



San Francisco Village

Monthly Newsletter

October 2018

From The Executive Director: Kate Hoepke

Dear Members and Friends:

One of our members stopped by the office the other day to tell us how excited she is with the September calendar. "There's so much to do, I'll just have to rearrange my schedule!" What I would tell her today is "Just wait for October!" Like San Francisco itself, the autumn is a time rich with creative energy and opportunities for expression.

The physical and emotional health benefits of creativity and expressive arts are well documented. A National Endowment for the Arts-sponsored study showed that when older people become involved in culturally enriching programs, they experience less depression, are less likely to fall and pay fewer visits to the doctor. Arts programs have been linked to lowered blood pressure, reduced levels of stress hormones, and increased levels of the "happiness hormones" that are responsible for a runner's high. So, if you need a nudge to try something fun and creative, here it is!

Beginning this month, we're starting our own singing group - thrilled to partner with the Community Music Center to bring together members who shyly sing in the shower, people who have decades of experience and everyone in between! In addition to lowering blood pressure, increasing immunity and strengthening respiratory muscles, singing provides a sense of belonging to something bigger than ourselves and to being needed by the group. In fact, one of my earliest memories of community was singing in the church choir when I was in elementary school. Loads of fun!

For the more literary minded among us, we're proud to bring you the Litquake Elder Project starting in October. This eight-part series will explore poetry – it's sound patterns, repetition, music, strategies of emphasis, and how reading our work aloud is unlike writing or reading alone. Creative projects and collaboration give way to conversations about life, art, and philosophy. At the end of the series, there will be a printed anthology and a live reading.

Please mark your calendar for October 25 from 5:00 – 7:00 for our Annual



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Victoria Hack &
Beverly Dahlen 94110

David "Bud" Glickman 94109

Larry Lipkind (rejoined)
94133

Volunteer and Member Festivus. A warm and wonderful evening to both give and receive gratitude for the ways that we support one another. We'll share stories of connection and appreciation in celebration of our good fortune!

Finally, we're forming a team for the Alzheimer's Walk, taking place on November 10th. Last year we raised \$2050 for the Alzheimer's Association and we would love to surpass that goal this year. Please consider joining the team that walks or the team that donates – either way, we're proud that San Francisco Village is taking a stand to fight this disease. We'll have a kick-off on October 8th when Stephanie Bonigut from the Alzheimer's Association will update us on the latest research.

I look forward to seeing you sometime this month!

Warm regards,
Kate

Did You Know?



It is recommended to change the batteries in our smoke detectors twice a year. An easy way to remember to do this is to schedule it with daylight savings time (November 4). We encourage you to call Jill at (415) 387-1375 ext. 2 to request a volunteer to come to your home this month to change the batteries in your smoke and CO2 detectors and remember to include any light bulbs that may need changing as well.

Volunteer Opportunities

Newsletter Mailing

Monday, October 29, 1:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Every month, San Francisco Village seeks out a handful of volunteers to prepare the newsletters for mailing. The tasks are fairly simple – stuffing, labeling, stamping and sealing envelopes – but with a small staff, we would not be able to get them done on our own. If you are interested and able to help with the mailing, please let us know! We are grateful for your support.

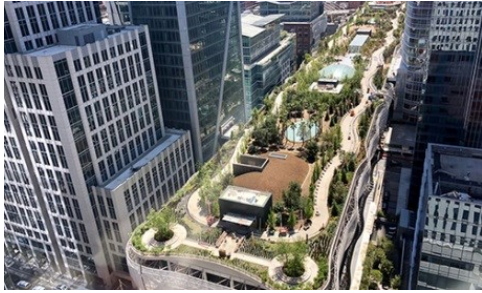


Transportation Volunteers

Are you looking for a way to get more involved in the San Francisco Village community? We are seeking members who drive and are interested in connecting with other members to provide rides to programs, doctor appointments and other trips around town. If you would like to assist with SFV members transportation needs and become a volunteer driver, you can sign up to receive the volunteer email newsletter which includes all of the transportation, technology and other volunteer requests from SFV members. Please contact Jill, the Member and Volunteer Coordinator,

at Jill@sfvillage.org or 415-387-1375 x2 to be added to our volunteer newsletter list.

October Events



Roof Gardens and Open Spaces in Downtown San Francisco

Thursday, October 4, 10:30 AM – 12:30 PM

Meet at Mission and Fremont

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

Rooftop gardens open to the public? Waterfalls in Downtown San Francisco? Yes, to both questions! One percent of the funds spent on any private building in San Francisco must go toward public spaces. Sometimes this is an art exhibit in the lobby BUT sometimes it's an open space park or a waterfall or a rooftop garden (with a great view). Many are unknown to the general public. Join your guide, Marilyn Straka, from On The Level, for a walking tour of downtown San Francisco to see these hidden treasures.

The tour will start at the Salesforce Plaza at Mission and Fremont where you'll see the intriguing lobby of the Salesforce building. After taking an elevator to the 4th level, we will walk 4 blocks looping through the complete garden above the new transit center. This huge open space in the middle of downtown San Francisco is complete with fountains and spaces for entertainment as well as many benches and tables to rest, eat and socialize. After the tour, people may get together for lunch at the Ferry Building!

Research Updates: Latest in Alzheimer's Treatment and Research

Monday, October 8, 2:00 – 3:30 PM

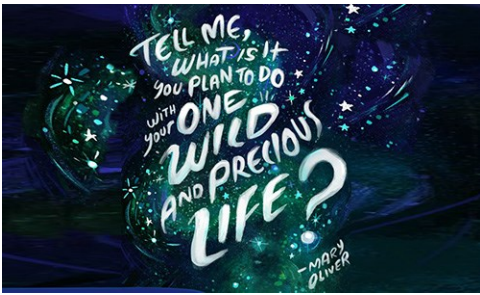
SFV, 3220 Fulton St. at 8th Ave.

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

Join the Alzheimer's Association for a session about the tremendous advances in Alzheimer's research that have taken place over recent years. This includes genetic risk factors for Alzheimer's, imaging studies to identify Alzheimer's in the living brain, blood tests and other biomarkers that may one day be used to diagnose Alzheimer's and how our lifestyle influences our risk of Alzheimer's as we age, and more.



After the presentation, learn more about how to join and/or donate to San Francisco Village's team for the 2018 Walk to End Alzheimer's happening on Saturday, November 10.



Agents of Our Own Change—Exploring Personal Narratives

Tuesdays, October 9 and 23, November 6 and 20, December 4,
10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

This series started in September. Please call/email if you'd like to attend to see if space allows for it.

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

Poet Mary Oliver asks “Tell me, what is it you plan to do with your one wild and precious life?” What were the major turning points, or big events, that changed your life irrevocably? How do we each think about ourselves today? Who are we at this time in our lives? We will explore these questions in this six session series - using TED talks, videos, stories, poetry, books, articles, discussions, writing, and personal sharing.

This series has been planned by and will be facilitated by SFV members. The six sessions are progressive, so each one builds on those that came before. For this reason, it is best if you were able to attend the first session in September and can plan to attend the remaining five sessions.

Grave of the Fireflies Viewing

Tuesday, October 9, 1:00 – 3:00 PM

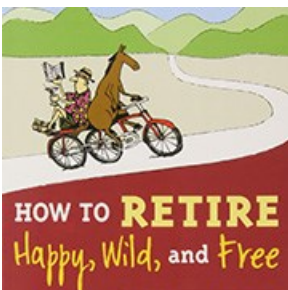
SFV, 3220 Fulton St. at 8th Ave.

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

Directed by the Academy Award nominated Isao Takahata, Studio Ghibli's *Grave of the Fireflies* has been universally hailed as an artistic and emotional tour de force.



As the Empire of the Sun crumbles upon itself and a rain of firebombs falls upon Japan, the final death march of a nation is echoed in millions of smaller tragedies. This is the story of Seita and his younger sister Setsuko, two children forced to fend for themselves in the aftermath of fires that swept entire cities from the face of the earth. Their struggle is a tribute to the human spirit. Presented in its digitally remastered and restored format. *Grave of the Fireflies* is one of the rare films that truly deserves to be called a masterpiece.



How to Retire Happily/Be Happily Retired

Thursday, October 11, 10:30 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

This mini-class is both for those considering retirement and for those who are already retired. Are you considering retirement, and are you concerned about whether or not you will be happy in retirement? Are you already retired, and would you like to enjoy it more?

Steve Abensohn is a San Francisco Village member who has been happily retired for over one year. He will lead a mini-class and discussion designed to help increase your satisfaction, happiness, and enjoyment in retirement. This mini-class is based on the book *How to Retire Happy, Wild, and Free: Retirement Wisdom That You Won't Get from Your Financial Advisor* by Ernie J. Zelinski (Visions International Publishing, 2013).

There will be a small amount of writing involved.

Litquake Elder Project

Fridays, October 12 – December 14 (8 week series + performance.

Will not meet 11/23), 11:00 AM – 12:30 PM

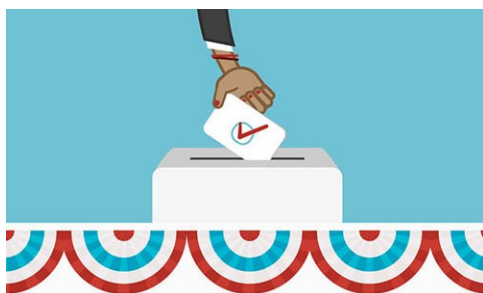
SFV, 3220 Fulton St. at 8th Ave.

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



This eight-part series is focused on common strategies to write and present poetry. Explore sound patterns, repetition, music, strategies of emphasis, and how reading our work aloud is unlike writing or reading alone. We will use examples of Spoken Word and traditional poetry reading. At the end of the series, there will be a printed anthology and a live reading.

Litquake sparks critical conversations and inspires writers and readers of all ages to celebrate the written word with diverse literary programming, interactive workshops, and a ten-day festival. The Litquake Elder Project consists of weekly generative writing and reading sessions combined with music, photographs, headlines, and hands-on creative exercises facilitated by professional teaching writers. Participants get to know each other in new ways that foster socialization and bonding. Creative projects and collaboration give way to conversations about life, art, and philosophy.



What's on the San Francisco Ballot this November?

Friday, October 12, 3:00 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Do you want to be an informed voter but often find it hard to understand the details of so many propositions on our ballots?

The League of Women Voters presents the arguments on both sides of the propositions so you can decide which point of view you agree with. We will cover both city and state propositions in an hour or less.

San Francisco Village Singers

Thursdays, October 18 and 25, 10:15 – 11:45 AM

SFV, 3220 Fulton St. at 8th Ave.

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

Do you love to sing? San Francisco Village is thrilled to partner with



the Community Music Center for a weekly singing group to bring together members who shyly sing in the shower, people who have decades of experience and everyone in between! Singing with others provides many personal, social, artistic and quality of life benefits and is pure joy inducing.

Beth Wilmurt has worked at CMC since 2000. She is the Children's Chorus Director and Older Adult Choir Director leading choirs at Richmond District Choir at the Richmond District Neighborhood Center and at Aquatic Park and OMI Senior Centers. Alongside singing instruction, she is an actress, singer, and theater director. Beth teaches a delightfully diverse repertoire including 40s 50s 60s pop, jazz standards, Broadway tunes, folk and international music with an emphasis on songs that lend themselves to harmony.

The Community Music Center was founded in 1921 with the mission of making music accessible to all people, regardless of their financial means. CMC serves more than 23,000 people each year, including more than 2,600 students of all ages, ethnicities and income levels who enjoy music lessons, programs and concerts at no or low cost. www.sfcmc.org



Introduction to Sensory Awareness

Thursday, October 18, 3:00 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Sensory Awareness is a meditative practice of quiet attention to our sensory experience, of using what we discover in motion and at rest to allow a fuller, more / enhanced way of being in the world. We all have an innate ability to become both more peaceful and more responsive to what life asks of us, and this capacity can be strengthened through the direct, experiential practice of Sensory Awareness.

In this introductory meeting we will do guided explorations of breathing, movement and gravity through simple experiments. The question is always "what is your experience now?" And you see for yourself what you might discover.

Kate Skinner is a retired geriatrician who has been practicing Sensory Awareness and meditation since 1969, and is a member of the Sensory Awareness Leader's Guild.

Paper Collage Making

Friday, October 19, 1:30 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Take paper and images chosen by choice or chance and cut, tear and glue them into a unique work of art. No experience necessary; we are all artists.



Dennis Treanor, an SFV member, has worked in art for nearly sixty years and taught art and ceramics for his entire working career, and continues to do so in his retirement.



Matinee Mavens

Tuesday, October 23, 2:00 – 3:30 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

Are you interested in attending daytime showings of theatre, movies, music, etc.? Come to an organizational meeting to connect with other interested members! Bring a list of upcoming

events so we can plan a calendar.

Volunteer and Member Festivus

Thursday, October 25, 5:00 – 7:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

San Francisco Village invites all of our volunteers and members to our annual fall party (usually known as the Volunteer Appreciation Party). Join us in celebrating abundance—we'll share stories of connection and appreciation in our generous community with plenty of treats and drinks!



Social Media 101: What's all the buzz about?

Friday, October 26, 2:00 – 3:30 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

Join us for a workshop to cover the basics of Social Media and 'the why' behind each platform. We'll learn the lingo and take a tour of the four most popular social media platforms --

Facebook, Twitter, LinkedIn and Instagram. Special topics will include how to follow your favorite companies and people, etiquette on each platform, sharing content, protecting your privacy, and tips on building community around your favorite topics and hobbies. Whether you're brand new to the world of social media, or already busy posting and tweeting, this workshop will be an engaging and interactive experience for all.

Annie Tahtinen, Adult Learner Tutor at SFPL and workshop facilitator for local nonprofits, loves harnessing the positive aspects of social media and showing how it can help foster connection and learning. Most recently, Annie worked on the Office of the Mayor's TechSF workforce initiative, where she helped hundreds of jobseekers leverage social media to network and build their personal brands. Annie is deeply committed to helping underserved citizens connect to life-sustaining careers and communities. She lives in the Inner Sunset with her family.

Recurring Events



Knitting Circle and Crafting Hangout

Mondays, October 1 and October 15, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Knitters and crafters alike, bring in your projects at any stage. Jill Ellefsen, our resident knitter, will host and help answer questions as well as share insights that she continues to pick up along the way. If anyone is interested in learning how to knit or working on a beginner scarf project, you are welcome to join too!

Beginners, please ask for a supply list when you RSVP. A few members of the group will be making scarves that they can provide to the homeless community for the cooler months ahead – if you're interested in joining them, let us know!

Le Cercle Français

Mardi le 2 et le 16 Octobre de 2:00 à 3:00 de l'après-midi

SFV, 3220 Fulton St. at 8th Ave.

RSVP à (415) 387-1375 ou à: info@sfvillage.org

Attention Francophones! C'est avec un grand plaisir que nous vous invitons à vous joindre à notre nouveau groupe français. Le but de ce groupe est de parler et discuter en français pour célébrer et conserver notre héritage.



Cependant, nous vous demandons de ne pas assister à ce groupe si vous n'êtes pas bilingue.



Longevity Explorer Circle

Tuesday, October 2, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

Tuesday, November 6, 2:00 – 3:30 PM

The Franciscan Room, The Sequoias Continuing Care Community, 1400 Geary Blvd. (between Laguna and Gough)

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.

Play Reading Group

Tuesday, October 2, 4:00 – 6:00 PM

Home of Ralph Beren, call SFV for address



The Play Reading Group that began in April 2009 is seeking a few new members. We meet in one another's homes or apartments and mostly live in zip code areas 94109, 94115, 94118 and 94121. We meet the first Tuesday of the month from 4:00 – 6:00 PM. Please call Persis Ainey (415) 776-5036 for more information about the play being read and any questions.



Aging Well with Meditation

Wednesdays, October 3, 10, 17, 24 and 31, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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.

Play Reading Group (Telegraph Landing)

Thursday, October 11, 4:00 – 6:00 PM

Telegraph Landing Club Room, 150 Lombard St.

The group will be reading *The Old Lady Shows Her Medals* by James M. Barrie. This can be found in the collection *Twelve Classic One-Act Plays*. If you have questions, call or email Midge Fox at (415) 984-0613 or midgefox@comcast.net.



Discussion Group

Friday, October 19, 3:00 PM

Home of Eva Auchincloss

RSVP to Eva at (415) 563-7519 or eva3auch@gmail.com

The group will meet to discuss the propositions in the November election.

October Birthday Social

Monday, October 22, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Come gather with fellow members and friends! We've heard that members want to have more informal socials and we love a good celebration. Come if it's your birthday month and come if you were born another part of the year! We'll wish the birthday folks a happy birthday and enjoy a sweet treat together.



Book Group

Monday, October 22, 4:00 PM

The group is gathering to select the next 6 books and meeting locations! Please call Brooke Anderson at (415) 672-2437 for more information.

Writers' Group

Wednesday, October 24, 3:00 – 4:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

The San Francisco Village Writers Group is a member-led writing group that meets to read and discuss members' work in a friendly and supportive atmosphere. Many members have previously attended the Writers Workshop with Elaine Ellison, though that is not a requirement to join. Please bring a 1-2 page piece to share and discuss with the group.



Let's Play Games!

Thursday, October 25, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Plain and simple - let's have fun! We play cards and board games and love when you introduce us to a new game. Join us!

Member to Member

Open Studio

Eileen Downey invites members to attend her SF Open Studio on October 27 and 28 between 11:00 AM – 6:00 PM. Please call Eileen at (415) 317-4259 for the address and more information.



Neighborhood Circles

Neighborhood Circle Leader Luncheon

The next meeting of the Neighborhood Circle leaders will be on Wednesday, October 17 from 12:30 – 2:30 PM at the SFV office (3220 Fulton St). If you are a current circle leader or are interested in helping a circle out, you are invited to attend. Lunch will be provided. Please RSVP to Jill Ellefsen at (415) 367-1375 ext. 2 or jill@sfvillage.org.



94121

The 94121 circle gathers approximately every 4 to 6 weeks. We are presently 17 men and women, and are always welcoming more. We socialize by getting to know one another better each time we meet. Sometimes we have a subject we have chosen to discuss, or an action to take, but mostly we are a congenial, happy group that enjoys getting together! If you would like to join our group this month (day and time TBA), please contact Patricia Kaussen at (415) 387-7299.

94123

The 94123 circle will be meeting on Wednesday, October 3 at noon for lunch on Polk Street (place to be announced) followed by a visit to Haas Lillienthal House. Please contact Eva Auchincloss at eva3auch@gmail.com or (415) 563-7519 if you plan to join us.

We will also be meeting on 11/6 for viewing the election. Location and time TBA.

94117

The 94117 circle welcomed a visit from SFV Member and Volunteer Coordinator Jill Ellefsen at its September meeting. After updating the group on our individual activities the prior month, we discussed the proliferation of plastics in our daily lives and how we might restrict them. Our next meeting will be held on October 12 at the home of Kitty Brody. We decided this time to leave the agenda completely open. We are finding that simply sharing what we've done over the past month—our pleasures, challenges and insights, is enough. We will also discuss the possibility of a group outing. Please contact Bill Haskell at bhaskell@sonic.net or at 415-661-2670 for location and RSVP.

LGBT Circle

Let's gather this month over ice cream at an old fashioned soda fountain to catch up with each other and talk about some movies for a continuing LGBT film series. The group will meet on Tuesday, October 16, 1:30 – 2:30 PM at The Ice Cream Bar, 815 Cole Street. Please RSVP to Jill by calling (415) 387-1375 ext. 2. Everyone is welcomed!

The Ice Cream Bar is a full service 1930s style soda fountain and classic lunch counter, serving ice cream, sodas, and savory items using locally sourced dairy and produce. Everything is made in house. The ice cream, waffle cones, cookies, candies, soda syrups & tinctures, soup, and even the buttery

brioche and wheat breads for sandwiches are made daily. Pastry chef Lori Rich creates unique ice cream flavors, which range from traditional butterscotch to flavors you've only dreamed of!

Sunset Circle

The Sunset circle will meet on Wednesday, October 17, 3:00 PM – 4:30 PM. Please RSVP to Jill by calling (415) 387-1375 ext. 2 to receive meeting location and topics of discussion. New members are always welcome.

94131

The 94131 circle get together will be held on the 3rd Saturday of the month, October 20, from 1:00 to 3:00 PM at the Ora Way Club House located at 43 Ora Way. RSVP to Jennifer Kauffman at (415) 652-8100 or jak@jaksf.com or Marci Fogg at (415) 821-6333.

West of Twin Peaks Circle

Join us for a discussion of November ballot issues over wine and cheese on Tuesday, October 23, 2:00 – 4:00 PM. Bring your voter's handbook, campaign literature and recommendations. Please RSVP to Elaine Mannon at elaine@mannon.com or (415) 469-9832.

94102

On Thursday, November 1, the 94102/94103 circle will gather from 2:00 – 3:00 PM at Books Inc. at Opera Plaza. Any SF Village member is welcome. We may begin with conversations about kitchen table wisdom. What advice we are comfortable offering or when do we simply offer to listen to someone else's story? Please call or e-mail if you have questions: Lynn Davis (415) 377-9999 or Treebarque@aol.com.

94109/94133

The 94109/94133 circle will meet at a member's home on Wednesday, November 7 at 3 PM. We will share our ideas about Latino culture and values from our experiences on our Mission field trip, especially as they relate to us personally, as well as the effects of gentrification in the Mission generally. Jill Ellefsen will also join us to help us explore the range of services the Village offers to each of us. RSVP to Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu.

Save the Dates



Maintaining Mobility Introduction

Monday, November 5, 10:00 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 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. We all have longstanding movement habits that perhaps we got away with while young but which aren't serving us

very well 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 such as walking fluidly with balance, turning to look behind you and getting up easily from a low chair. An overview of the six-session Maintaining Mobility class will also be presented.

Meaning of Place

Thursday, November 8, 2:00 – 3:30 PM

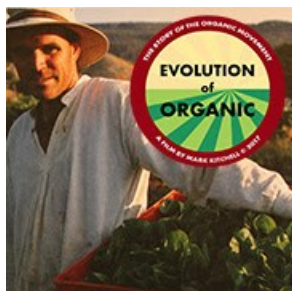
SFV, 3220 Fulton St. at 8th Ave.

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



Our attachments to the places we call home – apartment, house, neighborhood, city – are fundamental to how we know ourselves, our sense of belonging, the memories that anchor us in our own history and how we harmonize with others. We'll use art and storytelling to explore the meaning of place in our own lives and how our identities are shaped by that understanding. We'll introduce you to Olive Shaughnessy, SFV member and professional storyteller, and Emelle Sonh, a local artist and gerontologist who studies the meaning of place and how to elicit individual stories as a means to deepen relationships and our social fabric.

We encourage all members, especially newer members, to attend as a way to build connections. New connections can and will be made every time this program is offered; we'd love to see you again if you attended this event in the past!



Evolution of Organics Film Showing and Potluck

Friday, November 9, 1:30 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Evolution of Organic brings us the story of organic agriculture, told by those who built the movement. A motley crew of back-to-the-landers, spiritual seekers and farmers' sons and daughters rejected chemical farming and set out to explore organic alternatives. It's a heartfelt journey of change from a small band of rebels to a cultural transformation in the way we grow and eat food. By now organic has gone mainstream – split into an industry oriented toward bringing organic to all people, and a movement that has realized a vision of sustainable agriculture.

Evolution of Organic is an independent production made over the past two years by Mark Kitchell, a San Francisco-based filmmaker known for documenting social change movements. His previous work includes the Academy Award-nominated film *Berkeley in the Sixties* and *A Fierce Green Fire*, which documents the environmental movement.

If you feel inclined, please bring a treat to enjoy during and after the film showing! Brownie points if it's your favorite homemade recipe using organic ingredients!

Walk to End Alzheimer's

Saturday, November 10, 9:30 AM

AT&T Park

All San Francisco Village members and volunteers, and their friends and family, are invited to join us in walking, fundraising, and/or donating to raise awareness and funds for Alzheimer's care, support and research. You do not have to fundraise to walk with us and you do not have to walk with us to fundraise! In 2017, we had 8 team members who raised over \$2,050. Our goal for 2018 is to have 15 team members and raise over \$3,000.



Register and/or donate for the San Francisco Village team by calling the office or going to <http://act.alz.org/goto/sanfranciscovillage>



Maintaining Mobility Six Week Series

Mondays, November 12 – December 17, 10:00 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 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, changing direction, ascending and descending 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 the many physical disciplines – physical therapy, Feldenkrais, martial arts – and this makes the class a lot of fun. The class content is designed to carry over into daily life. We are not merely exercising; we are practicing a new way of moving through the world.

Penny Sablove specializes in improving the mobility of seniors. She has been developing senior programs to improve balance, gait, agility, endurance and strength for over 20 years for community organizations, including Osher Lifelong Learning Institute and as a physical therapist at Kaiser Permanente. She is also a 5th degree black belt in the Japanese martial art of Aikido and she has created an adapted form of this art for seniors and people with disabilities.

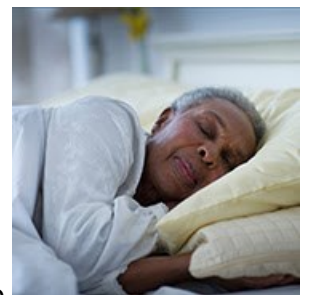
A Good Night's Sleep

Tuesday November 27, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

A good night's sleep makes a difference in our available energy for what matters most. Many factors impact how easily, deeply, and well we sleep. And even more, whether we wake feeling rested. Our sleep cycles and patterns may change as we age and with life events. In this participatory presentation, hear an overview of current research about



mindfulness meditation, sleep, and aging. We'll also introduce ways to improve your rest and do-able practices to help with falling asleep or waking in the wee hours, as well as habits to help you awaken refreshed.

Rachel Lanzerotti (MSW, C-IAYT) focuses on sleep-rest-pain recovery, helping people who want to feel more energized and capable. She works one-on-one as a Yoga Therapist in private practice and has led the weekly meditation group at San Francisco Village since 2014.



Friendship Line

Thursday, November 29, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Learn more about the Friendship Line, a crisis intervention hotline and a warmline for non-urgent calls. Founded in 1973 by Dr. Patrick Arbore, Director of IOA's Center for Elderly Suicide Prevention, and accredited by the American Association of Suicidology, Friendship Line provides round-the-clock crisis

support services including:

- Active suicide intervention
- Providing emotional support
- Elder abuse prevention and counseling
- Giving well-being checks
- Grief support through assistance and reassurance
- Information and referrals for isolated older adults, and adults living with disabilities

In addition to receiving incoming calls, Friendship Line also offers outreach. They connect with people on a regular basis, and help monitor their physical and mental health concerns. The call-out services act as an intervention to prevent suicide in the long term by improving the quality of life and connectedness of isolated older adults.

Community Thrift Store

San Francisco Village has a unique opportunity to receive cash donations from Community Thrift Store. When your items sell, they will deduct their operating costs and give SFV the rest in cash. Community Thrift welcomes donations of clean clothing, jewelry and accessories, costumes, leather goods, shoes and boots that are still wearable, art and decorations, sports equipment, house wares, lamps, luggage and much more. For large amounts (more than 20 bags) and furniture, they will arrange a pick-up at your house. If you are unable to take your things to their location, please call the SFV office to coordinate a time when we can collect your goods and drop them off for you.

This is a wonderful way for SFV to bring in additional monetary donations. Be sure to mention the San Francisco Village account # 122.

Community Thrift is located at 623 Valencia St., San Francisco 94110; their phone number is (415) 861-4910 and website is www.communitythrifthsf.org.