

SAN FRANCISCO VILLAGE

Monthly Newsletter

March 2017



**FROM THE EXECUTIVE
DIRECTOR: KATE HOEPKE**



Dear Members:

It's hard to believe that spring is just around the corner. Thanks to all this rain, the wildflowers should be extraordinary this year!

Spring is the season for our Fifth Annual *Transforming Lives and Community Luncheon*, which will be held this year on May 2nd. In addition to being our biggest fundraiser, it has grown to become a unique and heartwarming tribute to the beauty that older San Franciscans contribute to our city. In particular, this year we will honor two extraordinary women who exemplify what it means to age with continued meaning and purpose: Fran Streets and Dagmar Dolby.

Fran A. Streets has dedicated her life to education, women's leadership, the arts and the city of San Francisco, with a particular commitment to improving the lives of women and girls globally. Fran was the first African-American to serve on the San Francisco Chamber of Commerce Board, and has served on the boards of the San Francisco Education Fund, San Francisco School Volunteers, the Economic Development Corporation, San Francisco Visitors and Convention Bureau, and Project Open Hand among others.

Dagmar Dolby is an enthusiastic advocate for science, health and the arts. Over the last 20 years, she has become a national champion for reproductive rights and Alzheimer's research. Dagmar founded the amazingly successful San Francisco Power of Choice Luncheon for NARAL Pro-Choice America and served on its national foundation board for 15 years. Now her energy and philanthropy are focused on supporting Alzheimer's research, care and advocacy, after living with the challenges of this disease faced by her late husband.

San Francisco Village shares Dagmar's intention to increase awareness about Alzheimer's disease and provide support for families facing its challenges. Since 2015, SFV has been participating in the Dementia

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New Members in February

Jim Blacksten
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Safety Net Program, in partnership with the Alzheimer's Association and UCSF Optimizing Aging Collaborative. Our goal is to help coordinate services and supports for members who may be experiencing cognitive changes. If this is true for you or your partner, please contact Rachel Lanzerotti at 415-387-1375 or rachel@sfvillage.org. In April, Rachel and Stefanie Bonigut from the Alzheimer's Association will present a training workshop for volunteers and caregivers to better understand behaviors and improve communication with people who have dementia.

As you've come to expect, the calendar for March is chock full of opportunities for you to spread your wings and make some new connections. Check out the four-week series *Money Mondays in March* focusing on different aspects of money management and financial literacy. There's always something to learn about money!

Warm regards,
Kate

DID YOU KNOW?

Transforming Lives and Community Luncheon
Tuesday, May 2, 11:30 AM – 1:30 PM
Julia Morgan Ballroom,
The Merchants Exchange Building, 15th floor
465 California St.

Transforming
Lives and Community
Luncheon

Save the date for our fifth annual Transforming Lives and Community Luncheon!

This year, we'll be honoring two remarkable women - Dagmar Dolby and Fran A. Streets - for their lifelong contributions to education, health, improving the lives of girls and women and the arts.

More information, including formal invitations, will be sent out in the spring. If you have any questions, feel free to email Maya Kamath at maya@sfvillage.org.



readingpartners

Reading Partners

Reading Partners is national literacy nonprofit that trains volunteers to deliver data-informed, curriculum-driven, one-on-one volunteer literacy tutoring to K-4 students who struggle with reading. Reading Partners is looking for community members to volunteer one hour per week for the course of a semester at one of its 34 partner schools in the Bay Area. To learn more about Reading Partners or to sign up today as a volunteer, please visit readingpartners.org/volunteer.

MARCH EVENTS

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

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 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

San Francisco may only span seven miles, but sometimes those seven miles can feel like 100. Come and learn about all of 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!

Money Mondays in March

Mondays, March 6, 13, 20 & 27, 1:30 – 3:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

Money. It can be useful, confusing, stressful, a source of power and comfort, taboo to talk about, and so much more. Expand your financial vocabulary by joining fellow SFV members and experts in conversations about money.



Monday, March 6: Emotional Currency: Exploring Your Relationship with Money

No matter what our financial resources, we all have emotional reactions to money on a daily basis. Yet we are often unaware of the tangle of feelings, thoughts, beliefs, and history underlying these reactions. We make better financial decisions and are saner about money when we come to understand it emotionally and intimately. This brief presentation will help you to become curious about, and value your inner relationship with money. We will touch on the psychological issues intertwined with money. How have your feelings about money changed as you age? How have the economics of living changed? What are some of your current worries, dilemmas and/or decisions involving money?

Kate Levinson, Ph.D., is the author of *Emotional Currency: A Woman's Guide to Building A Healthy Relationship with Money*. Dr. Levinson is a licensed marriage and family therapist in private practice in San Rafael and Point Reyes Station who has studied, presented and taught about the intersection of money and psychology in a wide variety of settings. She offers Emotional Currency Workshops on a regular basis, and is the convener of the Women, Money, Spirit conferences. Her website is www.katelevinson.net.

Monday, March 13: Wills, Trusts, and Estate Planning

Whether you think your plan is complete or need to finally do your estate planning, Deb L. Kinney, a partner at Johnston, Kinney and Zulaica LLP, the largest boutique estate planning firm in SF, will give an interactive and informative seminar on the nuts and bolts of estate planning along with her insights as to practical and family harmony considerations. Whether you are single, partnered or married, Deb will address the various documents everyone should have like health care directives, HIPAA releases, and powers of attorney. She will also demystify the differences between trusts and

wills. Bring your questions and enjoy learning about protecting yourself and your loved ones. www.jkzllp.com

Monday, March 20: Protect Yourself from Senior Fraud

People over 50 are especially vulnerable to fraud, accounting for more than 50% of all victims according to AARP. Learn how to protect yourself, your finances and your home from those who are looking to defraud you in this informative presentation.

Nancy Meyer is a Realtor and Seniors Real Estate Specialist. For the past eight years her real estate practice has focused on assisting seniors with decisions regarding the sale of their homes. Nancy brings in professionals to support them and guides them through the process from start to finish. She is also the founder of the Senior Transitions Seminar series, bringing in speakers on topics of interest to seniors.

Monday, March 27: To be announced

We are still working on finding a presenter for this last session.



Writers Workshop

Wednesdays, March 8, 22, April 12, 26, May 10, 3:30 – 5:00 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP (415) 387-1375 or info@sfvillage.org
Space is limited

Have you always wanted to write your memoir but didn't know where to start? Do you have some poems tucked away in a drawer? Do you have an idea for a gripping novel? Or do you just want to put pen to paper – and see whether poetry, an essay or a short story will emerge?

If you answered “yes” to any of these questions, we invite you to the SF Village Writers Workshop. We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. All are welcome – no writing experience necessary! A pen, a pad of paper and a wild imagination is all you need.

The Writers Workshop is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and former editor of the *ACLU News*. Elinson, who holds an MFA in Creative Writing, has taught writing at several senior centers in San Francisco, as well as at San Francisco Village.

California Women and Civil Rights with Elaine Elinson

Wednesday, March 8, 7:00 – 8:30 PM
Sunset Branch Library, 1305 18th Ave. at Irving St.
No RSVP required

Since the early days of statehood, women in California have been at the forefront of the fight for civil rights. We will look at the lives of those who, starting in the 1860s, fought for racial integration of public services and schools, and for women's voting rights. Join us as we learn what motivated these bold women – and the rights they won for us all.



Elaine Elinson is co-author of *Wherever There's a Fight: How Runaway Slaves, Suffragists, Immigrants, Strikers and Poets Shaped Civil Liberties in California*, which won a Gold Medal in the California Book Awards. She also leads the SFV Writers Workshop. Signed copies of her book will be available.

March is International Women's History Month.



The WOW! Factor

Tuesdays, March 14, 28, April 11, 11:30 AM – 1:00 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

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

This series started in February but you are welcome to join at any time.

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 or call (415) 826-5416 for more information.

Coffee and Donuts Social

Friday, March 17, 10:30 AM – 12:00 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

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

San Francisco Village invites you to join us for a delightful morning of conversation and community. Get to know your fellow members and enjoy a treat or two! Hope to see you there!



Let’s Play Games!

Thursday, March 23, 1:30 – 3:30 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

RSVP to (415) 387-1375 or 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 snacks will be provided. Join us!

Exploring Spirituality

Fridays, March 24 & 31, 10:30 AM – 12:30 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

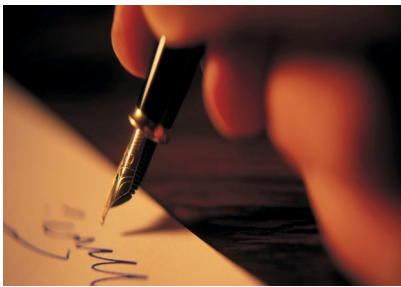
RSVP to (415) 387-1375 or info@sfvillage.org

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



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

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



Poetry Workshop

Fridays, March 24, April 28, May 19, 1:30 – 3:00 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

RSVP to [\(415\) 387-1375](tel:4153871375) or 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.

New Member Orientation

Wednesday, March 29, 2:00 – 4:00 PM

Auditorium, IOA, 3575 Geary Blvd.

RSVP to [\(415\) 387-1375](tel:4153871375) or 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

Thursday, March 30, 1:00 – 2:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

RSVP to [\(415\) 387-1375](tel:4153871375) or info@sfvillage.org

A lot of age-related mobility loss is unnecessary because there are simple things we can do to make a real difference. Our longstanding habits that we got away with while young, 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 also be presented.

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

RECURRING EVENTS

Aging Well With Meditation

Wednesdays, March 1, 8, 15, 22, 29, 11:30 AM – 12:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

RSVP to [\(415\) 387-1375](tel:4153871375) 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 are welcome for this drop-in group.



Longevity Explorer Circle

First Tuesday of the Month, March 7, April 4, 2:00 – 3:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to [\(415\) 387-1375](tel:(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.

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

Play Reading Group

Thursday, March 9, 4:00 – 6:00 PM
Telegraph Landing Club Room, 150 Lombard St.
Contact Midge Fox to RSVP at [\(415\) 984-0613](tel:(415)984-0613) or midgefox@comcast.net

The one-act play reading group will meet to read and discuss *Finding the Sun* by Edward Albee in *Plays in One Act* edited by Daniel Halpern.



Rounds & Canons

Tuesdays, March 7, 14, 21 & 28, 4:00 – 5:30 PM
Susie Zacharias’s home (contact SFV for address info)
RSVP to Mary Moore Gaines at [\(415\) 387-7775](tel:(415)387-7775)

If you want to sing in harmony ... Come and join our Rounds and Canons Group. Newcomers are always welcome to try us out. And to join. The more the merrier!

Discussion Group

Friday, March 17, 2:30 PM
Eva’s home (contact SFV for address info)
Contact Eva Auchincloss to RSVP at [\(415\) 563-7519](tel:(415)563-7519) or eva3auch@comcast.net

The topic has yet to be determined.

Spring Mentoring Exchange

Wednesday, March 22, 10:00 AM – Noon

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

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

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.

Book Group

Monday, March 27, 4:00 PM

Ralph Beren's home (Contact SFV for address info)

RSVP to Ralph at (415) 929-8309

The book group will meet to discuss Frederik Backman's *A Man Called Ove*.

MEMBER PERKS



Jewish Community Center
of San Francisco

Jewish Community Center (JCCSF) Art and Ideas Partnership

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

Giants of Jazz on Film: Jazz West Coast

Saturday, March 18, 7:30 PM

From the cool jazz of Los Angeles to the heated sounds of Central Avenue and the lyrical style of the Bay, the West Coast has produced a kaleidoscope of musical styles. Host Mark Cantor shares them all on screen. See Stan Kenton, Dexter Gordon, Dave Brubeck, Jon Hendricks, Shelly Manne, Teddy Edwards, the Lighthouse All Stars and more.

Starting at 7:00 PM, join for swing dancing and live music by [The Klipptones](#).

Ariel Levy on Unconventional Women

Tuesday, March 21, 7:00 PM

When thirty-eight year old Ariel Levy left for a reporting trip in 2012, she was pregnant, married, financially secure and successful on her own terms. A month later, none of that was true. In her new memoir, *The Rules Do Not Apply*, the *New Yorker* staff writer tells the story of how she built an unconventional life and then watched it fall apart with astonishing speed. Her story of resilience is an unforgettable portrait of the shifting forces in our culture, of what has changed – and what is eternal – and of how to begin again.

Food on Film: Brandon Jew on Big Trouble in Little China

Wednesday, March 22, 6:30 PM

Months before opening, fine dining Chinese restaurant Mr. Jiu's had garnered mentions in a *New York Times* article about a new generation of Chinese-American chefs, and on food blogs everywhere. Within a year of opening, the restaurant had received one Michelin star. Brandon Jew, the chef and visionary behind Mr. Jiu's, joins our Food on Film series for a conversation on *Big Trouble in Little China*, a movie he's loved ever since watching it as a child in kung fu school. One of the first mainstream Chinese-American movies that he remembers seeing, it mixed American and Chinese cultures and made him feel that being Chinese-American could be cool. The film's playful curiosity about Chinatown's underworld and Chinese culture was in the back of Brandon's mind when coming up with the vision for Mr. Jiu's. Between the on-stage conversation and screening, enjoy snacks inspired by the film, specially made by the Mr. Jiu's team. Conversation begins at 6:30 PM, Reception begins at 7:30 PM, Screening of *Big Trouble in Little China* begins at 8:00 PM

Veep's David Mandel

Friday, March 24, 7:00 PM

David Mandel takes us inside *Veep*, the hottest comedy on television, starring Julia Louis-Dreyfus, for which he is the showrunner and executive producer. In accepting the Emmy for Best Comedy Series of 2016, Mandel quipped, "This is for chubby Jews from the Upper West Side. Whoever you are, thank you." He also shares stories about *Curb Your Enthusiasm*, for which he is executive producer and a writer, and discusses his beloved collection of original comic book art and Star Wars memorabilia. Mandel has written for *Saturday Night Live*, *Seinfeld* (including "The Bizarro Jerry" episode, aka "Man-Hands") and an episode of *The Simpsons*. He co-wrote such films as *Eurotrip* and *The Dictator* and, if you press him on it, *The Cat in the Hat*.

WHAT'S TRENDING

Day of Service Call for Projects

SFV is once again partnering with high school students from the Boys Hope, Girls Hope After School Program to assist our members with household chores and projects around their homes. These phenomenal teens are ready, willing and able to volunteer to help you complete those pesky to-do tasks.

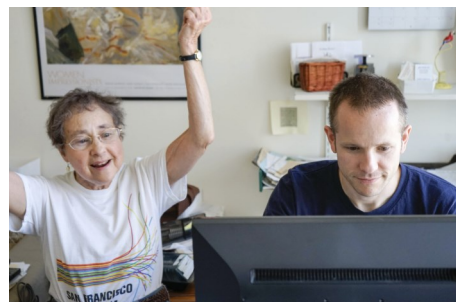
SFV members are asked to submit a list of home maintenance projects that do not require a professional such as gardening, light house cleaning, mattress flipping, organization, light bulb changing, light painting, etc. Members may also request some basic technology assistance such as help with e-mail,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

Volunteers will come to your home in groups of four accompanied by a chaperone on Saturday, April 8th between the hours of 10:00 AM and noon for shift one, and between 1:30 and 3:30 PM for shift two.

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 pesky tasks completed! Please submit your list no later than April 1st. Space is limited.

UCSF Caregiver Study

The purpose of the Caregiver Study is to further understand the experiences of caregivers, and to examine whether it is feasible to deliver well-being interventions to caregivers using iPad apps. Through this research we hope to find accessible ways to help caregivers thrive in their role.



Participants in this study will be asked to come in to our research lab for two 2-hour visits at UCSF Laurel Heights (3333 California St). Participants will complete questionnaires and computerized cognitive tasks. In between the two visits participants will be asked to engage with an iPad app for 20-30 minutes per day, 5 days per week, for 6 weeks. If you are a caregiver and interested in learning more, contact Angela Wackerly at 415-476-7773 or at Angela.Wackerly@ucsf.edu.

Compensation:

Participants will be offered compensation of \$15/hour (up to \$285) in the form of gift cards.

Art of Aging Gracefully Resource Fair **Thursday, April 6, 9:30 AM – 3:30 PM** **JCCSF, 3200 California St.**

Stay vital, healthy and fit. Make it a day of discovery. Engage with local businesses and organizations who are valuable resources to help you stay healthy and energized through:

- Presentations from medical professionals and local experts on healthy living.
- Insights and opportunities to support active, creative aging.



For more information, call (415) 292-1200.

NEIGHBORHOOD CIRCLES



94102

The 94102 Circle invites you to a discussion of coping with transitions – the inevitable changes in our lives. We will meet on Thursday, March 23, at Books Inc. at Opera Plaza, 601 Van Ness Ave., from 2:00 to 3:00 PM. Staff at Books Inc. will compile a list of books dealing with transitions for us to consider, including *Transitions* by William Bridges. This meeting is open to all SF Village members, but space is limited. E-mail Lynn Davis at treebarque@aol.com or call [415-826-5416](tel:415-826-5416).

94109/94133

The 94109/94133 Circle will be visiting the Pioneer Museum in the Presidio on Wednesday, March 1 at 3:00 PM. The Pioneer Society maintains a rotating schedule of cross-disciplinary exhibitions focused on California art, history, and culture. We will have a guided tour. For more information contact Bobbie Rothman at rrothman2174@gmail.com.

94117

The 94117 Circle meeting will meet on Friday, March 10 from 2:00 to 4:00 PM at the home of Karen and David Crommie to socialize and further deepen our relationship as neighbors. Please contact Karen if you have any questions at (415) 431-1414. Contact Key at SFV for address information.

94118

The 94118 Circle will meet on Friday, March 17 at 3:00 PM at the home of Gabie Berliner to deepen and strengthen our relationships as neighbors and to brainstorm future outings, activities and topics with speakers. Participants are asked to bring their favorite snack from your ethnic group or background if you feel like it. The host, Gabie, is making German pancakes. RSVP to Key at [\(415\) 387-1375](tel:415-387-1375) or Key@sfvillage.org.

94123/94115

The 94123/94115 Circle will meet at the home of Eva Auchincloss on Thursday, March 23 from 5:30 to 7:30 PM for a potluck, and to put an action plan into place for future events. RSVP to Eva at (415) 563-7519 or eva3auch@comcast.net.

94131

The 94131 Circle will host a potluck on Saturday, March 4 from 1:00 to 3:00 PM at the Ora Way ClubHouse and further deepen our relationships. We will also take this time to meet our new circle leader, long-time SF volunteer Jennifer Kauffman who will talk a little bit about herself and her interests in this community. Please RSVP to Key with what you plan on contributing at (415) 387-1375 or Key@sfvillage.org.

Sunset Circle Launch

The new Sunset Circle will meet on Wednesday, March 8 from 3:00 to 5:00 PM at the home of Joan Walton to introduce ourselves, meet our circle's shared leadership, and discuss what we as neighbors hope to contribute, and to get out of our participation in a neighborhood circle. Everyone has a voice. Key Shade will be on hand to facilitate the first meeting. We hope you will participate in our inaugural group meeting. Please RSVP to Judy Winn-Bell or Joan Walton at judywb@rocketmail.com or (415) 681-8275, respectively.

West of Twin Peaks Circle

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

WTP Lunch Bunch

Thursday, March 9

1:00 PM

Xiao Loong Restaurant

250 West Portal Ave.

Classic recipes from Sichuan and Beijing

WTP Matinee Movie with Movie Critic Toni Illick

Tuesday, March 28

Neighborhood movie theater

Discussion and tea at home of Elaine Mannon following movie

Details to follow, once we know what's showing

SAVE THE DATE

Billionaires Row in Western Pacific Heights Tour

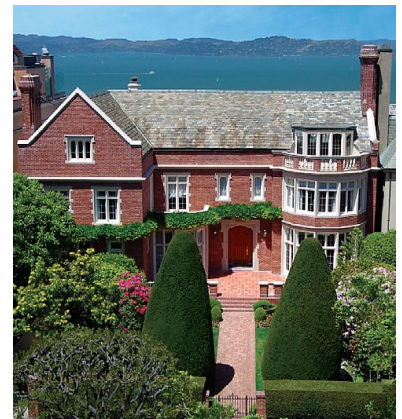
Tuesday, April 18, 10:30 AM

Meeting place is the top of the Lyon St. stairs at Broadway

RSVP to [\(415\) 387-1375](tel:4153871375) or info@sfvillage.org

Pacific Heights West is one of the most exclusive neighborhoods in San Francisco. Broadway is often called "Billionaires Row". Join On The Level's Marilyn Straka for an intriguing walk of the area. The walk starts from the front door of the Drisco Hotel and offers incredible views, gardens in bloom year round and a look at the homes of the rich and famous. The tour is full of fun facts about the history, the designers and the early owners of the huge homes along the route. Learn the secrets of the current owners as well as what they paid for their homes! This walk of eight city blocks follows a path along well-maintained city sidewalks.

A free book about the walk is included.



Maintaining Mobility Six-Week Series

Thursdays, April 6 through May 11, 1:00 – 2:30 PM

Slovenian Hall, 2101 Mariposa St.

RSVP to [\(415\) 387-1375](tel:4153871375) or info@sfvillage.org



We will practice movements of everyday life - such as walking steadily and confidently through a crowded room, reaching, getting up and down from a chair or other low surface, turning direction, taking stairs and anything else that concerns you. As you learn more efficient ways of moving, you will also find yourself moving with more grace and pleasure.

We will use techniques from many physical disciplines, including physical therapy, Feldenkrais, and martial arts, making the class a lot of fun. The class is designed so that it carries over into daily life. We are not merely exercising. We are practicing a new way of moving through the world.

Penny Sablove is a physical therapist who specializes in improving the mobility of older adults. She developed 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 older adults and people with disabilities.



Emanuel Ax Plays Mozart: An Open Rehearsal

Wednesday, May 10, 10:00 AM

(recommended arrival at 8:30 AM)

Davies Symphony Hall, 201 Van Ness Ave.

RSVP to [\(415\) 387-1375](tel:4153871375) or info@sfvillage.org

\$10 (group rate tickets \$22.50; SFV paying \$12.50 for each ticket)

Must RSVP by Wednesday, April 5 in order to confirm group rate

Seven-time Grammy Award-winner Emanuel Ax joins internationally renowned conductor Charles Dutoit for Mozart's sparkling Piano Concerto No. 22. Then, *La Mer*, one of Debussy's most famous works, offers a dazzling symphonic impression of the composer's childhood visits to the ocean.

Listen as Dutoit weaves together the themes of a symphony with the passion of the performers. This special behind-the-scenes experience begins at 8:30am with coffee and complimentary doughnuts, and a half-hour informative talk at 9am.

Katharine Hanrahan Open Rehearsal is a working rehearsal. The pieces rehearsed are at the conductor's discretion.



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