following the journey of New Zealand seniors, ages 65-93, as they train to compete in the World Hip-Hop Championships in Las Vegas. The film also explores their lives and motivations, and conveys the enthusiastic support they get from their young Hip Hop dance-troupe competitors.

## **THE DIGNITY FUND –**

### **Protecting Seniors and Adults with Disabilities Without Raising Taxes**



**Tuesday, September 20, 2:30 – 4:00 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

San Francisco has the largest proportion of seniors of any city in California: 1 out of 5, or 20%, of city residents is now over 60. By 2020, this number will grow to 25% and by 2030, it will be 30%. However, funding for services for seniors and adults with disabilities has not kept pace with the rapid growth.

The Dignity Fund will do two things: (1) stabilize funding for today's services and support for seniors, veterans, adults with disabilities, and adults living with chronic and life-threatening conditions; and (2) establish a dedicated fund to support additional services and support over a 20 year period. The creation of the Dignity Fund will not raise taxes.

A total of 43 community organizations and advocates have come together in the Dignity Fund Coalition to address the growing need for services and support, and to ensure that San Francisco becomes a more aging and disability friendly place. San Francisco Village is proud to be a Dignity Fund Coalition member.

In July 2016, nine of the eleven members of the Board of Supervisors voted in favor of placing the Dignity Fund on the November 2016 ballot. As a proposed amendment to San Francisco's City Charter, it must be approved by a majority of San Francisco voters.

Bill Haskell, a San Francisco Village board member, will present on the Dignity Fund – he will explain why it is being created, who will benefit, and what implementation will look like. Come and learn about this important initiative that will create a new source of funding to support the growing demand for services for older adults and adults with disabilities in our city.

### **How You Can Help:**

- Learn more about the Dignity Fund at: [www.sfdignityfund.org](http://www.sfdignityfund.org) & [www.facebook.com/DignityFund](https://www.facebook.com/DignityFund)
- Become an endorser. Volunteer.
- Help raise money. Make a contribution online.
- "Like" the Dignity Fund on Facebook and spread the word on other social media outlets.
- Sign up to receive regular updates about the campaign leading up to a successful "Yes" vote on November 8.

## CITIZEN SCIENTIST WITH MARY ELLEN HANNIBAL

**Tuesday, September 20 at 7:00 PM**  
**Jewish Community Center, 3200 California St.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**  
**Limited tickets**

Award-winning writer and environmental thought leader, Mary Ellen Hannibal, wades into tide pools, follows hawks and scours mountains to collect data on threatened species as part of her wide-ranging exploration of today's tech-enabled citizen science. She harnesses the power of a heroic cast of volunteers to pursue what may be our last, best hope in slowing an unprecedented mass extinction. Her new book, *Citizen Scientist*, gives us a blueprint for action. Find out how your smartphone can make you a citizen scientist!



Mary Ellen Hannibal is an emerging voice in environmentalism and a sought-after speaker who connects the scientific community to the concerned public. Her writing has appeared in the *New York Times*, *San Francisco Chronicle*, *Esquire* and *Elle*, among others. She is an Alicia Patterson Foundation Fellow and a recipient of the National Society of Science Writers' Science and Society Award. She lives in San Francisco.

## FALL MENTORING EXCHANGE

**Wednesday, September 21, 10:00 AM – noon**  
**Temple Emanuel, 2 Lake St.**  
**(entrance on Arguello)**  
**RSVP to Key at (415) 387-1375 or [info@sfvillage.org](mailto:info@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.



## NEW MEMBER ORIENTATION



**Wednesday, September 21, 2:00 – 4:00 PM**  
**Auditorium, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

All Village members are invited, and if you've joined the Village in the past six months, we'd particularly love to see you at this welcoming event. Learn about programs and services, get to know the staff, meet other members, and discover how you can become more involved. Researchers studying Villages and their impact on people have concluded that “satisfaction is correlated with participation.” We encourage you to jump in!

## CHARACTER DAY

**Thursday, September 22, 11:00 AM – 12:30 PM**  
**Ponderosa Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



Who am I? Who do I want to be in the world and how do I develop or deepen the traits I admire?

On September 22, join hundreds of thousands of people around the globe for the third annual Character Day — a global initiative where school districts, organizations, families, and congregations of all sizes screen films on the science of character development from different perspectives, dive into discussion materials, and join a global conversation around the importance of developing character strengths (resilience, grit, empathy, courage, kindness) — all rooted in evidence-based research. San Francisco Village is one of over 28,000 groups gathering that day!

## TAKE CONTROL OF YOUR TRANSPORTATION



**Monday, September 26, 1:30 – 3:00 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

What sort of support does the DMV provide for older drivers? This presentation will present safe driving tips while debunking myths about older drivers, sharing license renewal options and ways to compensate for age-related changes. Learn how you can “tune-up” your driving skills.



Rosemary Robles has been employed with Department of Motor Vehicles for 31 years. She has extensive experience in administrative law, physical and mental conditions that affect the safe operation of a motor vehicle, and the DMV's reexamination and hearing procedures. As the Bay Area's current Community Outreach Senior Ombudsman, she assists senior drivers in resolving unfamiliar or complex licensing procedures.

There are other ways to get around town in addition to driving yourself – did you know that your membership with San Francisco Village includes up to four rides a month from a volunteer? That you don't need a smartphone to use popular ridesharing apps? That Muni is free for seniors and Paratransit is an option if you can't ride Muni? A portion of the presentation will focus on available transportation alternatives.

## **SAN FRANCISCO VILLAGE COMMUNITY CONVERSATION ABOUT RACIAL JUSTICE**

**Thursday, September 29, 12:30 – 2:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



"Black Lives Matter" has emerged as a battle cry of protesters fighting racial inequality in America. But what does Black Lives Matter really mean? How can we engage in, and support this movement? How do we respond to those who say "All Lives Matter"?

In this community conversation (peppered with a little presentation) we will explore how racism operates in the United States, historically and currently, and discuss and better understand the Black Lives Matter movement and how it relates to the Civil Rights Movement of the 1960's. Come prepared to listen to each other and share your ideas, thoughts, and questions.

This session will be facilitated by Marc Mascarenhas-Swan, who has many years of experience as a participant, facilitator, educator, and organizer in social justice groups and cooperative organizations. For several years, Marc was part of the white, anti-racist group *Heads Up Collective*, which worked to develop anti-racist consciousness and to support organizations working for social justice groups rooted in poor and working class communities of color. He is a member of AORTA, the anti-oppression resource and training alliance – a worker-owned cooperative that works as consultants and facilitators to expand the capacity of cooperative, collective, and community based projects through education, training, and planning.

## WHAT'S TRENDING

### WHY I GIVE: In My Own Words, with Mindy Marantz

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

*I moved to San Francisco in 1978 after a period of living between France and Spain. I had received my B.S. at UCSC, and then attended Columbia University for my M.S. in Physical Therapy. Because I was a Francophile, when the French Hospital called to offer me a job, I accepted and happily returned to SF. I consider San Francisco to be the most beautiful city in the world with the best food to match, so between that, my family, and my business, Healthwell Physical Therapy Group, I can't imagine leaving.*



#### **How did you get involved with San Francisco Village?**

*I began to hear about the Village from my patients. These patients were vital, smart, determined to “feel well, move well and live well” and wanted to educate themselves about how to do that. They told me that I needed to learn about SF Village. I decided that the Village was made up of curious people creating the life they wanted, and doing what was required to remain independent and whole.*

*My first interaction with the Village was when I attended the annual luncheon; I was stunned at the quality of people both being honored and attending. The honorees had made amazing contributions to the community and it wasn't because they were running for office - it was because that was who they were as people. It really caught my interest, so I reached out to Kate and Rachel to figure out how I could get involved. Since I'm a physical therapist, I ended up giving one talk on balance, and another one on how the diaphragm and breathing affects health.*

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

*SF Village, to me, is the equivalent of restorative yoga, it's about community vitality. It's about houses with people living in them, and real-time concerns. It's about needs that aren't necessarily disease-driven but focused around health and well-being. It's about staying engaged both in the home and out of the home. It's about having a network when you aren't sure how to get something done, and you don't want a stranger wandering through your home when you live alone. It's about familiarity with others at a time in life that isn't necessarily sexy but is rich and full of surprises, and it's about having fun with other city-dwellers who value a common lifestyle.*

*In a place like San Francisco, having community, particularly now since the City has changed so much, is even more important. San Francisco has always respected differences, and the Village is an organization which respects our similarities, our human need to connect, to have access to relevant information and help accomplish our goals, regardless of age, so that we can live into our later years on our own terms. SF Village will only become more relevant, and more needed, and as a result there will even be more interesting people to meet by joining!*

### **Why do you give to San Francisco Village?**

*The mission of the Village is the same mission that drives my profession: empowering people to live well as independently as possible. I understand it and I believe in it. It is a meaningful organization that I relate to, and can see myself participating in and supporting.*

### **Is there anything else you'd like to share?**

*Yes! With the November election coming up, I hope the years of life have impressed upon all of us that love is better than hate, and hopefulness is better than blame. No matter our age, our vote is equally important, so let's get out and do it!*

*Mindy Marantz is the owner of Healthwell Physical Therapy Group, and a long-time donor to San Francisco Village – we are grateful to Mindy for her generous support!*

## **UCSF DEPARTMENT OF PSYCHIATRY TREATMENT STUDY**



If you are aged 65 or older and currently experiencing symptoms of depression, you may be eligible to participate in a new study at UCSF. If you qualify, the UCSF team will guide you through an MRI and PET scan, take blood samples, and administer a series of cognitive assessments.

Volunteers will receive up to \$300 in financial compensation for their participation. You may also be eligible to participate in 12-weeks of psychotherapy treatment at no cost.

Depression is not a natural part of aging and more than 2 million Americans (of the 34 million who are over the age of 65) are affected by it. Discoveries made from this project will lead to understanding how symptoms of depression impact brain health in older adults.

If you would like more information about the study, please contact the UCSF Department of Psychiatry at (415) 476-7046.

## **MEMBER TO MEMBER**

### **PEACE IN THE PARK**

SFV member Mitchell Bonner would like to invite you to the 4<sup>th</sup> Annual Peace in the Park Festival on Saturday, September 17 from 11:00 AM to 6:00 PM. Come enjoy yoga, meditation, a kids area, music, workshops, art, food and fun at the Golden Gate Park Music Concourse, between the de Young Museum and the Academy of Sciences. This is a free event.



## ROUNDS AND CANONS MUSIC GROUP



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 new 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 (except for the fourth Monday of the month) from 4:30 - 6:00 PM. Please call or email Dorothy for more information: (415) 221-5915 or [dorbarn@sbcglobal.net](mailto:dorbarn@sbcglobal.net).

## THINK TANK GROUP



SFV member Anita Strong would like to invite members to be a part of a think tank group. Between us we have so many years, different experiences, perspectives and opinions. Anita wants to form a diverse group of at least 8 to 10 people, who gather and discuss different subjects twice a month. There is a lot going on in the world and unlimited topics to tackle. This would be a safe place where people are encouraged to speak honestly, freely and frequently.

"I've been a member of San Francisco Village for 2+years and this program has introduced me to a wonderful community of people. I hope you will consider joining me in conversation."

Interested members should contact Anita at (415) 596-0443 or [anitalstrong@gmail.com](mailto:anitalstrong@gmail.com).

## HISTORY HUB MARCHES ON

The History Hub invites you to the San Francisco History Association's September meeting *Lighthouses of the Bay Area* by Betty S. Veronico. The meeting is Tuesday, September 27 at St. Philip's Church, 725 Diamond St. (between Elizabeth & 24th). 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](mailto: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](mailto:cosi7@comcast.net).



## NEIGHBORHOOD CIRCLES

**94102**



"If I have one operating philosophy about life, it is this: Be cool to the pizza delivery dude: it's good luck." The 94102 Circle invites you to join in considering your own operating philosophy about life, with help from 80 essayists in a book titled *This I Believe*, based on the NPR series of the same name.

We will meet on Thursday, September 22, at Books Inc. at Opera Plaza, 601 Van Ness Ave., from 2:00 - 3:00 PM, open to all SF Village members, but space is limited. E-mail Lynn Davis at [treebarque@aol.com](mailto:treebarque@aol.com) or call (415) 826-5416.

**94115 / 94123**

We're having a cocktail gathering at the home of Jean Phleger on Thursday, September 22 at 6 PM. Bring your own poison. Nibbles supplied. For address information and to RSVP, contact Eva Auchincloss at [eva3auch@comcast.net](mailto:eva3auch@comcast.net) or (415) 563-7519.

**94118**

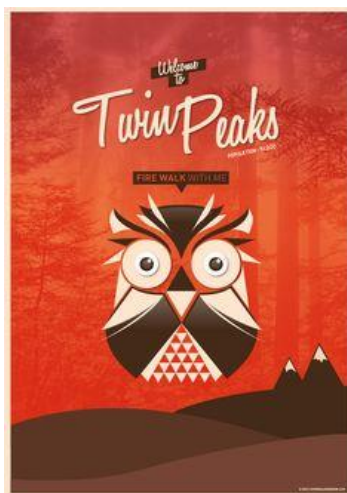
The new 94118 Circle will meet on Wednesday, September 21 from 3:30 – 5:00 PM at the home of Gladys Thatcher so members can become better acquainted. We will ask each other: what's going on in your life? Please bring your favorite snack to share if you like. For address information and to RSVP, contact Dee Caliman at [Caliman@mindspring.com](mailto:Caliman@mindspring.com) or (415) 307-0743.

**94131**

The 94131 Circle will meet in the Ora Way Club House on Saturday, September 17 from 2:00 – 4:00 PM for a scintillating discussion of current events, intellectual topics, as well as a discussion of ideas for future group activities. All 94131 SFV members are invited to attend.

## 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, September 6, 12:00 p.m.  
El Toreador Restaurant  
50 West Portal Ave.

### **Movie and Discussion over Tea**

Wednesday, September 28  
Details to follow once we know what is playing

### **Voters' Forum**

Wednesday, October 19, 2:00 p.m.  
Discussion of November ballot measures  
Bring campaign literature and recommendations

Home of Elaine Mannon

## RECURRING EVENTS

### LONGEVITY EXPLORER CIRCLE

**First Tuesday of the month**

**September 6, October 4, 2:00 PM – 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 and 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, September 7 and 21, 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 welcome for this drop-in group.

## PLAYREADING GROUP

**Thursday, September 8, 4:00 – 6:00 PM**  
**Telegraph Landing Club Room, 150 Lombard St.**  
**RSVP to Midge Fox at [midgefox@comcast.net](mailto:midgefox@comcast.net) or (415) 984-0613.**



The One-Act Playreading group will read *The Last Yankee* by Arthur Miller and *The Pleasure of Detachment* by Perry Souchuk from *Plays in One Act* edited by Daniel Halpern.

## LUNCH BUNCH



**Friday, September 16 at 11:30 AM**  
**Chow Restaurant**  
**215 Church St.**  
**RSVP to Marci Fogg at [mjfogg@hotmail.com](mailto:mjfogg@hotmail.com) or (415) 821-6333**

The Lunch Bunch will meet for food and conversation at Chow Restaurant. Established in 1997, *Chow* is proud to offer fresh & healthy, high-quality comfort food at affordable prices with their signature warm, friendly service.

## FILM GROUP

**Wednesday, September 21 at 2:00 PM**  
**Ralph Beren's home**  
**RSVP to Ralph at (415) 929-8309 for address information**

The film group will watch and discuss *Lawrence of Arabia*. Please note the time change due to the length of the film.



## DISCUSSION GROUP

**Friday, September 23 at 3:00 PM**  
**Eva Auchincloss's home**  
**RSVP to Eva at (415) 563-7519 for address information**

The Discussion group will meet to discuss immigration. Has reform died? Why or Why not? What do you think of Obama's plan? Come for a healthy, respectful, yet spirited debate.

## BOOK GROUP

**Monday, September 26 at 4:00 PM**

**Margaret Johnson's home**

**RSVP to Margaret at [marhiljoh@gmail.com](mailto:marhiljoh@gmail.com) or (415) 673-7130 for address information**

The Village Book Group will read and discuss Alan Furst's *Dark Voyage*.

## SAVE THE DATES!

### 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](mailto: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. They provide a platform, tools, and support to connect homeowners and home seekers.

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. Parties are matched based on compatible living styles and have an opportunity to describe their ideal home arrangement, personal characteristics, and other factors regarding living with another person.

### LITQUAKE SAN FRANCISCO VILLAGE



**Thursday, October 13, 3:00 – 4:30 PM**

**Auditorium, IOA, 3575 Geary Blvd.**

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

Calling all writers, books lovers, poets, and literary fans! Come share in your love of words and discover the talent within our Village community. Writers from San Francisco Village will read aloud portions of their work and bring their published pieces for show and tell and sale.

Interested in being featured? You don't need to have published work, just open to reading your original work to an audience. Contact Sarah Kent ([sarah@sfvillage.org](mailto:sarah@sfvillage.org) or (415) 387-1375) to learn more. This event can't happen without you!



## SAN FRANCISCO BALLOT MEASURES INFORMATION SESSION

**Friday, October 21, 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)**

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.

### **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.communitythriftsf.org](http://www.communitythriftsf.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.***

Copyright © \*|2016|\* \*|San Francisco Village|\* All rights reserved.

\*|[www.sfvillage.org](http://www.sfvillage.org)|\*

\*|3575 Geary Blvd-San Francisco, CA 94118|\* \*|Ph: (415) 387-1375-Email: [Info@sfvillage.org](mailto:Info@sfvillage.org)|\*