



San Francisco Village

Monthly Newsletter November 2018

From The Executive Director: Kate Hoepke

Dear Members and Friends:

In January, San Francisco Village will be ten years old - a wonderful opportunity to reflect on how far we've come in building a caring community that dignifies aging. At the same time, I will celebrate seven years as Executive Director, a pivotal decision in my life that keeps unfolding its gifts.

Last month I was invited to give the keynote address at the national Village to Village Network Annual Conference in San Diego because of our work in launching Village Movement California, the statewide coalition of more than 50 villages. The title of my talk was *Building a Social Movement* and I relied both on personal experience as the Director of San Francisco Village, Chair of Village Movement CA and research that helped me tie together the threads of my lived experience. It is a thrilling moment of congruence, an intersection of what I love to do and the leadership that is needed now.

I see examples of these intersections all the time: a retired art teacher joins SFV and offers to teach a class, a new member recognizes the threat of social isolation and becomes an active volunteer, a job candidate lights up when she realizes what she loves is exactly what we need. I believe the universe is calling us all the time to new opportunities for repairing the world – we only need to say yes.

In October we welcomed Sara Ortega Roliz to a new position with SFV: Operations and Advancement Manager, an expanded role that was previously filled by Maya Kamath. Sara's skills for improving systems and cultivating resources are going to help us grow in ways I hadn't previously imagined. Another example of forces greater than myself stepping in to support our vision for a loving and generous community. Please stop by and say hello to Sara the next time you're in the office.

We've come a long way in ten years: four full-time staff, a beautiful new office and member meeting space, a rich and responsive program, scores of donors and volunteers, and consistent funding from the City of San



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Francisco and private foundations. All our funders want to know how you value your membership, so we kindly ask you to complete the Annual Member Survey, which you will find enclosed in the newsletter we mail to your home. It's important that you return it to us by January 11th or complete it online at www.surveymonkey.com/r/SFV2019membersurvey or turn in the enclosed survey here. Future funding may depend on an adequate number of responses. We very much appreciate your participation!

I'm grateful for the community that we are co-creating. I love the buzz in the office with people coming in and out all day. Did you know that we started a Village Singers Group with a teacher from the Community Music Center? You've got to check this out! Also, if you want to know more about Village Movement CA, join Charlotte Dickson and me on November 14th, and we'll tell you all about it.

Warm regards,
Kate

Did You Know?

Regular motion is great for the body and the soul. Add these to a calm environment and connecting with others, and you have the ideal recipe for healthy living. What are a few ways to attain all of these? Attend either of the following community yoga sessions, FREE of charge:



Gentle Yoga

Tuesdays, 1-2pm @ Playland at 43rd
1360 43rd Ave. (Sunset District)

The class is outdoors. It begins seated in chairs and progresses towards standing poses using the chairs for support as needed. Great for folks with limited mobility or physical challenges. Works as a gentle stretch and movement session too. All classes are free and drop-in. Donations welcomed.

Yoga for Seniors

Fridays, 3:15-4:15pm @ Purusha Yoga
3729 Balboa St. (Richmond District)

If you already have a yoga mat, please bring it, but they are provided free of charge otherwise. All classes are free and drop-in. Donations welcomed.

Volunteer Opportunities

Annual Appeal Mailing

Friday, Nov. 16th, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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



We are seeking help stuffing, labeling, stamping, and sealing envelopes. Please join us the afternoon of 11/16 for a light afternoon together and assisting our staff. Thank you to all those able to lend a hand!

Newsletter Mailing

Wednesday, Nov. 28th, 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 & Volunteer Coordinator, at Jill@sfvillage.org or 415-387-1375 x2 to be added to our volunteer newsletter list.

General Training for Volunteers

Interested in helping your fellow SFV members? Perhaps through some support at home, running an errand, or simply spending time together? Please contact our Member & Volunteer Coordinator, Jill Ellefsen, at jill@sfvillage.org or 415-387-1375 x 2. Our next Volunteer Training Session will be Saturday, November 3rd from 10am - 12pm here at 3220 Fulton St.

Seeking Your Updated Emergency Contact Info

We want to ensure that we have all of your current emergency contact information. Please complete the form inserted here – OR – the one you'll find as a link in November's emailed newsletter. They are the same; it is your choice to use the format you feel most comfortable with (paper or online).

Thank you for helping us gather this information.

Village Spotlight

Thank You, Circle Leaders!

San Francisco Village extended a special thank you to our generous & spirited Circle Leaders recently at our Leader Luncheon. We want to take an extra moment here to convey our warm thanks again for all you've contributed to help our members feel welcomed and appreciated.

From front left, moving clockwise: Lynn Davis, Joan Miro, Jill Ellefsen (staff), Patricia Kaussen, Ellen Sandler, Susie Wong, Juliette Rothman, Betty Burr, Elaine Mannon, Eva Auchincloss, Karen Franklin, and Roberta Rothman



SFV Welcomes New Staff



Sara Ortega Roliz, MSW joined us in October as our new Operations and Advancement Manager. She brings with her 20 years of experience in community-based organizations, a joy of travel, and a hankering for classic Hollywood movies. Sara completed her bachelors at George Washington University and her masters at UC Berkeley. She currently lives in San Francisco with her family. Outside of SFV, Sara focuses on a small foundation that she launched herself which aids students and disabled youth in Cambodia. Sara's role at San Francisco Village will be to help us

run more smoothly and to work with donors to expand our programs and services to their optimal levels.

Your Donated Goods Make a Difference!



Several years ago, San Francisco Village became a "charity partner" with Community Thrift Store on Valencia St. They accept donations on behalf of San Francisco Village, sell the items, and then share the proceeds with us. A few times a year we receive a check for about \$250 and feel grateful to those members who have made donations and to Community Thrift Store's innovative business model.

We just wanted you to know that this month we received a check for \$1,200! For a small non-profit, that's a sizable contribution. Many thanks to all of you whose closets have been cleaned out and who have named SFV the beneficiary.

Please keep us in mind when you drop your used and well loved items off at **Community Thrift Store, 623 Valencia St.** Let them know our reference number for donations is 122.

We Want to Hear Your Good News

Have you been a mover and shaker and haven't let us know? Share your good news so we can share with SFV's community. Some examples may include: you've recently authored a book or publication, you co-founded a community garden, you received an award or honorable mention for professional research, you celebrated a milestone year as a volunteer or leader at an organization, you competed athletically, or any accomplishment you're proud of. Don't be shy. We'd love to hear from you. Please contact Sara Ortega Roliz with info at sroliz@sfvillage.org.

November Events



Poetry with Litquake

Fridays, Nov. 2, 9, 16, and 30; Dec. 7 and 14

(note: not held the day after Thanksgiving, 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 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.



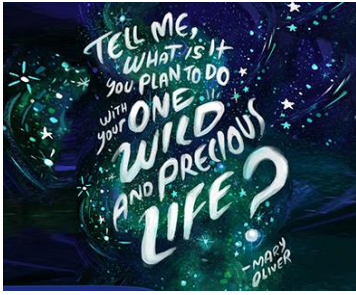
Maintaining Mobility - Introduction

Mondays, Nov. 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.



Agents of Our Own Change—Exploring Personal Narratives

Tuesdays, Nov. 6 and 20; Dec. 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.



Meaning of Place

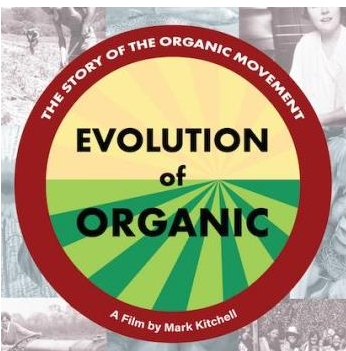
Thursday, November 8, 2:00 – 3:30 PM

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 Organic, Film Showing and Potluck

Friday, November 9, 1:30 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

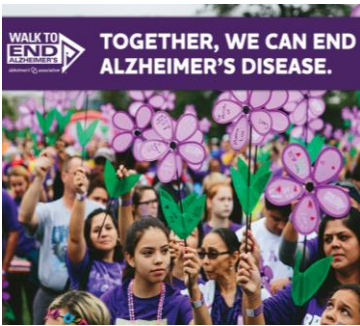
RSVP to (415) 387-1375 or info@sfvillage.org

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

San Francisco Village is supporting the Walk to End Alzheimer's by raising funds. If you would like to make a contribution, please visit this website: <http://act.alz.org/goto/sanfranciscovillage>



Live Stronger & Longer: Nutrition and Healthy Aging
Monday, Nov. 12, 2:00-3:00 PM
SFV, [3220 Fulton St.](#) at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

Join St. Mary's Medical Center for a presentation on nutrition, wellness, and healthy aging to live longer and prevent some cancers. St. Mary's lead Oncology Dietician, Anna Hom, will share best practices for healthy eating and active living. Ms. Hom will also share resources with attendees such as meal plans and programs to access affordable groceries, meals, and movement classes.

Anna Hom is St. Mary's Medical Center's lead Oncology Dietician. In her role, she works with patients to enact lifestyle changes to manage short and long-term illnesses. Ms. Hom has been practicing in the nutrition field for 18 years and currently mentors dietetic interns from San Francisco State University.



Building a Social Movement

with Kate Hoepke and Charlotte Dickson
Wednesday, Nov. 14, 11:00AM - 12:30PM
SFV, [3220 Fulton St.](#) at 8th Ave.

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

Village Movement California, a statewide coalition of more than 50 villages in California, launched in May of this year with funding from Archstone Foundation, for the purpose of strengthening and scaling the Village Movement. Kate is the Chair of the Leadership Team, and San Francisco Village is the fiscal sponsor. Charlotte was hired as Executive Director in April and together, they delivered the keynote speech at the national Village to Village Network conference in October. They received a standing ovation! Their talk is visionary and inspirational, reminding us why community building is so vital, especially as we age.



Bess and Frima Book Release

Wednesday, November 14, 4:00-5:30 PM
SFV, [3220 Fulton St.](#) at 8th Ave.

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

San Francisco Village member Alice Rosenthal shares her lyrical debut novel, Bess and Frima. Books Inc. will provide copies for sale.

When Bess and Frima--best friends, both nineteen and from the same Jewish background in the Bronx--get summer jobs in upstate hotels near Monticello, NY, in June 1940, they have visions of romance . . . but very different expectations and needs. Frima, who seeks safety in love, finds it with the "boy next door," who is also Bess's brother. Meanwhile, rebellious Bess renames herself Beth and plunges into a new life with Vinny, an Italian American, former Catholic, left-wing labor leader from San Francisco. Her actions are totally unacceptable to her family--which is fine with Beth. Will their young loves have happy endings? Yes and no, for the shadow of world war is growing, and Beth and Frima must grow up fast. As their love lives entangle with war, ambitions, religion, family, and politics--all kinds of conventional expectations--they face challenges they never dreamed of in their struggles for personal and creative growth.



Maintaining Mobility – Six Week Series Mondays

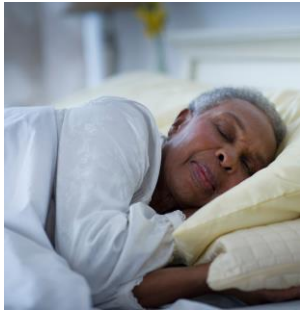
Nov. 12 - Dec. 17, 10:00 – 11:30 AM
SFV, [3220 Fulton St.](#) at 8th Ave.

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.



Giving Tuesday with Community Arts Program

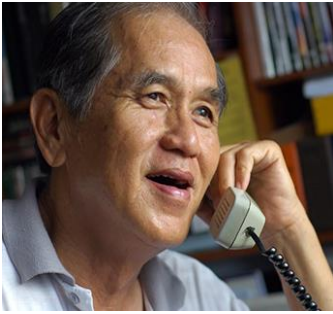
Tuesday November 27

SFV, 3220 Fulton St. at 8th Ave.

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

Giving Tuesday is a movement to create an international day of giving at the beginning of the holiday season. This year, San Francisco Village will be collecting Blick gift cards for Hospitality House's Community Arts Program, the only free-of-charge fine arts studio and gallery space in San Francisco. The program offers artists and neighborhood residents a space to create and explore self-expression in an environment that does not discriminate or limit artists based on their current state of living. Each year, more than 3,500 artists benefit from the free materials and space to create, house, exhibit and sell their artwork. The gift cards will be both used for studio supplies and given to individual artists.

We will be collecting donations at the office all month and bring a final donation to the studio at the end of the month. The intention of giving does not end here! Please join the knitting group in making scarfs for people in need and stay tuned for further details about signing up to cook and serve a meal at a winter emergency shelter in January with SFV member and staff.



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.

Recurring Events



San Francisco Village Singers

Thursdays, 10:15-11:45

(note, no class Thanksgiving Day)

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 (www.sfcmc.org) 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.



Longevity Explorer Circle

Tuesday, November 6, 2:00 – 3:30 PM
The Franciscan Room, The Sequoias Continuing Care Community, 1400 Geary Blvd. (between Laguna and Gough)
Tuesday, December 4, 2:00 – 3:30 PM
SFV, 3220 Fulton St. at 8th Ave.

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.



Aging Well with Meditation

Wednesdays, November 7, 21, and 28, 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 mediation – 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, Nov. 8, 4:00 – 6:00 PM
Telegraph Landing Club Room, 150 Lombard St.

The group will be reading Trifles by Susan Glaspell. This play can be found In Twelve Classic One-Act Plays, Dover Thrift Editions. If you have questions, call or email Midge Fox at (415) 984-0613 or midgefox@comcast.net.

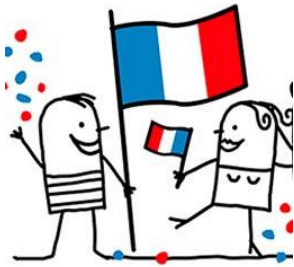


Bunch for Lunch

Tuesday, Nov. 13, 11:30AM
Delancey Street Restaurant
[600 The Embarcadero](#)

November's Bunch for Lunch will be held at Delancey Street Restaurant on the Embarcadero at Brannan, and our table is reserved under SF Village. Easy parking on Brannan. Contact Marci Fogg for details, 415-821-6333 or

mjfogg@hotmail.com.



Le Cercle Français

Mardi le 13 et le 27 Novembre 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.



Let's Play Games!

Thursday, November 15, 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!



November Birthday Social

Tuesday, November 20, 2:00 – 3:00 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, November 26, 4:00 PM
Home of Brooke Anderson
14 Hill St., 94110

The group will be discussing *Fruit of the Drunken Tree* by I.R. Contreras. Please call Brooke Anderson at (415) 672-2437 for more information.



Writers' Group

Wednesday, November 28, 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.



Play Reading Group

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 4-6 p.m. Please call Persis Ainey (415) 776-5036 for information about the play being read and any questions.

Member to Member



Open Studio

Saturday and Sunday, Nov. 3-4, 11AM - 4PM
21 21st Ave. (home of Lawrence Lurie)
RSVP to 415-640-3913 or Lawrence.lurie@ucsf.edu

Sponsored by ArtSpan. All San Francisco Village members warmly welcomed. Looking forward to seeing you there!

Neighborhood Circles

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 Kausen at (415) 387-7299.

94123

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

94117

The 94117 Neighborhood Circle met on Friday, October 12th. For this get-together, we decided to leave the agenda open. We enjoyed sharing what we had done over the past month—our pleasures, challenges and insights. However, we began to focus on the issue of falls experienced by some of our members and falls prevention, along with balance challenges and ways of improving balance. Our next meeting will be a teaching-learning session on falls prevention and improving balance – especially with the toes and the feet. Each of us will teach what we know, and all of us will learn. This meeting will be Friday, November 9th, from 2 to 4 pm at the home of Kitty Brody. Please contact Bill Haskell at bhaskell@sonic.net or at 415-661-2670 for location and RSVP.

LGBT Circle

We will be gathering on Tuesday, November 13th from 3-4:30 at San Francisco Village, 3220 Fulton St. Continuing with our LGBT movie theme, we will be showing Carol, a movie about two women who develop a fast bond that becomes a love with complicated consequences.

Sunset Circle

The next Sunset Circle meeting will be on Wed, December 12th at Olive Shaughnessy's house. Come prepared to "show or tell" a Holiday memory through a story, object, ornament, recipe, etc. Tea and coffee provided, bring a snack to share. Please RSVP with Olive at 415-566-1149. There will be no meeting in November but we wish everyone a Happy Thanksgiving!

94131

Please contact Jennifer Kauffman at (415) 652-8100 or jak@jaksf.com or Marci Fogg at (415) 821-6333 to learn more and join the circle.

West of Twin Peaks Circle

Our November lunch bunch is scheduled! Thursday, November 8, 2018 @ 1:00 p.m.

Roti Indian Bistro: 153 West Portal Ave. Please RSVP to Elaine Mannon at elaine@mannon.com or (415) 469-9832.

94102

The 94102 Circle will not be meeting in November, but stay tuned for December's happenings!

94109/94133

After our fascinating trip to the Mission in October, our group will meet on November 7th at 3 PM in a member's home. We will be discussing how culture can be defined, as well as the elements of Latino culture we have learned from our trip. We will explore ways in which Latino culture relates to our own ideas and cultures. Jill Ellefsen will be joining our group and sharing information about services the Village offers to members to assist them in meeting the goal of aging in place meaningfully and productively. Please RSVP to Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu for further details.

94118

Join us Wednesday, Nov. 7th, 3pm at Karen Franklin's house. Friendly conversation, maybe also sharing Thanksgiving traditions and memories. Come and make new friends. RSVP to Gabie at 416-751-3766.

Around Town



Health Fair for Medicare Beneficiaries and Other Older Adults

Sunday, November 4, 9:30 AM – 4:30 PM

JCCSF, 3200 California St.

FREE. *Advanced registration is required.*

For more information, contact Shiva Schulz at sschultz@jccsf.org or (415) 292-1260.

University of the Pacific student pharmacists will:

- Evaluate your Medicare Part D plan, and potentially save you money
- Review all of your medications to make sure they are safe together
- Immunize you with the seasonal flu and pneumococcal vaccines
- Check your blood pressure, bone density, cholesterol, blood sugar, mental health, and much more



Embracing the Journey: End of Life Resource Fair

Sunday, November 18, 9:30 AM – 4:30 PM

JCCSF, 3200 California St.

FREE. *Advanced registration is recommended.*

For more information, contact Shiva Schulz at sschultz@jccsf.org or (415) 292-1260

The Jewish Community Center San Francisco invites you to embrace the journey by attending the fourth annual End of Life Resource Fair. Learn compassionate and dignified ways to navigate the pathways that we and our loved ones will all travel, hear speakers on the spiritual wisdom embodied in various traditions concerning the end-of-life journey, and engage with businesses and organizations offering a wealth of end-of-life resources.

Save the Dates



Annual Holiday Party

Wednesday, December 5, 5:00 – 7:00 PM

LGBT Center, 1800 Market Street

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

Join us for food, wine, and merrymaking! Let's come together as a community and share some laughter and gratitude with fellow Village members & volunteers. We are also inviting you to participate in an optional dessert potluck. So many of our fondest holiday memories involve food, and

particularly sharing food with friends and family; if this is true for you as well, please feel free to make and bring a tasty treat to the party.



Falling Less But Enjoying It More

Monday, December 10, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

A wonderful new program in the Netherlands teaches older adults how to fall. Yes, you read that right, how to fall. Using videos of participants in the Netherlands, Penny Sablove, PT, will describe this program as well as the impressive research findings about its effectiveness. On top of being effective,

it's also a lot of fun. Penny is in the process of becoming certified in this Dutch method and she will be teaching it for SFV members in early 2019.

Participants practice falling skills on very soft mats several feet thick, starting from sitting and progressing gently to falling from a standing position. The course also includes skills of navigating very realistic, everyday obstacles safely – cracks in the sidewalk, slippery surfaces, stones that shift underfoot, etc. For a fuller description of the program, see the January 2nd 2018 article in the New York Times: <https://www.nytimes.com/2018/01/02/world/europe/netherlands-falling-elderly.html>

San Francisco Holiday Lights Tour



Tuesday, December 11, 4:30 – 6:30 PM

Starting Place: Sheraton Palace Hotel (meet inside at Market Street entrance)

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

RSVP required; Space limited

Back by popular demand! This fun-filled tour is unique every year with new and fun decorations and surprises along the way, and provides insights into San Francisco history as well as current city trivia. The tour will be led by SFV

member, Marilyn Straka, who runs On the Level Tours with no hills or steps. Join Marilyn and other members for a private tour to see downtown San Francisco and all that glitters during the Season!

Happy Thanksgiving from Your San Francisco Village Family!

Thank you for the outpouring of warmth and generosity you shower us with throughout the year. Though SFV will be closed for Thanksgiving on November 22nd and 23rd, we look forward to opening our doors to you on Monday, November 26th for classes and events as usual. We are truly thankful for all that you've done and all that you do.