

SAN FRANCISCO VILLAGE

Monthly Newsletter

May 2017



TEA AND CONVERSATION: BECKY HAYDEN & PEG KAPLAN

San Francisco Village members Becky Hayden and Peg Kaplan did not know each other in 1941, even though they were both undergraduate students living at the International House, also known as I-House, at UC Berkeley. They had each separately shared memories with Rachel Lanzerotti, SFV Aging Well Coordinator, about Pearl Harbor Day, Dec. 7, 1941. These memories had been prompted by recent political events, including the new administration's immigration ban. The three of them got together at Becky's home in February so Becky and Peg, now in their nineties, could meet each other. New friendships can form at all ages!



What is your recollection of Pearl Harbor Day, Dec. 7, 1941?

Peg: In December 1941, I was 19 years old, attending UC Berkeley and living at International House. My family always trimmed our Christmas tree that first week in December. On Friday afternoon, December 5th, I went from International House to my family's home in the Richmond District of San Francisco. The next day, my dad and I went out to a Christmas tree lot and bought our tree, which was always both big and wide. That night, my family trimmed the tree. The next morning, my mom and I were sitting at the breakfast table. We were having a late breakfast. My father ran into the room yelling, "Japan has bombed Pearl Harbor!" The three of us huddled around the radio.

Every so often we would get reports of what was happening in Hawaii. While we were doing that, we discussed when I should go back to Berkeley. Stay the night in San Francisco or go back that day? I really wanted to go back. My father drove me to 1st and Mission, and I caught the F back to Berkeley. As I was walking up the big long hill to I-House, I was frightened. Here I had left I-House, with friends from all over the world. And now I was going back, and everything was completely different. I realized that things were going to change. When I got back to I-House, everybody was standing around in the entry hall, shocked. The staff called a meeting to tell us what was going on. Even then, they had information that we needed to begin blocking out the windows of that huge building. We started that night and continued the next day, putting blankets, sheets,

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Becky Hayden (left) and Peg Kaplan (right)

whatever we could over the windows of our rooms. The next morning, we were called together to hear President Roosevelt's speech to the Joint Session of Congress, declaring war not just on Japan, but also Germany and Italy. And we were really at war then.

Becky: I lived in I-House from the fall of 1941 until graduation in May 1942. I went there with three friends, and we were pleased to become friends with students from all over the world. We were in I-House on Dec. 7, 1941, and Pearl Harbor is still vivid to me. I came downstairs, somewhat late for breakfast, and found the Great Hall filled with agitated students.

After figuring out what was going on, I

joined all those in shock. Especially remembered: the address of President Franklin D. Roosevelt, including these words: "The only thing we have to fear is fear itself." I'll never forget that, nor the very disturbing time when our Japanese-American friends were removed to internment camps in the spring. We knew they were peaceful and loved this country. Some years later, at a class reunion, we warmly recognized those students as true members of our class.

What is it about this political moment that evoked this memory?

Peg: I was personally very upset with the presidential election. On Feb. 2, 2017, I got a letter from the Executive Officer of International House stating that International House is now, and has always been, a sanctuary that provides compatible housing and education for students from all over the world, without any discrimination. This letter from I-House brought back the memory from when I was 19 years old, and the resulting incarceration of my Japanese friends, and the four-year war that followed. And now, at the age of 95, I am experiencing the same kinds of feelings, as I see this president ordering discriminatory regulations against nations and religions. That's what prompted me to write down my story and send it to I-House, as well as share it with you.

Becky: I went to bed on Nov. 8, 2016, believing Hillary Clinton was going to be our next president. I got up the next morning expecting to celebrate that and was blown over when I turned on the TV—and remain sad to this day. This president doesn't care about the 3-million majority who voted for Hillary Clinton. This president seemingly is without any heart or awareness of other people, let alone understanding that government is not a business.

How do you think being part of that community of international students, at that time in particular, has shaped who you are, or your views?

Becky: Just coming to Berkeley as a freshman, from a small town, was a big thing—to find students with so many different views of the world. I remember, in one class, a Republican-leaning student and a member of the Communist group on campus getting up on chairs and yelling at each other! And living in I-House, spending every day at meals or in activities with students from other countries, extended that view.

Peg: Having grown up in San Francisco since the age of four, I was often in classes with Japanese students. My parents also had friends from other countries. When I was able to move on campus,

International House was the only place I applied, because I knew the kind of residence it was. To move in, a resident had to get recommendations and understand the philosophy of living with other students from over 70 different countries. I was excited about going there and living with people from around the world.

Of what are you proudest?

Peg: At the time WW II started, I was a history major. Part of being a student at Berkeley was doing something toward the war effort. Many young women, including me and a couple of my friends, volunteered as nurses' aides. On weekends, I went to St. Francis Hospital in San Francisco. We would make beds, and do any other chores the nurses asked us to do. My mother's physician was on the staff, and one day he asked if my friends and I would like to go on rounds with him, which I did regularly from then on. That's the experience that made me decide to switch from being a history major to being pre-med. Up until that point I had had one science class, and I needed to get all the requirements completed. I went to medical school at University of Nebraska, and then I interned at SF General Hospital. I attended Berkeley to get my Masters in Public Health. My first job after earning my Public Health degree was for the SF Health Department. I was the first District Health Officer in a new district center, the Sunset District. The center housed all of the staff who provided all the public health services in that area. I later became Maternal and Child Health Director for the SFDPH, supervising and directing all preventive services related to women and children. I later became the Medical Director of the regional center serving individuals with developmental disabilities. As I've grown older, I've switched my energies to helping provide services and encouragement for agencies which are keeping seniors and adults with disabilities in their own home, or in a home that meets their needs. I am proud of what I did in the past, and continue to do, and I'm glad I am able to continue to be involved and active with organizations that make a difference in people's lives.

Becky: When I began working in college textbook publishing in 1958, it was an "old boys" business. There weren't any women sales representatives, which would have opened new possibilities in sales management or as acquisition editors/publishers. I was hired as a production editor in what would be called a "start-up" today, with only a dozen employees. Within a month or two, my boss, aware of my past university teaching, added "acquisitions editor" in Communication areas to my responsibilities. Once he saw that I was signing and publishing widely-adopted books, that same boss thought it was time to hire a woman sales rep. He did and a year later, added five more; then other publishers caught on. What I am proud of is that action created thousands of jobs for women from then until now— and some have become sales managers or company presidents.

What's your advice to young folks in this political moment?

Peg: To do what your heart or mind tells you is right for you to do. I have four grandchildren, and each of them has, with the approval and assistance of their parents and their grandparents on both sides, been doing what is important to them. That's what matters. In today's political environment, I personally was able, with the help of friends to participate in the Women's March in San Francisco on Jan. 21 of this year, as did my daughter in Los Angeles, and my granddaughter in New York. I have not given advice directly to my two children and four grandchildren. However, they feel concerned about the activities of this presidency, as my husband and I have taught them by example throughout their lives.

As you get older, you need to do all the kinds of things that we know are good for our health. Especially moving and nutrition, and all of the things that SF Village emphasizes are important in aging. The fact that we're here and moving and talking to each other is amazing.

Becky: I agree and am glad to have met you through Rachel.

SAN FRANCISCO VILLAGE THANKS THE JUNIOR LEAGUE OF SAN FRANCISCO!

The Junior League of San Francisco recently awarded SFV funds to provide seven new reduced-fee memberships in 2017 through its Enabling Funds Grant. As a result of this grant, SFV is able to continue to build a community that reflects the diversity of our city. We are grateful for the support of the JLSF and look forward to working with their team in the coming months.

The Junior League of San Francisco, Inc. (JLSF) is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. To learn more, visit <https://www.jlsf.org>.



DID YOU KNOW?



Emergency Contacts

San Francisco Village is updating the emergency contact information for all of its members. Please contact the office at (415) 387-1375 or Info@sfvillage.org at your earliest convenience to confirm or update these details. If you do not contact the office, we will be reaching out to you in the coming months to collect this important information.

Free Passes

San Francisco Public Library now offers free museum and attractions passes – to places like Asian Art Museum and the Botanical Garden at UC Berkeley – on an online platform called Discover & Go for San Francisco residents. With Discover & Go, library users can reserve a pass online with their library card and print their tickets at home or at the neighborhood library.

To start accessing passes to a variety of Bay Area attractions with your library card, go to: sfpl.discoverandgo.net

MAY EVENTS

Canine Companions for Independence: Hearing Dog Program

Saturday, May 13, 10:00 AM – 12:00 PM (Refreshments/ socializing from 10:00 – 10:30 AM; the presentation starts at 10:30 AM).

The Sequoias, 1400 Geary Blvd.

California Room, Level A

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



Canine Companions for Independence® hearing dogs are specially bred Labrador and Golden Retrievers who alert partners to key sounds by making physical contact such as nudging the leg or arm. Among the many sounds hearing dogs are trained to recognize and respond to are the sound of a doorbell, alarm clock, someone calling a name or a smoke alarm.

Angie Escudero, Senior Director of Development, Canine Companions for Independence (CCI), has

been a professional trainer of assistance dogs at CCI for nine years, included training hearing dogs. Angie will give an overview about the organization's history, mission, and aim to train assistance and hearing dogs for people with hearing loss.

Megan Kennedy and her hearing dog Ras are graduates of the hearing dog program. Megan will share her story and introduce Ras, who will demonstrate some of the skills required to become a certified hearing dog.

This program is put on by the Hearing Loss Association of America (HLAA) San Francisco Chapter. The meeting will be real-time captioned. For any questions about the program, contact Josephine at jschallehn@hotmail.com.



Member and Volunteer Spring Fling!

Monday, May 15, 2:00 – 4:00 PM

Spark Arts, 4229 18th St.

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

You're invited to a delightful afternoon of conversation and community. There will be nibbles, drinks, music, and great company. Get to know your fellow members and the volunteers that help enrich this unique community. We hope to see you

there!

Giants vs. Dodgers Baseball Game

Wednesday, May 17, 12:45 PM

AT&T Park, 24 Willie Mays Plaza

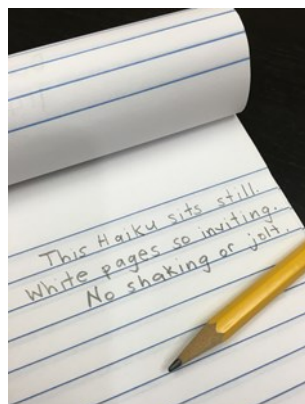
RSVP to (415) 387-1375 or info@sfvillage.org

Must RSVP for a complimentary ticket

Take me out to the ballgame, take me out to the crowd ... join your fellow San Francisco Village members and volunteers in cheering on our home team at the ball park for a mid-afternoon game against the Los Angeles Dodgers. BYO peanuts and crackerjacks.



Thank you to the Giants Community Fund for the generous ticket donation!



Poetry Workshop

Friday, May 19, 1:30 – 3:00 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

RSVP to (415) 387-1375 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. For more information, contact Holly Veldhuis at haveld99@gmail.com.

The Science of Positive Emotions: Why We Need Them and How to Cultivate Them in Daily Life

Tuesday, May 23, 2:30 – 4:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

Positive emotions are critical for our health and well-being. In this talk, Dr. Amie Gordon discusses the science of positive emotions, focusing on the benefits of awe and gratitude for health, well-being and relationships. As part of this talk, she provides practical, evidence-based tips for easily cultivating more awe and gratitude in daily life.

Amie Gordon, Ph.D., is a postdoctoral scholar at UCSF. She studies the unique roles that prosocial emotions, cognitions, and behaviors play in promoting healthy relationships as well as the psychological, physiological, and biological factors that undermine such prosociality. In other words, why aren't we nicer to our close others and what can we do about it? She earned her doctorate in Social-Personality Psychology from the University of California, Berkeley.



American History in Golden Gate Park Walking Tour

Thursday, May 25, 10:00 AM – Noon

Meet at the front steps of the Conservatory of Flowers

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

There are statues, plaques, monuments and trees in Golden Gate Park that commemorate events in American history. This two-hour walk takes you to sites familiar and unfamiliar to most visitors.

City Guides, founded in 1978, is a non-profit organization with more than 200 trained volunteers who lead history and architectural walking tours in San Francisco. They are sponsored by the San Francisco Public

Library and are a San Francisco Parks Alliance Partner.

New Technologies for Hearing MORE of What You Want Everyday

Thursday, May 25, 1:00 – 2:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

Armed with smartphones and tablets, today's consumer can access several new technologies that can help them hear better in several environments. Whether it is a restaurant or the television or conversation around a table, there are several ways you can improve the way you hear.



Come and see new products and apps that let you continue to improve your hearing and participate in your life!

Rupa Balachandran, PhD, is the Audiology Program Director at University of the Pacific. She is driven by an unshakeable belief that when people get together they can solve big problems. Dr. Balachandran is a member of the American Speech-Language-Hearing Association and the

American Academy of Audiology. Her research interests include speech perception, children with auditory processing disorders and seniors with hearing loss.

The Perennials: Ageless Improv

Tuesday, May 30, 4:00 – 6:00 PM

**Community Room at Telegraph Landing,
150 Lombard St.**

**RSVP to Elaine Park fredpark1026@comcast.net or
Florence Schwartz (415) 982-1497**

The Perennials is an experienced performing troupe of women in their 60s to 80s who weave improvised songs, scenes, and rhymes (and a touch of silliness) into light-hearted entertainment for groups of Bay Area elders. Each show is different. What you will see has never been done before and will never be done again! Join them for a fun show that is sure to get you smiling.



RECURRING EVENTS



Aging Well with Meditation

Wednesdays, May 3, 10, 17, 24, 11:30 AM – 12:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

No RSVP required

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

Tuesdays, May 9 (note: this is the 2nd Tuesday),

June 6, 2:00 – 3:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

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

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



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

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).



Play Reading Group

Thursday, May 11, 4:00 – 6:00 PM

150 Lombard St., Telegraph Landing Club Room

RSVP to Midge Fox at (415) 984-0613 or midgefox@comcast.net

The play reading group will read and discuss *The Bay at Nice* by David Hare. This play can be found in *Plays in One Act*, edited by Daniel

Halpern.

Lunch Bunch

Friday, May 12, 11:30 AM

The Magic Flute

3673 Sacramento St., near Spruce St.

(415) 922-1226

RSVP to Marci Fogg (415) 821-6333 or mjfogg@hotmail.com

The lunch bunch will meet for food and fellowship at the Magic Flute restaurant in the Laurel Heights area. Join us and make some new friends.



Film Group

Wednesday, May 17, 3:00 PM

Barbara Hancock's home (Contact SFV for address)

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

The film group will watch and discuss Hitchcock's classic film *Vertigo*, which was filmed on location in San Francisco. The film group is a great place to meet other members and begin lasting friendships.

Discussion Group

Friday, May 19, 3:00 PM

Eva Auchincloss's home (Contact SFV for address info)

RSVP to Eva at (415) 563-7519

In the wake of Earth Day, the discussion group will discuss the environment and how important it is. Whose responsibility it is? And what are we (individually and/or our government) doing or not doing about it?

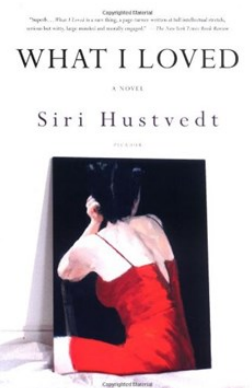
Book Group

Monday, May 22, 4:00 PM

Margaret Johnson's home (Contact SFV for address)

Confirm Monday with Margaret

The book group will read and discuss Siri Hustvedt's *What I Loved*.



Let's Play Games!

Friday, May 26, 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!

JEWISH COMMUNITY CENTER (JCCSF) ART & IDEAS PARTNERSHIP



We've received FREE tickets to a few JCCSF events in May; 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 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.

Vanishing Point: The 3.9 Art Collective Reflects on Black Communities in San Francisco

Gallery Opening on Sunday, May 7, 5:00 PM

Katz Snyder Gallery

With creeping gentrification in the twenty-first century, the African-American population of San Francisco is increasingly marginalized and invisible. Vanishing Point explores proposals for the survival of black people and artists in the city and seeks to open a conversation about black history and the future of black populations here.

Join us for light refreshments to celebrate the exhibit opening with curator John Zarobell and artists from the 3.9 Art Collective.

Mary Gaitskill

Monday, May 15, 7:00 PM

Award-winning author Mary Gaitskill (*The Mare*, *Bad Behavior*) is best known for delivering powerful stories of dislocation, longing and desire with “such authority, such radar-perfect detail, that she is able to make even the most extreme situations seem real” (*New York Times*). Her latest is *Somebody With a Little Hammer*, a fascinating and fearless collection of insights on a wide variety of topics ranging from pop culture and politics to dating and rape debates.

WHAT'S TRENDING?

Volunteer of the Month: Steve Hayashi

Steve Hayashi began his volunteer work with San Francisco Village almost two years ago, initially providing transportation to members without vehicles. Since then, he's become the SFV Renaissance man, providing technology support for members with Apple projects, assembling office furniture for staff, attending the mentoring exchange with high school students at City Arts & Technology High School, and even joining the Board of Directors. We are proud to honor Steve as our Volunteer of the Month for his commitment and dedication to our mission.



How has volunteering with San Francisco Village benefited you?

I really enjoy solving problems, and being challenged. Helping with the Apple products is a prime example. I get the opportunity to learn more about how the Apple products work, and don't work. I've also met some really incredible people while volunteering: Belva Davis, a now-retired legendary news anchor, and Sonia Catravas-Grimani, an author, to name just a couple. I even read Sonia's book, *Sonia's Song*, which tells her story about growing up under Nazi rule.

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

Volunteering gives one an immense sense of accomplishment and allows you to meet a variety of different people. My advice would be to start a conversation with the folks you are helping: ask about where they were born and raised, what they did, and what their interests are. You will be surprised what you learn.

Would you recommend this opportunity to others?

I think volunteering is extremely gratifying: it's a great way to provide social engagement and find common interests with a broad spectrum of folks that may become friends. That sentiment goes whether I'm working with members who have an individual need or the young people I meet at the Mentoring Exchange, a program offered through San Francisco Village that allows older adults and high school students to share ideas and knowledge with one another.

With the kids, I'm curious to find out what they are interested in, their favorite subjects, and what they think is lacking in their education. I try to gauge their interest in the wonders of science and engineering with questions like, "Do you know light only travels one foot in a nanosecond? How does that limit the speed of computers?"

With fellow members of San Francisco Village that I help, I've discovered connections that are unexpected. The first time I volunteered to drive, I met a couple that were deeply into the Hawaiian music scene in San Francisco. My wife, Judy, and I happen to be in a ukulele group that meets weekly in Japantown. Our group performs monthly at Kawika's Ocean Beach Deli so imagine my surprise when we discovered our shared interest. We've since shared many musical times together.

Final thoughts regarding SFV volunteer experience:

Volunteering for fellow members is an extremely rewarding experience on many fronts. I would encourage everyone to try it.



Movie Moments at the Vogue

In partnership with the San Francisco Neighborhood Theater Foundation, the Vogue Theater will host a free interactive film program designed specifically for people living with dementia and their care partners. This first-of-a-kind program in San Francisco will take place on Tuesday, May 23, from 10:00 AM – 12:00 PM at the Vogue Theater, 3290 Sacramento St., San Francisco, CA 94115. The program is free, but requires registration in advance. The event is being organized through the efforts of Elder Care Alliance, a Bay Area non-profit organization

that provides senior living and community education; California Pacific Medical Foundation's Ray Dolby Brain Health Center; and the Alzheimer's Association of Northern California and Northern Nevada.

Movie Moments at the Vogue offers the general public and those living with memory loss an

expressive outlet and forum for dialogue through the viewing of curated film scenes interspersed with trivia, group discussion, and reminiscence.

To register, contact Rachel Main at (415) 463-8505 or creativeagingsf@gmail.com.



Care Partners/Caregivers End-Of-Life/Dementia Survey

Did you care for a person with dementia who died in the last two years? Was the person with dementia you cared for living in San Francisco? Were you involved in this person's end-of-life care? If you answered YES to these questions, the Alzheimer's Association would like to hear from you. They are assessing the ways healthcare and community service providers in San Francisco work with people with dementia and their families to make end-of-life decisions. They have developed a survey

that will take approximately 30 minutes and can be completed online or by paper. Respondents will receive a \$100 gift card for their time; all responses will remain anonymous.

If you are interested in getting involved or would like to learn more, please contact Rachel Main at the Alzheimer's Association for details, rmain@alz.org or 415-463-8505.

A New Kind Of Heroism:

An evening with Jessica Zitter

Monday, May 15, 7:00 PM (doors open at 6:16 PM)

Auditorium, IOA, 3575 Geary Blvd.

\$15 General Admission/\$5 Students and Seniors

RSVP to Caitlin Morgan at cmorgan@ioaging.org or at 415.750.4114

Dr. Jessica Nutik Zitter believes deeply in the beauty of saving life, but also in the beauty of a good death. We find ourselves in a perfect storm: the age-old drive to preserve life combines with the technological capacity to push that to the limit. A better path is out there, but it will require a new kind of heroism from everyone involved. Join us as Dr. Zitter challenges us to ask the question: What do we really want for ourselves, our loved ones, and those entrusted to our care when death comes?



San Francisco Village Volunteer Training

Saturday, May 20, 10:00 AM to Noon

Sandbox Suites, 123 10th St. at Mission St.

Contact Key at (415) 387-1375 or Key@sfvillage.org for more information

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

MEMBER TO MEMBER

San Francisco Bay Model in Sausalito

SFV member Eva Auchincloss invites Village members and friends on a ranger-guided tour of the

San Francisco Bay Model in Sausalito on Wednesday, May 31 at 11:00 AM. followed by lunch in the area for those who can stay. The activity involves walking around the building and being on your feet, although some people with canes and walkers can be accommodated.

The Bay Model demonstrates all the ecological aspects of the Bay from Marin Headlands, Oakland, and beyond. "The model demonstrates in a concrete way the delicately interlinked natural and man-made systems that bring fresh water from the Sierra Nevada, down rivers and creeks, to meet the salt water of the Pacific Ocean." Carpools will be required. Email or call Eva Auchincloss for reservation and arrangements: eva3auch@gmail.com or (415) 563-7519.

NEIGHBORHOOD CIRCLES

94102 / 94103

The 94102 and 94103 Circle will meet at 2:00 PM on Thursday, May 25 for a great afternoon movie adventure. We'll meet at Landmark Theater at Opera Plaza, 601 Van Ness Ave., followed by a discussion and beverages at Peet's Coffee nearby. Movie choice to be determined. This invitation is open to all SFV members. Please e-mail Lynn Davis at Treebarque@aol.com or (415) 826-5416 to RSVP and for more information.



94109 / 94133

The 94109 and 94133 Circle will meet on May 24 at 3:00 PM and visit the current exhibit at the Presidio Officer's Club, titled EXCLUSION: The Presidio's Role in World War II Japanese American Incarceration. Please RSVP to Bobbie Rothman at (415) 345-9034 or Juliet Rothman at (415) 775-5200.

94114

The 94114 Circle is will meet for fun and socialization at Haystack Pizza on Thursday, May 4 at 6:00 PM. Open to all but space is limited. If you're interested, contact George by May 1 at (415) 241-0422.

94117

The 94117 Circle meeting will be held on Friday, May 12, from 2:00 to 4:00 PM, at the home of Bert Koel to socialize and further deepen our relationship as neighbors. There will be a continuation of our discussion on Planning for Earthquake Safety. We will review what we already learned about: (1) what you should have in place at home; (2) what you should plan to do; (3) where you should go; and (4) how to connect with others. We will also discuss: (5) how to deal with gas, electricity, and water service; and (5) fire safety and prevention. Contact Bill Haskell at bhaskell@sonic.net or at (415) 374-9729 if you have any questions. Contact Key at SFV for address information.

94118

The 94118 Circle will meet on Wednesday, May 24 from 2:30 to 5:00 PM to share stories of personal experiences that have made an impact on our lives. Everyone has a voice. We hope you will share. We will also plan an outing to Golden Gate Park for June or July. We will meet at the home of Gabie Berliner. For address information and to RSVP, contact Key at (415) 387-1375 or Key@sfvillage.org.

94121

The 94121 Circle will meet on Friday, May 5 from 3:00 to 4:30 PM at the home of Patricia Kaussen. All SFV members in the 94121 zip code are welcome to join. We will be continuing with our socializing to get acquainted, and deciding on next steps. Please contact Patricia at 415-387-7299 or patriciamkaussen@gmail.com.

94123 & 94115

The 94123 and 94115 Circle will take a trip to Jean Phleger's cabin in Woodside on Thursday, May 18 at noon. Sit on the porch, hike, walk, eat lunch, and/or play games during this informal outing in the country. Bring your own sandwich, drinks will be provided. This will be a carpooling event open to all 94123 and 94115 members and friends who want a break from the city. Email or call Eva Auchincloss for reservation and arrangements: eva3auch@gmail.com or (415) 563-7519.

94131

The 94131 Circle will host a potluck in the Clubhouse on Ora Way on Saturday, May 27 from 1:00 to 3:00 PM. Jennifer Kauffman, who has taken on a leadership role with the group, would like to spend some time getting to know the members better and work on plans future meetings and events.

LGBT Circle

The LGBT Circle will meet at the Castro Senior Center Library, 110 Diamond St., on Thursday, May 18 from 1:30 to 3:00 PM for light appetizers and to share stories of significant moments in our lives that impacted us in various ways. This session is meant to strengthen participants' relationships. Please contact Key Shade at (415) 387-1375 or Key@sfvillage.org. Guests are welcome.



Sunset Circle

The Sunset Circle will meet on Wednesday, May 17 from 3:00 to 5:00 PM to discuss and share new thoughts, ideas, and anything we have generally learned as individuals in the past couple of weeks. The May meeting will be held at the home of Judy Winn-Bell. This event is open to all SFV members who live in the Sunset. Please RSVP to Judy at (415) 298-4178 or judywb@rocketmail.com. Snacks and beverages will be provided.

West of Twin Peaks Circle

Contact Elaine Mannon to RSVP and for address info for all WTP events at (415) 469-9832. Note: Our events are open to all interested Village members!

Lunch Bunch

Tuesday, May 9, 1:00 PM
Novy Restaurant
4000 24th St.

Matinee Movie with Movie Critic Toni Illick

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

SAVE THE DATES!



How to See a Bird

Thursday, June 1, 10:30 AM – 12:00 PM

San Francisco Botanical Garden (free for SF residents, please bring I.D.)

Meet at the bookstore inside the 9th Ave. entrance

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

Do you want to spend more time in the beautiful outdoors and make new friends? Those two things are SFV member's Linda Grant's favorite parts of birding! Linda is an avid Bay Area bird watcher who has been doing so since college. Spend the morning with other SFV members in the Botanical

Garden and learn how to find birds by sight and sound. Linda will bring field logs and share tips about how to clue into the birds that are all around us. Bring your binoculars and ears and eyes ready for observation!



Gene Kelly:

A Presentation by Musical Theatre Expert Bonnie Weiss

Friday, June 9, 2:00 – 3:30 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

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

Gene Kelly is one of the most celebrated dancers in film. But he also made his mark as a film innovator, choreographer and, later, as a director.

In this presentation, you'll see Gene performing some of his most famous song and dance numbers from *On the Town*, *An American in Paris* and *Singin' in the Rain*, as well as rare and highly innovative numbers that he brilliantly choreographed and performed from films that are not as well known, but that deserve greater recognition.

You'll also learn about Gene's childhood, higher education (he studied law), and how he was discovered for the stage and the screen. And you'll find out about his personal life and his role as a political activist.

Bonnie Weiss is a seasoned theatre educator, writer, radio & cabaret producer. She teaches classes on musical theatre history and appreciation for San Francisco State, U.C. Berkeley, Santa Clara University, and Osher Lifelong Learning Institute. Among the many educational and community organizations through which she has offered her acclaimed presentations are The Commonwealth and Concorida Clubs, The Stanford Women's Alumni Association, The Sixty Plus Club of San Francisco State Univ., San Francisco Conservatory of Music, U.C. Berkeley Extension, the colleges of Marin and San Mateo, as well as Elder Hostels and senior retirement communities throughout California.

Bonnie also writes reviews and feature articles for *Stage Directions*, a national magazine for theatre educators and *The Sondheim Review*.

**(World) Citizenship in the Age of Donald Trump:
Three Vital Conversations about the Present Moment**

Tuesdays, June 13, 20 & 27, 10:30 AM – 12:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

June 13: Where are we now?

Donald Trump's election is already affecting the lives of people in this city, in this country, and around the world. In this session, we'll discuss some of the key implications of the new alignment in Washington – for the U.S. economy, for health care, for communities of color and women. We'll look as well at the possibilities of war and peace in this new period.

June 20: How did we get here?

What are some of the many economic, political, and social conditions and forces that led to the Republican sweep of Congress and Donald Trump's election? We'll examine what the November



election tells us about fault lines in the United States of 2017. We'll ask what people who care about the common good can learn by thinking about these questions.

June 27: Where do we want to go, and how do we get there?

We'll discuss our vision of a just United States. To what resources does each of us turn when we imagine that vision? Do we look to religious traditions? To secular personal values? To the ideas in the founding documents of this country, like the Declaration of Independence, or the Constitution? We'll discuss concrete steps we can take in the near term – between now and the 2018 elections, for example – and we'll look at longer term changes, and how we can be part of them.

Rebecca Gordon received her Ph.D. from the Graduate Theological Union. She teaches at the University of San Francisco, in both the Philosophy department and the McCarthy Center for Public Service and the Common Good. Prior to her academic work, she spent years as an activist in a variety of movements – for women's liberation, LGBT rights, racial justice, and in solidarity with the peoples of Central America and South Africa. She was a founding member of the War Times/Tiempo de guerras collective, and is the author of several books, including *Letters from Nicaragua*, *Mainstreaming Torture: Ethical Approaches in the Post-9/11 United States*, and *American Nuremberg: the U.S. Officials Who Should Stand Trial for Post-9/11 War Crimes*.



Maximize your Memory: Tips and Strategies

Monday, June 19, 2:00 – 3:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

Join the Alzheimer's Association in an informative session about how memory works, the difference between normal & abnormal memory loss, tips for increasing your memory, and three keys to maintaining brain health.



San Francisco Village

San Francisco Village has secured a new home, just ten blocks from the IOA, at 3220 Fulton St. near 8th Ave., right across the street from Golden Gate Park. It is spacious enough for current and future staff, member programs, and even informal gatherings among members. It's a space we can grow into and we can't wait to share it with you! We have been working with contractors to renovate the space and hope to move in sometime this summer.

In the meantime, the staff has relocated to a shared office space at Mission and 10th St. for a few months, **while member programs will continue to take place at the Institute on Aging (3575 Geary Blvd.)**. We are thankful to the IOA staff for their commitment to SFV and their desire to make this transition as smooth as possible. Our goal is to minimize any disruption in programs and services for all of you. That said, we will appreciate your patience as we navigate the relocation.

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