



San Francisco Village

Monthly Newsletter

June 2019

From Executive Director, Kate Hoepke:

Dear Members and Friends:

Last month I attended the American Society on Aging conference, where all the talk was about the epidemic of social isolation and loneliness that pervades our culture. It affects Americans of all ages, but for those of us over 65, it threatens our health and longevity.

Research tells us that isolation and loneliness can cause a host of negative outcomes: increased depression, longer recovery times, and decreased longevity to name a few. As we get older our social networks naturally diminish: friends and family move or pass away; life-altering situations arise that we're not prepared to manage; and in the midst of so much social change we question our relevance and our ability to cope; all factors that can cause us to feel left out.

San Francisco Village is a direct response to that loss of social connection, built on principles of reciprocity and pro-social values. When we might find our lives shrinking, SFV offers opportunities to expand. We invite you to define who you are at this time in your life: to meet new people with different perspectives, to gain knowledge, to teach what you've learned, to reflect on where you've been and where you're going, and to learn how to ask for help.

Recently, one of our members described how SFV has become an anchor in her life since she retired. When she was working, she knew who she was: a small business-woman with a defined identity and status in her community. Without a professional persona and the daily interactions she thrived on, she sometimes struggles to get out of bed in the morning.

Meeting new people through her neighborhood circle, attending village classes, and volunteering for others has rejuvenated her sense of purpose and self-worth. As she said, "I'm no longer locked away in my apartment. I feel seen, heard and valued."

A caring community like SFV is not only good for the soul, it's also a smart preventative health strategy.

Look forward to seeing you soon!

Kate



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Did You Know?



Safeguarding Your Personal Information

San Francisco Village encourages you to protect yourself from identity theft. Some common forms include: **stealing mail** (from a mailbox or garbage can), **forwarding mail** (someone directs the post office to send your mail elsewhere), **phone calls** (where a third party asks for financial help for one of your loved ones), **“phishing”** (emails from banks or other agencies asking you to click a link and enter your private information), **“swiping”** (sales clerks or waitstaff using credit cards for their personal gain), **romantic exploitation** (receiving a note by email or Facebook encouraging a new relationship), or more commonly now, phone calls from “the government” saying that one’s social security number is suddenly void but can be restored with an easy payment.

So what can we do? Some steps for self-protection include: shredding financial or other important documents before tossing (banks and credit unions often offer this for free), using a mailbox with a lock, sending larger packages to a friend or family member with a private porch, asking a government agency to send certified mail on letterhead reiterating what may have been said by phone, placing your phone number on the National Do Not Call Registry annually (1-888-382-1222), contacting Equifax if you need to put a fraud alert or full freeze on your credit report (1-800-525-6285), and/or listening to your gut instinct when something feels out of place. If you feel like you’re unsure about a recent incident and want to run it by us, please don’t hesitate to give us a call at 415-387-1375.

Volunteer Opportunities

Call for Volunteers

Open and ongoing, citywide

In March we shared with you our new Wellness Program, in partnership with California Pacific Medical Center-Mission Bernal Campus. This pilot program connects SFV volunteers to recently discharged patients in an effort to reduce hospital readmissions, emergency room visits and improve health outcomes. CPMC will provide these patients with a 90-day membership, and our hope is that they will discover what they’ve been missing and convert to full membership on their own.



We are looking for a special group of volunteers to help extend our caring community to benefit folks who could use some extra support during an especially vulnerable time. Volunteer activities may include: friendly visits, daily phone check-ins, occasional grocery shopping, medication pick-up, and transportation.

Join us in this pioneering program, bridging health care and social care. Another investment in your karma bank! Contact our Wellness Program Coordinator, Jessica Da Silva for more information, jessica@sfvillage.org or 415-387-1375 x 6.



Newsletter Mailing

Tuesday, June 25, 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.

June Events

Grupo de Conversación en Español

Los lunes, 3, 10, 17, 24 de mayo, 11:30 AM - 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

¡Añade un poco más de conversación en español a tu vida! Este grupo, liderado por miembros, está dirigido a hablantes intermedios y los que habla con fluidez; no habrá instrucción formal.



Writers' Workshop

Wednesdays, June 5 & 19, July 3, 17, & 31, 3:00 – 4:30

SFV, 3220 Fulton St. at 8th Ave.

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

This series started in May. Please call to see if a spot is available.

The Writers Workshop at San Francisco Village provides advanced writers with a supportive and inspiring setting to share and hone their work. Writers can bring material in any genre – poetry, memoir, short story, long form fiction – and learn from fellow writers what resonates with readers and what would help you take the work deeper.

Angela Walls holds a Ph.D. in English. She writes primarily critical essays and non-fiction prose, though loves to read, write, and perform improv whenever she can. She teaches at a several Bay Area high schools and is a lecturer with the Prison University Project at San Quentin State Prison.

Level Two Tai Chi for Health & Qigong:

Let's Do It Together

Thursdays, June 6, 13, 20, and 27, 2:30 – 3:15 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Let's come together to continue your journey and learn how to



apply the principles of Tai chi and Qigong in your regular routine. We will learn new forms and practice agility exercises. Be ready to use the learned concept of weight shifting (mindfulness movement, advancing or turning).

Erika Cruz, a certified instructor for Dr. Paul Lam and Tai chi for Health, a Biomedical Scientist, with major in Organizational Psychology, and vast experience in knowledge transferring. This program is part of the curriculum of fall prevention offered by Tai chi for Health Organizations and holds the endorsement of many leading organizations and government bodies around the world, including the US Centers for Disease Control and Prevention (CDC), Arthritis Foundation, Administration on Aging and American College of Sports Medicine (ACSM).



What's the Latest Garbage News? Updates from Recology

Monday, June 10, 2:30 PM – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

This session will inform the community about recent developments in global and local recycling markets, our accomplishments in 2018, including installation of new high tech sorting machines, commissioning a new organics transfer facility, and let residents and San Francisco business know how they can do their part.

Hometown Creamery Tour

Tuesday, June 11, 10:00 – 11:30 AM

1290 9th Avenue

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

Come learn the workings of this brother-owned ice cream shop in the Inner Sunset! This farm to cone cracks over 2,000 eggs a week for their small batch ice cream and home-made waffle cones. Tour includes the brothers' stories, ice cream making process, and how the murals in the shop were created, plus a sweet treat to enjoy, compliments of SFV!



Sing-A-Long

Tuesday, June 11, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

If you would like to sing some of the popular Broadway and love songs you grew up with and would like to lend your voice to an informal sing-a-long group, join member and piano player Larry Zabo. Let us know a song you hope to sing, and we can work on getting the lyrics to share! Larry has played at The Fairmont Hotel, San Francisco Yacht Club, and private parties over the last 40 years. Before retiring, he had a checkered career in mental health, politics, and philanthropy, but music has

always been the thing that sustains and gives him joy in his life. Come share what some songs have meant to you (both happy and sad) and maybe discover some new ones that will move you!

Intro to Creative Writing

Wednesday, June 12 & 26, July 10, 3:00–4:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

This series started in April. Please call to see if a spot is available.

Each of us has a story to tell – but we often lack the tools to tell it well. This class will help provide you with those tools! We will study the elements of the craft: voice, setting, dialogue, and narrative arc, and each session will provide prompts to get you started. If you are just beginning to set pen to paper, you'll find support from fellow writers as we share our work. Just bring a pen, paper, and lots of imagination! The class is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and former editor of the *ACLU News*. Elinson, who holds an MFA in Creative Writing, has taught writing at several senior centers in San Francisco, as well as at San Francisco Village.



Coffee Shop Hop

Coffee shops all around San Francisco

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

By member request - a new casual social! We'll meet in a cafe to connect with one another and form new friendships over coffee, scones, and empanadas! Have a favorite coffee shop? Contact us, and we'll plan a date/time for you to be the hostess with the

most-est!

Thursday, June 13, 9:00 – 10:00 AM

Marla's, 3619 Balboa St. @ 37th Ave.

Monday, July 8, 9:00 – 10:00 AM

Café Reverie, 848 Cole St. @ Carl St.

Thursday, June 20, 9:00 – 10:00 AM

Bazaar Café, 5927 California St. @ 21st Av.

Thursday, July 18, 9:00 – 10:00 AM

Chalos, 2240 Taraval St. @ 32nd Ave

Tuesday, June 25, 2:00 – 3:00 PM

Vive la Tarte, 4026 24th St. @ Noe St.

New Ballot Design: SF Department of Elections

Tuesday, June 18, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join us for an interactive demonstration of new voting equipment that will be used by SF voters for the November 5, 2019 election. Staff from the San Francisco Department of Elections will be on



hand to showcase the new ballot design, explain the expanded options for ranked-choice voting contests, and provide a demonstration of the new accessible voting equipment, which offers audio and touch-screen technology. For more information about the new voting system visit sfelections.org or call the Department of Elections at (415) 554-4375



Save and Heal Lives with Organ and Tissue Donation

Thursday, June 20, 11:00 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Donor Network West is a federally designated nonprofit organ and tissue recovery organization. Established in 1987, it serves a population of more than 14 million people connecting a donor's gift to those in need of a lifesaving organ transplant.

Organ and tissue donation offers the hope to heal and save lives by the selfless decision of donors and their families. The organization works to recover and allocate organs and tissues for transplantation and research saving the lives of the more than 115,000 people waiting for an organ to survive devastating illnesses. Despite being a highly regulated process, many myths and questions exist today about organ and tissue donation. Come to learn, ask questions, hear stories, and discover how you can be a part of our lifesaving mission to save and heal lives.

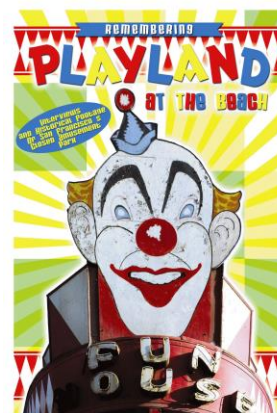
Movie Viewing: Remembering Playland-at-the-Beach

Thursday, June 20, 3pm

SFV, 3220 Fulton St. at 8th Ave.

RSVP to Gabie Berliner (415) 359-3669 or gberliner@comcast.net

A very special event open to all members, hosted by the 94118 Circle! Come see a movie about Playland-at-the-Beach and enjoy a surprise treat. (Hint: Do you remember a special cold and chocolatey item made famous at Playland?) And what's a movie without popcorn? RSVP so we know how many of those treats we need.



Paper Collage Making

Friday, June 21, 10:30 AM – 12:30 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.

Long-Term Care Ombudsman Program

Monday, June 24, 1:30 PM – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

The California State Long-Term Care Ombudsman Program is authorized by the federal Older Americans Act and its State companion, the Older Californians Act. The primary responsibility of the program is to investigate and resolve complaints made by, or on behalf of, individual residents in long-term care facilities. Join Benson Nadell, the Program Director of the Ombudsman Program since 1992, to learn more about this program. His presentation will be couched in terms of advocacy for health, safety, welfare and rights of residents.



Fire Safety in the Home

Tuesday, June 25, 10:30 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

The San Francisco Fire Department will be coming to present on escape planning, focusing on what to do if you cannot get out because of smoke, fire or disability. They will cover basic fire safety skills, the top causes of fire in the home and how to prevent them, smoke alarms, carbon monoxide alarms, fire extinguishers, disaster preparedness and a summary on our earthquake preparedness program with the Neighborhood Emergency Response Team (NERT). The presentation will also include a hands-on fire extinguisher demonstration using an indoor electronic simulator.

Stonewall OutLoud: StoryCorps interviews with LGBTQ Elders

Thursday, June 27, one-hour appointments

between 10:00 AM – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



How has your life been different than you imagined? Have things changed for the LGBTQ community over the last fifty years? How do you hope life will be different for the LGBTQ community fifty years from now? What advice would you give your teenage self? What are you most proud of? How do you want to be remembered?

Help preserve the stories of LGBTQ elders. To honor the 50th anniversary of Stonewall, in June 2019, StoryCorps is asking people across the country to pick up their mobile devices and record the stories of people within the LGBTQ community who were born before the Stonewall Riots. Each of these interviews will become a permanent part of American history at the American Folklife Center at the Library of Congress.

San Francisco Village is proud to host and facilitate interviews of our LGBTQ members and load the interviews to the StoryCorps platform. Please let us know when you sign up if you have a person in

your life to interview you (or who you want to interview!) or if you want us to match you with a staff, member, or volunteer.

Recurring Events



Longevity Explorer Circle

Tuesday, June 4, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

Summer break in July and August

Join an intimate group to discuss solutions to the challenges of growing older. The group will be facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers which focus on the intersection of healthcare, aging, and technology.

- 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 and hear from your peers about “solutions someone needs to develop” to the Longevity Explorer’s growing list of new product ideas.

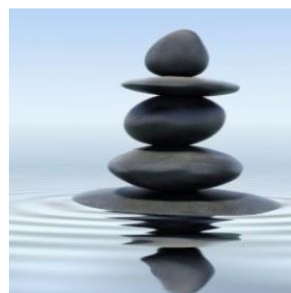
Aging Well with Meditation

Wednesdays, June 5, 12, 19, and 26, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

No RSVP required. All levels of experience are welcome.

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.



Let's Play Games!

Thursday, June 27, 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!

Solo Agers' Circle

Friday, June 28, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Solo-Agers have a need for strong connections with friends and community. Our June presentation/discussion will focus on agers helping agers. Featured will be the Village's own Jessica Da Silva, describing the Wellness Program which started in April with California Pacific Medical Center- Mission Bernal Campus. The purpose of the program is to connect recently discharged patients to SFV's services and volunteers to reduce hospital readmissions and improve health outcomes. One of the major questions solo-agers have is, "Who will be there if I need help?" This program addresses volunteers paying it forward by help others who are alone. There will also be discussion about how to find the advocates/agents we need later in life.



Knitting Circle and Crafting Hangout

1st and 3rd Monday every month, Mondays, June 3 & 17, 1:30 – 3 PM

SFV, 3220 Fulton St. at 8th Ave.

Knitters, crocheters, and crafters alike, bring in your projects at any stage. If you are interested in learning to knit or crochet, you are welcome to join too! We have a large amount of donated yarn that is available for these projects. Please RSVP to Jill jill@sfvillage.org or 415-387-1375 x2.

Play Reading Group

Thursday, June 13, 4-6PM

150 Lombard St., Telegraph Landing Club Room

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

We will finish reading Arthur Miller's *A Memory of Two Monday's* from the anthology, 24 Favorite One Act Plays, edited by Bennett Cerf and Van H. Cartmell.



Book Group

Monday, June 24, 4pm

RSVP to Brooke Anderson at (415) 672-2437

Call for time and location

We will be discussing "The Library Book" by Susan Orlean. The venue is yet to be determined.

Neighborhood Circles

Neighborhood Circle Leaders Lunch

The next meeting of the Neighborhood Circle Leaders will be on Friday, June 14th from 12:30pm-2:30pm at the SFV offices (3220 Fulton St.). If you are a current leader, or have an interest in leading a neighborhood circle, you are invited to attend. Lunch will be provided. RSVP to Jill Ellefsen, jill@sfvillage.org or 415-387-1375 x2.



94102/94103

We are doing something fun and a little different this month. Join us on Tuesday, June 11th for an afternoon matinee movie at Opera Plaza followed by a glass of wine and conversation at Rosebowl Wine Shop, a quaint little spot also in Opera Plaza with a unique and well-priced wine selection. Movie TBD as they are announced one week before showing. Please RSVP to Jill, jill@sfvillage.org or 415-387-1375 x2 for more info. Members from all zip codes are welcome.

94123/94115

We are planning a trip to Jean Phleger's Woodside home on Thursday, June 13th for the 94123, 94115 and 94109 circles. It will be a "bring your own brown bag" picnic lunch with fun table games and socializing to follow. For those wishing to walk in the redwood forest, there is a short walk and a long walk. If you want to take the longer walk, plan to arrive by 11am or by 11:30am for a short half hour walk. If you do not care to walk, arrive around noon. Contact Eva Auchincloss if you plan to come, and let her know if you need a ride. Eva has directions for drivers. People who want a particular drink should bring their own, if not fussy Arnold Palmers, water and a few sodas will also be available.

Additionally: Save the Date - Tuesday July 9th when we are planning a potluck dessert party at a location to be decided. RSVP to Eva by July 1st for location and details. Eva3auch@gmail.com or 415-563-751.

94117

The 94117 Neighborhood Circle will next meet on Friday, June 14th, from 2 to 4 pm. For this get-together, we have decided to leave the agenda open. We will continue getting to know each other better and sharing what we have done over the past month—our pleasures, challenges, and insights. For location details, contact Judy Jacobs, 415-252-9062.

94109/94133

See 94123/94115 listing above. Also, our circle's next exploration will be a visit to the GLBT History Museum on Wednesday, June 19th. The museum is located on 18th Street in the Castro, and we will have a docent tour at 2 PM. We will meet for lunch at 12:30 at a nearby restaurant. Please contact Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu for further details.

94118

Open to all members! We'll meet on June 20th @ 3pm at the Village office on Fulton. Come see a movie about Playland-at-the-Beach and enjoy a surprise treat. (hint: Do you remember a special cold and chocolatey item made famous at Playland?) And what's a movie without popcorn. RSVP to Gabie (gberliner@comcast.net or 415-359-3669) so we know how many of those treats we need.

LGBT Circle

It's Pride month, and June is packed with LGBTQ events in SF. We are having a couple of our own, including Stonewall Out Loud Story Corps interviews here at SFV (for more details see event listing) on Thursday, 6/27. On Friday, June 21st from 2:30 to 4pm we will have our usual monthly gathering at SF Village, 3220 Fulton St. It will include a celebration of Summer Solstice as well as talking about what Pride means to each of us. Everyone welcome!

Bernal Circle

We are a fairly new circle and are enjoying getting to know one another and sharing our stories. The meetings are at Joan & Manny Miro's home on the third or fourth Saturday each month at 7:00pm. We are becoming a wonderful support system for each other as well as a lively bunch, always ending our meetings with snacks and drinks. The next meeting will be Saturday, June 29th @ 7pm. Please note that there are stairs leading up to the home. Come and join us! 206 Virginia Ave. up from Safeway. For more info please contact joanmiro@mindspring.com. Looking forward to meeting you!

The Sunset Circle

The Sunset Circle will continue getting to know each other and will also discuss, "Making Friends at a Later Age." To that end, some of us will be continuing the conversation over coffee at one of the beach area coffee houses. Plan to stay if you can. We'll first meet at Olive's house on Wednesday, June 19th from 2:30-4PM. She lives at the end of the N Judah line, and her home has no stairs. Please RSVP to Olive by e-mail at olivestories@gmail.com or telephone 415-566-1149. All future meet-ups will be the third Wednesday of the month.

West of Twin Peaks Circle

June 4 - Tuesday \$7 Movie

Join us at the Century 20 Daly City, 1901 Junipero Serra Blvd. Lunch/ brunch at Tomo's Japanese Restaurant next to the theater. Time to be announced by e-mail the preceding Thursday and depends on the movie selected. After movie, we'll gather at Joe's of Westlake, 11 Glen Wood Ave. at John Daly Blvd. RSVP: Roberta Gordon at 415 823-7819 or robertatnt@comcast.net.

June 14 - Tour of the Presidio Officers' Club and Happy Hour

Come to the Presidio Officers' Club @ 50 Moraga Ave. at 2pm and meet at the front desk. A guided tour will surprise and inspire you with exclusive behind the scenes Presidio stories. Following this, we'll head to happy hour from 3-5pm in the 18th Century Arguello Restaurant located in the same building. Bargain drinks and small bites! You can take the #43 bus to the Presidio, PresidioGo bus within the Presidio, or park at the bowling alley (2 minute walk) or parking across the street from the museum at \$1.50 an hour; disabled parking free with placard. RSVP: Roberta Gordon at 415 823-7819 or robertatnt@comcast.net.

June 22 - Pot Luck Lunch

Enjoy an afternoon at the home of Elaine Mannon, starting at noon. 295 Urbano Drive, San Francisco. Bring your favorite dish to share. Limit: 10 people. RSVP by June 19 to Elaine at 415 469-9832 or elaine@mannon.com.

Searching for Your Neighborhood Circle?

Check out our listing of all circles and contact Jill Ellefsen if you'd like to join, jill@sfvillage.org:

Bernal, Potrero, Mission, Bayview, 94110, 94107, 94134
Castro, Noe Valley, 94114
Cole Valley, Haight, 94117
Financial Dist., Embarcadero, Nob Hill, 94111, 94014, 94105, 94108
Inner Richmond, 94118, 94129
Marina, Cow Hollow, Pacific Heights, Western Addition, 94123, 94115
Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill, 94109, 94133
Outer Richmond, 94121
SOMA, Hayes Valley, Opera Plaza, 94102, 94103
Sunset, 94122, 94116
Twin Peaks, Diamond Hts., Glen Park, Excelsior, Ingleside, 94131, 94112
West of Twin Peaks, 94127, 94132
LGBT Circle – citywide
Solo Agers' Circle – citywide

Member to Member

Member Led Walks

Join Linda Lewin for a walk in Golden Gate Park's Rose Garden. We'll meet on Wednesday, June 19 at 2:00 PM at the SFV office. Please email Linda at 168storyspinner@gmail.com or call 415-386-0156 to let her know if you are interested.

Home Help Offered

Village member and caregiver with many years of experience seeks part-time position. Will do light housework, meal preparation, errands, and other tasks as needed. Sliding scale rate of \$15-20 per hour. Please call Victoria at 415-378-3497.

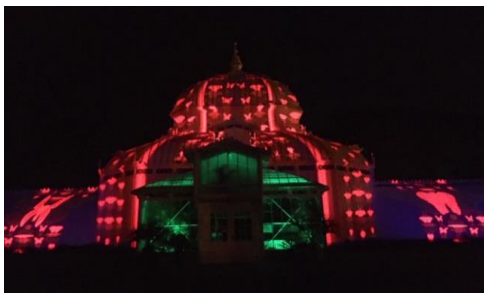
Tour of Anchor Brewing Company

Open to All Village Members! The West of Twin Peaks Circle invites everyone to join them on a historic walking tour of the building followed by a tasting session. August 23rd, 2:00 p.m., 1705 Mariposa St., 94107. If you are interested, you'll need to send Roberta Gordon \$15.00 as she must schedule and prepay the event in advance. If she gets 10 adult reservations, she can arrange a private tour at 11:00 am. For more information, contact Roberta at robertatnt@comcast.net or 415 823-7819.

Around Town

At the Library: Check out Living Books – Human Beings!

Want to learn more about your community and the folks in it? Come check out the SFPL's Living Books - human beings with personal life stories to share! You can "borrow" one of these Books at a time to have a one-on-one, face-to-face conversation with for 20-30 minutes. All of our Books represent the diversity and vibrancy of the Western Addition, and each of them brings a unique perspective on what it means to live/work/thrive in the community. June 8th, 10:30am-1pm, Western Addition Library, 1515 Scott St. Free and open to the public.



Concert and Light Show at the Conservatory of Flowers

Wednesday, June 19, 6-10pm. Enjoy the 3rd annual *Psychedelic Photosynthesis and Surrealistic Summer Solstice Jam*. Spread out a blanket for an amazing night of free, live music and psychedelic visuals in San Francisco's Golden Gate Park. The concert will feature iconic songs of 1969 performed by legendary artists alongside bright new talents in the Bay Area music scene. The Conservatory's light show, *Photosynthesis*, will begin at

approximately 9:15pm, transforming the building into a canvas of colorful light art. Food trucks will be on site.

Save The Dates!

Day of Service

In July, we are partnering with San Francisco tech company Avionte for an outdoor Day of Service. If you have an outside project for a team of 2-3 volunteers, please respond to Jill@sfvillage.org or 415-387-1375 x 2 to be added to the list. Space is limited!



"Healthy" Brain Aging: What is it and how to get it!

Tuesday, July 2, 1:00 – 2:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

As we age, we face increased risk of memory and thinking problems. Come hear Dr. Kaitlin Casaletto, an Assistant Professor of Neuropsychology from UCSF discuss the latest evidence on

the modifiable lifestyle activities you can do to support your aging brain. Dr. Casaletto and her team will also present ongoing opportunities to participate in brain health research in San Francisco. Bring questions, and don't miss out!

Healthy Aging and the Environment

Tuesday, July 9, 10:30AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Environmental factors greatly impact healthy aging. Science has shown that environmental risks are linked to cognitive decline, Alzheimer's disease, Parkinson's, cancers, and many other chronic diseases. Come hear Karen Wang, PhD, talk about the latest science of how environmental factors impact healthy aging. In addition, you'll learn specifically about what changes you can make in and around your home to create a non-toxic home environment. This workshop will leave you with the knowledge and confidence to make informed, science-based consumer choices. We will also talk about public policy changes in order to make healthy aging available to all.



Maintaining Mobility – Six Week Series

Tuesdays, July 16 – August 20, 10:00 AM – 11:30 PM

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, reaching, getting up and down, 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'll use techniques from the many 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.

Exploring the Embarcadero in San Francisco – Walking Tour

Thursday, July 18, 1:00 – 3:30 PM

Meet at Flagship Dugout Store, 24 Willie Mays Plaza

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

The Embarcadero has it all: boats, water views, sports, restaurants, art, shopping and more! This tour with lively commentary on history and current city trivia covers 8 city blocks of walking. There will be a coffee



break/food (optional) at South Beach after we complete our walking. From hidden secrets in Mission Bay to a water taxi boat ride from South Beach, this tour offers a look at the best of what's new and fun in San Francisco along the waterfront.

After the tour, feel free to hop in the water taxi (\$15) -- the boat will meet us at South Beach pier near the ball park and people can ride the boat to the Ferry Building or Pier 39 or to Hyde St. Pier.

A Note About SFV's Office

The next time you drop by, you'll notice that our Phase II construction is finally complete!! Please feel free to use the large square push buttons for disability access when entering or exiting. We're thrilled that the new double-paned windows have cut down on the street noise.

How to Support San Francisco Village Year-Round

AmazonSmile - When you shop on AmazonSmile, the AmazonSmile Foundation will donate a portion of the purchase price of eligible products to the charitable organization of your choice, in this case, San Francisco Village. Start at <https://smile.amazon.com/ch/26-1300020>. Happy shopping & thank you!



Community Thrift Store – This store accepts donations on behalf of San Francisco Village, sells the items, and then shares the proceeds with us. Many thanks to all of you whose closets have been cleaned out and who have named SFV the beneficiary. Last year for example, we received \$2000 in donations because of this partnership. 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.

Is there anything we can help you with? Don't hesitate to ask! You can find our staff at the emails below or by calling our main line (415-387-1375) and then selecting the corresponding extension:

Administration & Community Collaborations: Kate Hoepke – kate@sfvillage.org, ext. 1

Membership & Volunteering: Jill Ellefsen -- jill@sfvillage.org, ext. 2

Programs & RSVPs: Sarah Kent -- sarah@sfvillage.org, ext. 3

Donations & Newsletter: Sara Roliz – sroliz@sfvillage.org, ext. 4

Staff & Member Support: Yousra Sebiaa – yousra@sfvillage.org, ext. 5

Staff & Member Support: Stephanie Tranter – stephanie@sfvillage.org, ext. 5

Wellness Program: Jessica Da Silva – jessica@sfvillage.org, ext. 6