

# SAN FRANCISCO VILLAGE

## MONTHLY NEWSLETTER

February 2017



**FROM THE EXECUTIVE  
DIRECTOR: KATE HOEPKE**



Dear Members:

Since our inception, San Francisco Village has been fortunate to find a home at the IOA. We share many of the same values and a mission to help older San Franciscans stay in charge of their lives. As their programs have grown over the years, so has the demand for office space to accommodate them. Almost a year ago, we were informed that we would need to find a new basecamp for SFV.

Our search has been challenging! Finding the right mix of office space and member program meeting space at an affordable price has been more difficult than we expected. We've been working with two commercial real estate professionals, but so far have not uncovered the gem that we envision. We want to stay in a neighborhood that provides easy access to public transportation and safety for members. If we stay in the inner Richmond, IOA has graciously extended an invitation for us to continue using some of their conference rooms. At the same time, we are not limiting our search to the Richmond district, but extending our sights to include several neighborhoods.

I had hoped to be writing this announcement after we found our new home in order to minimize any disruption. I'm sorry to say that is not the case. It occurs to me that someone within our membership and broader network may know of available space at a church or community center, have a connection with commercial real estate brokers, or other ideas that would lead us to a solution. Please call or e-mail me if you think you can help! 415-387-1375 or [kate@sfvillage.org](mailto:kate@sfvillage.org)

I know that something warm and hospitable awaits us! I hope we find it soon.

Warm Regards,  
*Kate*

P.S. Please join us at the State of the Village meeting on February 15th. This year we've invited several of our preferred providers so you can become better acquainted with how they might help you in the future.

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# DID YOU KNOW?

**Senior & Disability University: Medicare & Medicaid! The Fight, the Struggle, the Issues & The Effect it has on All of Us**  
Wednesdays, Feb. 8, 15, 22 & 29, 10:00 AM - 2:00 PM  
10th Floor, 1155 Market St., between 7th & 8th Streets  
LightHouse for the Blind & Visually Impaired,  
RSVP to Senior & Disability Action at (415) 546-2096  
or [srira@sdaction.org](mailto:srira@sdaction.org)



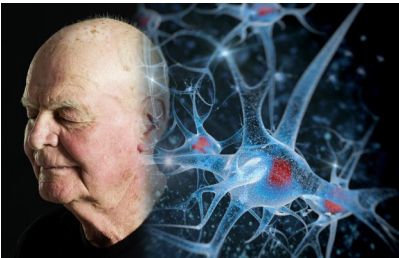
For the month of February, Senior & Disability University will cover:

- How Medicaid and Medicare affect everyone, youth, seniors, women, people with disabilities & people of color
- The fight to protect our Medicare & Medicaid benefits
- What you can do to help protect our rights and benefits

Please refrain from wearing any scented products, including perfume, scented lotions, detergents, hairsprays, etc. to keep the space accessible to all people with disabilities.

Senior & Disability University is a free Leadership Training Program by and for seniors and people with disabilities in San Francisco. Classes cover community organizing skills, empowerment, and leadership related to issues that affect the disabled and senior communities. Cantonese & Spanish translation available upon request

## FEBRUARY EVENTS



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

Fridays, February 3 and 10, 10:30 – 11:30 AM  
Sequoia Room, IOA, 3575 Geary Blvd.  
RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

This four-part series started in January but you are welcome to join at any time.

Join us for four one-hour sessions, led by staff from the UCSF Memory and Aging Center, and learn about how to keep your brain healthy. We will discuss nutrition, general health, cognitive stimulation, social engagement, and physical activity. We'll explore how all of these factors shape our aging process and might contribute to decreasing the risk of developing neurodegenerative diseases such as Alzheimer's. Write down your questions and bring them with you!

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

### **Personal Stories as Family Folklore and Cultural History**

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

This four-part series started in January but you are welcome to join at any time.

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



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



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

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

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

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

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

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

### **State of the Village Meeting and Vendor Fair**

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

**IOA Auditorium, 3575 Geary Blvd.**

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

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



After the presentation, there will be time to socialize and the opportunity to visit with our preferred providers at our first vendor fair; learn more about home safety assessments, technology help, transportation resources, LGBTQ support, home care agencies, and other aging experts.



### **The Value of Community and Choice as We Grow Older**

**Monday, February 13, 2:00 – 4:00 PM**

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

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

To celebrate its 15th anniversary and the Village Movement it inspired, Beacon Hill Village in Boston has invited Villages around the country to participate virtually in an event featuring Dr. Atul Gawande, MD, MPH, author of the seminal book *Being Mortal*. His presentation will be live-streamed (video over the Internet) to Villages across the United States.

Dr. Gawande is a renowned surgeon, public health researcher and writer, who will speak about the



value of community and opportunities as we grow older. While Dr. Gawande's book *Being Mortal* alludes to death, the stories in it are about life. He describes people's efforts to maintain autonomy as they age in the face of ingrained habits, cultural expectations and one-size-fits-all corporate offerings.

He discusses options for empowering older adults who want to remain in their homes and enjoy the rich stew of activities, attributes, attitudes and energy that engage the community's senior population.

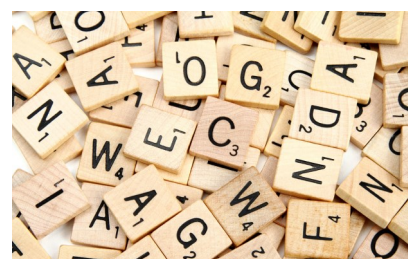
One of the great issues worldwide today is how to support and care for aging populations. By 2030, 20% of our nation's population will be over 65, an estimated 83 million people. Dr. Gawande's profound understanding of the importance of choice and community offer valuable insights and solutions for this challenging phenomenon.

Not only will Dr. Gawande share these messages with us, but he will also answer questions from Villages around the country. Our Village has an opportunity to submit a question by February 3rd to be answered during the live event. If you would like to suggest a question for our Village to submit, please email [info@sfvillage.org](mailto:info@sfvillage.org) or call (415) 387-1375.

### **Let's Play Games!**

**Thursday, February 16, 1:00 – 3:00 PM**  
**Ponderosa Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Plain and simple - let's have fun! We'll play cards and board games and see what else seems fun in the upcoming months. Let us know your favorite game! Games and popcorn will be provided. Join us!



### **The WOW! Factor**

**Tuesdays, February 21, March 14 and 28,**  
**April 11, 11:30 AM – 1:00 PM**  
**Ponderosa Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Join fellow Village members in conversations focusing on those little moments in our lives that “literally caught our breath, caused us to pause, and say WOW!” We’ll explore how those experiences deepened us, made us laugh, tested our courage, or altered our life purpose.

At each session, several members will come prepared with stories to share and discuss. Conversations include An Amazing Synchronization, Mama’s Green Coat at Lyndon Johnson’s 1964 Inauguration, How I Met my Husband of 65 years, The Medicine Man and the Hawk, and The Encounter that Altered my Life Completely. Bring along your WOW! story or just enjoy those of others.

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

### **All Power to the People: Black Panthers at 50 at the Oakland Museum of California**

**Wednesday, February 22, 1:00 PM entry time**  
**1000 Oak St., at 10th St., in Oakland**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

San Francisco Village is celebrating Black History Month with a visit to the Oakland Museum of California (OMCA) to see *All Power to the People: Black Panthers at 50*.

In October of 1966, Huey P. Newton and Bobby Seale created a radical political party at the forefront of revolutionary change — the Black Panther Party for Self Defense. On the 50th anniversary of its founding, the exhibition provides a contemporary view of the Party and its aims to serve oppressed people and fight injustice.



Discover the history of the Black Panther Party — a history that is often misunderstood. Charismatic Panthers — both men and women — created programs to benefit the people, stood up against power, and earned the admiration of other struggling communities in the US and across the globe. Many still fear the Panthers and are unaware of their motivations and intent. Former Panthers admit some mistakes and acknowledge that their image as militants cast a negative shadow on their legacy.

Rare historical artifacts, never-before-seen photographs, first-person accounts from former Panthers, scholars, and community members, and contemporary art show how the Party continues to influence culture and activism locally, nationally, and internationally. The Black Panther story is complex. The Panthers' ideas were potent, and they continue to inspire many. Visit *All Power to the People* and reflect more deeply about the Black Panther Party and its place in our shared history.

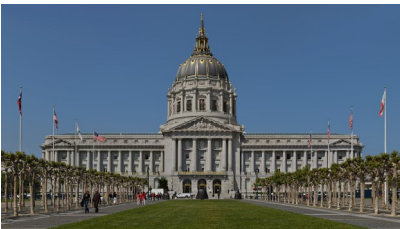
**We will coordinate transportation either by carpool or BART. If you're planning to travel to Oakland on your own:**

### **BART**

OMCA is conveniently located one block from the Lake Merritt BART station (between 8th and 9th Streets at Oak St.). OMCA is at the corner of Oak and 10th Streets.

### **Parking**

The entrance to the parking garage is on Oak Street between 10th and 12th streets. Parking fees are \$1 per hour for Museum visitors with validation and \$2.50 per hour without validation. Get your ticket validated at the Ticketing booth on Level 2 any time during your visit.



### **San Francisco City Hall Tour**

**Thursday, February 23, 11:00 AM – 12:00 PM**

**San Francisco City Hall, 1 Dr. Carlton B. Goodlett Pl.**

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

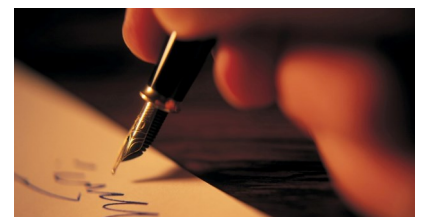
San Francisco City Hall is the seat of government for the City and County of San Francisco. Built in 1915, the huge structure occupies two city blocks, contains over 550,000 square feet of space, and is the finest example of the Beaux Arts style, which merges elements of French, Roman and Greek design. Join City Hall Historian, City Hall Docent Tour Manager and Centennial Curator Ellen Schumer for a guided tour of the people's palace.

### **Poetry Workshop**

**Fridays, 2/24, 3/24, 4/28, 5/19, 1:30 – 3:00 PM**

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

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



Please join us for a monthly Poetry Workshop, led by SFV members. Following up on our Fall Poetry Class with Cary Pepper, we will be sharing and discussing our own poems. We may also share our experience with writing poetry and trying to get our poems out into the world. Beginners and experienced poets are equally welcome. During our first meeting, we will talk briefly about guidelines for sharing and plans for the series. For more information, contact Holly Veldhuis at [haveld99@gmail.com](mailto:haveld99@gmail.com).



### **Stop, Look & Listen: Movement & Mindfulness for Balance**

**Monday, February 27, 1:30 – 3:00 PM**

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

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

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

Led by Rachel Lanzerotti, IAYT-Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Rachel also offers one-on-one sessions in the Noe Valley office of Five Rivers Yoga Therapy: [www.FiveRiversYoga.com](http://www.FiveRiversYoga.com)

## **RECURRING EVENTS**

### **Aging Well With Meditation**

**Wednesdays, February 1, 8, 15, March 1, 8, 15, 22, 29,**

**11:30 AM – 12:30 PM**

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

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



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

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



### **Longevity Explorer Circle**

**First Tuesday of the Month, February 7, March 7, 2:00 – 3:30 PM**

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

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

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

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

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



### **Rounds and Canons**

**Tuesdays, February 7, 14, 21, 28, 4:30 – 6:00 PM**  
**Susie Zacharias' home**  
**RSVP to Dorothy Barnhouse at (415) 221-5915 or**  
**dorbarn@sbcglobal.net**

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

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



### **Spring Mentoring Exchange**

**Wednesday, February 15, 10:00 AM – Noon**  
**Temple Emanu-El, 2 Lake St. (entrance on Arguello)**  
**Contact Key at (415) 387-1375 or info@sfvillage.org, for more**  
**information and to reserve your spot**

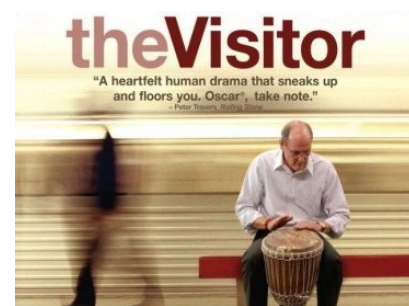
SF Village continues to partner with City Arts & Technology High School for a Mentoring Exchange Experience between our members and 9th grade students. Members and students meet one-on-one so that the students can gain perspective on your life choices. Members get to know the students by asking questions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

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

### **The Film Group**

**Wednesday, February 15, 3:00 PM**  
**Call Ralph Beren for location**  
**RSVP to Ralph at (415) 929-8309**

The Film Group will meet on Wednesday, February 15th at 3PM to watch *The Visitor*, a film about a Connecticut professor who is plodding along in life until he meets a couple of strangers who are staying, uninvited, at his small NY apartment. His world is quite abruptly turned inside out as the plot thickens. A very unusual and enjoyable film.



### **Discussion Group**

**Friday, February 24, 2:30 PM**  
**Eva Auchincloss' home (Contact SFV for address info)**  
**RSVP by February 17th to Eva at (415) 563-7519 or**  
**eva3auch@comcast.net**

The Discussion Group will meet to discuss California's environmental issues including, but not limited to the Central Valley, water, fires, agriculture, sea level, auto emissions, fracking, flora and fauna etc. Come prepared with some information of interest to share on any aspect of the topic.

## The Book Group

Monday, February 27, 4:00 PM

Margaret Johnson's home (Contact SFV for address info)

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

The book group will meet and discuss *Tell the Wolves I'm Home* by Carol Rifkin Brunt.



## WHAT'S TRENDING

### Dignity Fund Update: Key Actions to Implement the Dignity Fund Underway

Most of the Oversight and Advisory Committee members have been chosen. They include Edna James, Gustavo Serina, Marcy Adelman, Elinore Lurie, Beverly Taylor, Margy Baran, Chip Sepanich, and Ramona Davies. Three more members will be appointed soon by the Mayor, with the first meeting of the group set for mid-February. Details of how this body will carry out its responsibilities are outlined in legislation to be heard in the Rules Committee. Discussions between all the parties – to understand current baseline (protected) funding and to outline priorities for the first year – continue. Learn more by attending the Aging and Adult Commission Finance Committee meeting on February 1 at 9:30 AM at Room 416 City Hall or watch on [SFGovTV.org](http://SFGovTV.org) live. For updates on the Dignity Fund, go to the new website at [www.sfdignityfund.org](http://www.sfdignityfund.org).



### Volunteer of the Month – Gabie Berliner

San Francisco Village honors long-time volunteer Gabie Berliner as this month's volunteer of the month. For the past five years, Gabie has continued to step up and say "Yes!" Her dedication and dependability are an example of the warp and weave that shapes our community fabric.

#### What kinds of opportunities have you assisted with?

I've assisted with a great variety of needs: sorting and filing, putting a cart together, planting, errands, food shopping, preparing meals to bring to housebound, transportation to appointments, attending doctor appointments with members and helping to understand and practice instructions from the doctor, taking pets to vets, walking companion. I recently began co-hosting the 94118 neighborhood circle meetings. What

have I not done?

#### How has volunteering with San Francisco Village benefited you?

I enjoy meeting so many different people and being able to help in many different ways. It is inspiring and refreshing. I know what it is like to need help, so it is a pleasure to be able to provide what I can to others. And, as a senior myself, it helps me to feel young.

#### What advice would you give anyone considering volunteering with older adults?

I'd say it is so gratifying to help someone who is truly appreciative. These are people who treasure their independence and with a little help can maintain that. It is inspiring to meet people with different life experiences, educational and cultural and occupational backgrounds.

Thank you Gabie, for your continued support of San Francisco Village – we are grateful that you're a member of our community!



## Volunteer Training

**Saturday, February 25, 10:00 AM – Noon**  
**Sequoia Room, 3575 Geary Blvd.**  
**RSVP to [Key@sfvillage.org](mailto:Key@sfvillage.org) or (415) 387-1375**

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



## UCSF Caregiver Study

Caregivers are faced with the challenge of managing a loved one's care while maintaining their own well-being. Some caregivers thrive in their role while others struggle to maintain their own mental and physical health. A new cohort for the Caregiver Attentional Awareness Study is starting and researchers are looking for individuals interested in contributing to the knowledge base and improvement of interventions aimed at helping caregivers. The purpose of the Caregivers Study is to better understand the experiences of caregivers of individuals with dementia and other neurodegenerative diseases, and to examine whether it is feasible to deliver well-being interventions, using iPad apps. Through this research we hope to find accessible ways to help caregivers thrive in their role.

If you are interested in being a part of this study, please contact Angela Wackerly at (415) 476-7773 or by email at [Angela.Wackerly@ucsf.edu](mailto:Angela.Wackerly@ucsf.edu).

## MEMBER TO MEMBER



### History Hub

The SFV History Hub invites you to the San Francisco History Association's February meeting: *Home Front SF in WWII* with speaker John Freeman. The meeting is Tuesday, February 28 at St. Philip's Church, 725 Diamond St. (between Elizabeth and 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](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).

## CODEx Book Fair

SFV member Margaret Johnson would like to invite you to the 2017 CODEx Book Fair, which begins on Sunday, February 5, for three days in the Craneway Pavilion in Richmond, CA. Every afternoon the Fair will be open to the public. It showcases the latest publications by Fine Press printers and bookmakers, as well as the supplies of the artists: handmade paper, marbled paper, and the leathers for the covers. It's an exquisite fair that happens every two years. Printers, binders and book workers from all over the world are showing their work. If anyone is interested in arranging a group outing, please contact Margaret at (415) 673-7130. You can learn more at <http://www.codexfoundation.org/book-fair-and-symposium/codex-2017>.



# NEIGHBORHOOD CIRCLES



## 94109/94133

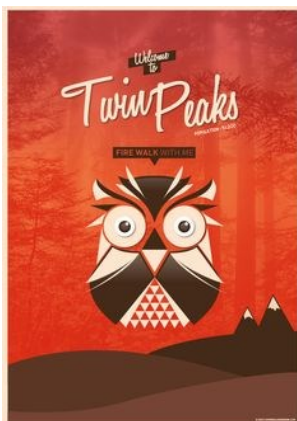
Following the decision to focus on San Francisco this year, we met on January 16 to discuss San Francisco as a sanctuary city. We found this to be a very complex issue, and, while the discussion was ENLIGHTENING, we agreed that greater clarification of the conditions of sanctuary and how it is practiced in the city would be helpful in keeping citizens informed about this important issue.

## 94114

The 94114 Circle will read and discuss the mystery book *Still Life* by Louise Penny on February 16 at 2:00 PM at the home of Kathleen Wesner. Members will also use the meeting as a time to plan future meetings and enjoy snacks and beverages. Please contact Kathleen if you have questions at (415) 626-8153. This is closed to the 94114 Circle.

## LGBTQ Circle

The LGBTQ Circle will meet on Thursday, February 16 from 1:30 to 3:00 PM at the Castro Senior Center Library, 110 Diamond St. Community member and activist Hadley Hall will be on hand to share his experience living in a senior living facility; including how staff received and treated him and his partner, how the residents treated them, and the experiences they had during the research process.



## West of Twin Peaks Circle

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

## Lunch Bunch

Wednesday, February 15, 1:00 PM  
Xiao Loong Restaurant  
250 West Portal Ave.  
Classic recipes from Sichuan and Beijing

## Matinee Movie with Movie Critic Toni Illick

Tuesday, February 28  
Neighborhood movie theater  
Discussion and tea at home of Elaine Mannon following movie  
Details to follow, once we know what's showing

# MEMBER PERKS

## California Academy of Sciences

San Francisco Village members and their guests can enjoy a 15% savings off ticket prices when purchasing tickets online.

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

Enter in the following sales code: **sfvillage**

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

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





### **Jewish Community Center Art and Ideas Partnership**

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

#### **Dr. Larry Brilliant Sometimes Brilliant with Rabbi Sydney Mintz Monday, February 6, 7:00 PM**

Dr. Larry Brilliant – philosopher, mystic, doctor, tech innovator and key player in eradicating one of the worst pandemics in human history – discusses his new memoir, *Sometimes Brilliant*.

#### **George Saunders with Dana Spiotta Monday, February 13, 7:00 PM**

George Saunders' last short story collection, *Tenth of December*, prompted the New York Times Sunday Magazine cover story to rave, "George Saunders Has Written the Best Book You'll Read This Year." He returns to the JCCSF to discuss his first novel, *Lincoln in the Bardo*, a story of familial love and loss.

#### **PoemJazz: An Evening of Spoken Word and Live Jazz With Robert Pinsky and Laurence Hobgood Monday, February 28, 7:00 PM**

Robert Pinsky, the only poet in history to serve three terms as U.S. Poet Laureate, brings his verse to life in PoemJazz, an innovative dialogue between poetry and music with Grammy-winning jazz pianist Laurence Hobgood.

## **SAVE THE DATES!**

### **Recology: San Francisco's Transfer and Recycling Center Tour**

**Thursday, March 2, 10:00 – 11:00 AM**  
**Environmental Learning Center, 401 Tunnel Ave.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



What does San Francisco's Zero Waste by 2020 actually mean? What sort of creations can an artist dream of with what we throw away?

Join us for a discussion about Recology, composting, recycling, and resource conservation followed by a visit to the art studio to meet with the current artists-in-residence and viewing of the Public Disposal and Recycling Area.

The Artist in Residence Program at Recology San Francisco is a unique art and education program that provides Bay Area artists with access to discarded materials, a stipend, and a large studio space at the Recology San Francisco Transfer Station and Recycling Center. By supporting artists who work with recycled materials, Recology hopes to encourage people to conserve natural resources and promote new ways of thinking about art and the environment.

Attendees must wear closed toe sturdy shoes and long pants are recommended. Recology has adapted this tour to be accessible for San Francisco Village members; the steep and slippery stairs, loud noises, and strong smells that are normally a part of public tours will NOT be a part of this tour.





### **Transportation Options**

**Friday, March 3, 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)**

San Francisco may only span seven miles, but sometimes those seven miles can feel like 100. Come learn about all your transportation options from Muni, Lyft, Paratransit and even volunteer drivers available from San Francisco Village. Hear from your fellow members about their struggles and triumphs with transportation in the city. We know you've got places to go, we want to make sure you can get there!

### **New Member Orientation**

**Wednesday, March 29, 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!



### **Maintaining Mobility**

**Friday, March 30, 1:00 – 2:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

A lot of age-related mobility loss is unnecessary because there are often simple things we can do to make a real difference. We all have longstanding habits in our movements that perhaps we got away with while young, but aren't serving us anymore. The trick is to learn more efficient ways of moving. You will have an opportunity to try some new strategies for common mobility issues, like turning to look behind you and getting up easily from a low chair. An overview of the six-session Maintaining Mobility class – scheduled to start the following week on April 6 – will be also be presented.

Penny Sablove is a physical therapist who specializes in improving the mobility of seniors. She developed senior programs to improve balance, gait, agility, endurance and strength for over 20 years and has developed programs for Kaiser Permanente and Osher Lifelong Learning Institute. She is also a 4th degree black belt in the Japanese martial art of Aikido and has also adapted the art for seniors and people with disabilities.



## **San Francisco Village**

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