



San Francisco Village

Monthly Newsletter September 2019

From Executive Director, Kate Hoepke:

Dear Members and Friends:

As we get older, many of us reflect on questions that we might have taken for granted when we were younger: what do I have to offer my community, where am I needed, what's important to me now? Answers to these questions help us to define our purpose and sense of belonging, which may be in flux post-retirement. Research tells us that living a purposeful life contributes to our health and longevity and may even protect against dementia.



Patricia Boyle, a leading researcher in the field of purpose in later life and professor of behavioral sciences at the Rush Alzheimer's Disease Center at Rush University Medical Center in Chicago says, "A purpose in life can arise from learning a new thing, accomplishing a new goal, working together with other people or making new social connections when others are lost." An apt description of what takes place at San Francisco Village.

In ways large and small, SFV offers you dozens of opportunities each month to connect with new ideas, people and goals: neighborhood circles, coffee shop hops, meditation group, solo-agers and so much more. This month we continue our climate series, which culminates in a planning-for-action meeting on September 19th. Next month we welcome a speaker from the International Rescue Committee to educate us about the immigrant, refugee and asylum seeker crisis and how we can actively support them. Or if your heart is with four-footed furry friends, we'll be visited by the SPCA in October to learn about local volunteer opportunities.

According to research from Encore.org and Stanford, people who are purposeful report higher life satisfaction and share the trait of positivity: joy, hopefulness and optimism. It's a choice – one that I hope you will make.

Kind regards,
Kate

In This Issue:

From the E.D.

Did You Know?

Volunteer Opportunities

September Events

Recurring Events

Neighborhood Circles

Village Neighbors

Around Town

Save the Dates

Supporting SFV Year-Round

New Members in August:

Dorothy "Jean" Bobbitt, 94121

Kathleen "Kate" Brown, 94109

Rosita "Rose" Burke, 94122

Hope Burns, 94131

John Burns, 94131

Mae Go, 94114

Salvacion Horcabas, 94112

Valerie Konkle, 94133

Iris Stanfield, 94121

Cathy Stroup, 94127

Did You Know?



Members' Contact Information

We are in the midst of updating our records and would like to be sure we can reach you by text message in case of a program change or emergency situation. Please confirm your cell phone number, and if any other contact information has changed since the printing of last year's member directory, please let Jill Ellefsen know at either jill@sfvillage.org or 415-387-1375 ext. 2. If you do not want to be listed in the new member directory, please let us know that as well. Thank you!

Member & Volunteer Photos

We occasionally use pictures of members & volunteers to help promote the organization and reach more people across the city. We might use these pictures in our print publications, our website, or on social media. Our most recent members - starting 2018 forward - have signed a photo release form when they joined SFV indicating their permission (or no permission) for us to use their image. If you are not comfortable with SFV using your picture and/or you have not signed a photo release form, please contact Jill Ellefsen at jill@sfvillage.org.

Volunteer Opportunities

San Francisco Village offers numerous volunteer opportunities year-round, supporting both office operations and members across the city. We'd love to have you join the crew! Contact Jill Ellefsen at jill@sfvillage.org to sign up to **receive our twice weekly emails** detailing the many volunteer options available to you through San Francisco Village.

Newsletter Mailing

Thursday, Sept. 26, 10:00 – 11:30AM

SFV, 3220 Fulton St. at 8th Ave.

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

Every month, San Francisco Village seeks 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.



September Events



Falling Less but Enjoying It More

Mondays & Wednesdays, Sept. 4 – Oct. 7, 12:30 – 2:00 PM

AcroSports, 639 Frederick St.

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

A fun, effective, and unique Dutch program has been developed to teach people how to fall safely (onto tall soft mats) in addition to navigating common environmental obstacles, such as cracks in the sidewalk, curbs, stairs, slippery or squishy surfaces, etc. Enroll in this series today!

Requirements for enrollment include:

- You can reliably attend the entire program 2 times a week for 5 weeks
- Approval from your primary care provider
- Due to the particular environment of AcroSports, these are additional requirements:
 - ~ Able to manage 5 step + 4 step stairways into and out of the building
 - ~ Able to walk indoors without an assistive device such as a cane

All applicants will have an in-person meeting with Penny prior to the series start date.

Penny Sablove, PT, specializes in senior mobility and teaches the SFV course Maintaining Mobility. She was certified to teach the Dutch program in early 2019. Penny is also a 5th degree black belt in the martial art of Aikido and has been teaching people to fall safely for decades.

Climate Crisis Series

Thursdays, September 5 – September 19, 1:30 – 3:00 PM
SFV, 3220 Fulton St. at 8th Ave.

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

This series started in August but you are welcomed to join at any time



In October 2018, the UN Intergovernmental Panel on Climate Change released a report warning there are only a dozen years for global warming to be kept to a maximum of 1.5C, beyond which even half a degree will significantly worsen the risks of drought, floods, extreme heat and poverty for hundreds of millions of people. In this series, we will explore the basics of climate change science, connect with youth working to call attention to the crisis, discuss how older adults will be disproportionately affected by climate change, and more.

September 5: Earth Friendly Nutrition -- Common dietary patterns and agricultural production systems contribute to acute and chronic diseases and widespread environmental degradation, including climate change. Changes in dietary habits and food production will be necessary in order to feed a growing global population while staying within planetary boundaries for a safe operating space for humanity. This presentation will summarize those impacts, barriers to change, and discuss alternatives that can result in improved health for individuals and entire ecologic systems. Ted Schettler MD, MPH, the Science Director of the Science and Environmental Health Network and Science Advisor to Health Care Without Harm, will be leading this conversation.

September 12: Cultivating Emotional Resilience in the Era of Climate Crisis

As we learn about devastating fires and storms, and scientific projections of how the impacts of global warming are likely to touch all of us, we can't help feeling distressed about the world our children and grandchildren are growing into. Leslie Davenport will offer tools and perspectives to build emotional resilience and explore creative possibilities for sustainability that include every one of us. Leslie is a psychotherapist and author of three books including *Emotional Resiliency in the Era of Climate Change*. She is an associate professor at the California Institute of Integral Studies.

September 19: Prep for SFV's role in the Global Climate Strike -- San Francisco Village will be participating in the Global Climate Strike September 20 –27. Let's gather to discuss what that will look like, make our plan to march with youth, and/or other ways we can support the strike.

September 20-27: Global Climate Strike -- In August 2018, Greta Thunberg, a 16-year-old student in Sweden, began a solo school strike. Every Friday, she sat outside her country's parliament, protesting inaction on the climate crisis. Since then, millions of students around the world have been inspired by Greta's bold actions and joined her, leaving their classrooms on Fridays. During the week of March 15, 2019, there were at least 1.6 million strikers on all 7 continents, in more than 125 countries and in well over 2000 places.

School strikers are calling on everyone: young people, parents, workers, and all concerned citizens to join massive climate strikes and a week of actions starting on September 20th. People all over the world will use their power to stop "business as usual" in the face of the climate emergency. We will join young people in the streets to demand an end to the age of fossil fuels and emergency action to avoid climate breakdown.

On September 20th, starting at 10am, at 90 7th St. in San Francisco we will answer the call for adults to participate in a youth-led climate strike march, going to different targets that are contributing to climate breakdown, leaving our mark to let these places know what we are fighting for. The march starts at the office of Speaker of the House Nancy Pelosi and will connect targets in government, finance, and energy. More details to be discussed at the Sept. 19 meeting.



Coollest Conversation About Heatwaves

Friday, September 6, 2:00 – 3:30 PM

please note time change from last newsletter

SFV, 3220 Fulton St. at 8th Ave.

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

Climate Change means that there will be more heat waves more often. Let's discuss how that will impact our wellbeing. Do we need special clothing; why or why not? What is the difference between heat stress and heat strain? How safe is exercising during a typical heat day? Why are Tai chi and Qigong a good idea? Bring your ideas and add value to the roundtable conversation with Erika Cruz, a Health and Wellbeing Professional and Certified Taichi instructor.

Climate Justice Organizing: Meet with 1000 Grandmothers for Future Generations

Monday, September 9, 2:30 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Do you wish you had a group of elder activists who shared your deep concern about the effects of the climate crisis on your children, grandchildren and future generations?



1000 Grandmothers are elder women activists working to address the climate crisis. The indigenous definition of grandmothers is Elder Women concerned about future generations. 1000 Grandmothers has worked now for a number of years with indigenous groups such as Idle No More, fighting against KXL, DAPL and other pipelines, and against increasing the capacity of the Bay Area infrastructure to accommodate Canadian Tar Sands oil; youth groups such as Sunrise Movement on the Green New Deal; training for nonviolent direct action; legislative work with 350 Bay Area, and more. Soon after

this presentation 1000 Grandmothers plans to show up to support the Bay Area youth who are calling for a Global Climate Strike September 20-27, 2019.



How to See a Bird

Tuesday, September 10, 10:00 AM – 12:00 PM

**San Francisco Botanical Garden (Free for SF residents, please bring ID) Meet at the bookstore inside the 9th Ave. entrance
RSVP to (415) 387-1375 or info@sfvillage.org**

Do you want to spend more time in the beautiful outdoors and make new friends? Those are two of SFV member Linda Grant's favorite parts of birding! Linda has been an avid Bay Area bird watcher since college. Spend the morning with other SFV members in the Botanical Garden and learn how to find birds by sight and sound. Linda will bring field logs and share tips about how to clue into the birds that are all around us. Bring your binoculars, and open your ears and eyes to this beautiful habitat! Don't forget to bring your own sun protection and water since the garden can be warm in September!

Managing Personal Affairs and Finances

Tuesday, September 10, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Today, people are living longer than ever before, however, there often comes a time when help is needed with daily tasks or managing personal affairs and finances. Learn what steps you can take ahead of time so that services will be in place when you need them. Discover how care managers and fiduciary services can relieve the burden of managing finances, insurance, appointments, and the numerous details that are typically left to the aging adult or family members and how home care can make life easier (and safer). Traci Dobronravova, MSW, is the director at Seniors At Home. She has over 20 years of experience in working with older adults in healthcare and social service settings. She has devoted most of this time to developing and managing programs that support older adults in maintaining their independence at home.



Stuff and Stories: Sharing Personal Narratives with Objects and Dioramas

September 17 and 24, 11:00 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

What is the significance of the objects we use, identify with, cherish, carry with us, live with? How might we reinvent these objects, and the narratives attached to them? In session one, we will explore a piece of our personal narrative through the objects we share. Participants are invited to bring in a memento and tell a story that relates to it. In session 2, individuals will build a diorama for the memento to live in, creating a new context for their familiar objects.

Amy Bergstein is an arts-in-education advocate, working as a Teaching Artist in the Bay Area. She teaches filmmaking at a cinema workshop for teens, facilitates collage workshops for adults and

elders, and develops intergenerational art workshops bridging communities of elders and youth through storytelling.

Games at The Game Parlour

Tuesday, September 17, 6:00 – 8:00 PM

The Game Parlor, 1342 Irving St.

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

The Game Parlour is a place for people to come together and have fun playing from a huge selection of over 1,000 games spanning old classics to new challenges. Join other game playing loving members and check out this incredible game selection! \$5 to play, plus beer, wine, coffee, and snacks available for purchase. Come early if you want to eat to make sure we can start playing right away. RSVP to make sure we get enough tables and so SFV member Marilyn Straka knows who to expect.



Take Me Out to the Ball Game!

Thursday, September 26, 12:45 PM

AT&T Park, 24 Willie Mays Plaza

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

RSVP required for a complimentary ticket

Take me out to the ballgame, take me out to the crowd ... join your fellow San Francisco Village members and volunteers in cheering

on our home team at the ballpark for a mid-afternoon game against the Colorado Rockies. BYO peanuts and crackerjacks.

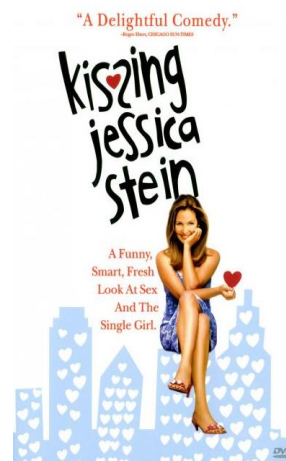
LGBT Film Festival Kick-off

Friday, September 27, 1 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 x 2 or jill@sfvillage.org

We are excited to announce the first of six films in our latest LGBT Film Festival. Join us for a screening of *Kissing Jessica Stein* (2002). In this romantic comedy, a woman searching for the perfect man instead discovers the perfect woman. Popcorn and refreshments served. The festival will run every two weeks, and everyone is welcome!



Recurring Events



Longevity Explorers Circle

Tuesday, Sept. 3, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Tuesday, October 1, 2:00 -- 3:30 PM

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

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, September 4, 11, 18, 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. The group is 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.



Grupo de Conversación en Español

Los lunes, 9, 16, y 30 de septiembre 9:30 -- 10:30 AM

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.

Play Reading Group

Thursday, Sept. 12, 4PM

150 Lombard St., Telegraph Landing Club Room

RSVP to Midge Fox at (415) 984-0613.

At our next meeting, we'll finish reading *The Browning Version* found in 24 Favorite One Act Plays, edited by Bennett Cerf and Van H. Cartmell. Please contact Midge Fox at the number above for more details.





Solo Agers' Circle

Friday, Sept. 13, 11 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

How to Communicate With Your Medical Provider - Modern medical practice often calls for health care providers to spend a very short amount of time with each

patient. For that reason, navigating our health care system can be a daunting experience. It is critical for all seniors, and especially solo-agers, to learn the most effective ways to communicate in order to make the most of the brief time allotted. Christina Irving from Family Caregiver Alliance will help clarify the current realities of the health care experience.

Knitting Circle and Crafting Hangout

1st and 3rd Monday every month, Monday, Sept. 16, 1:30 – 3 PM

***Will not meet Sept. 2nd due to Labor Day**

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.



Book Group

Monday, September 23, 4pm

RSVP to Brooke Anderson at (415) 672-2437

Call for time and location

Our book group will meet at Margaret Johnson's house and will be discussing *The Warden* by Anthony Trollope. For details contact Brooke Anderson at 415-

672-2437.

Sing-A-Long

Tuesday, September 24, 1:30 – 3:00 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. 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!





Discussion Group

Friday, Sept. 27, 2:30 PM

Home of SFV member, Eva Auchincloss

RSVP to eva3auch@gmail.com

A lively discussion group continues to meet once a month, usually on Fridays toward the end of the month. Contact Eva Auchincloss for more details about the next meet-up on September 27th which will include conversation on current affairs (local, statewide and national). FYI, Eva sends out a reminder to those who have attended in the past so it keeps going. Come on over! All members welcomed.

Neighborhood Circles

One of our members recently noted that Neighborhood Circles are a great way for her friends to learn more about San Francisco Village. Please feel free to extend an invitation to a friend to “dip their toe” into the Village by participating in an upcoming outing. If he/she is further interested in membership, please contact Jill Ellefsen at jill@sfvillage.org or 415-387-1375 x 2.



Neighborhood Circle Leaders' Lunch – Save the Date

The next meeting of the Neighborhood Circle Leaders will be on Friday, October 11th from 12:30pm-2:30pm at the SFV offices (3220 Fulton St. @ 8th Ave.). 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

Until our regular meetings resume, meet up with 94102/03 circle members every Tuesday night at the *Orbit Room's Trivia Night*, 1900 Market St., starting at 8pm. Join Team Village as we battle wits with the younger generation. All are welcome! RSVP to jill@sfvillage.org or 415-387-1375 x2.

94121

San Francisco Village members and friends from 94121 and beyond continue to meet at various venues around our zip code. Please call Patricia Kaussen at 415 387-7299 if you wish to join 10 to 15 friendly neighbors and friends sharing in some convivial and scintillating conversation. We meet about every 4 to 6 weeks.

LGBT Circle

Please join us on Friday, September 6th from 11-12:30 PM at SFV, 3220 Fulton St @ 8th Ave. This month, we will be reviewing the films that have been chosen for the upcoming LGBT film series as well as delving into the future direction of our circle. Attendance is highly encouraged as we would love to hear your thoughts and input. Refreshments will be served. RSVP to jill@sfvillage.org or 415-387-1375 x2. Everyone is welcome!

Sunset Circle

We will next meet on Friday, September 13th, from 2-4 pm. For this get-together, we have decided to leave the agenda open. We will enjoy getting to know each other better and sharing what we have done over the past month—our pleasures, challenges and insights. This gathering will be at the home of Karen and David Crommie. For location details, please contact Bill Haskell at bhaskell@sonic.net, or 415-661-2670. Or contact Jill Ellefsen at jill@sfvillage.org, or 415-387-1375 x 2.

94109/94133

Please see 94123/94115 plans below.

94123/94115

We are planning two events for September. The first will be a visit to the free Pier 24 photography exhibit on Monday, September 16th. We have to submit attendees' names in advance so please confirm asap. We will gather at 10:30am at Pier 24 and enter as a group. If you want to make an advance purchase of the book on the photography's history, it's available on their website: Pier 24 Photography. After viewing the exhibit, we will go as a group across the street to Perry's for lunch.

Later in the month, we'll have a trip to Santa Rosa to see the current Schultz Museum exhibit followed by a tour of the Burbank Museum & Gardens with a stop for lunch in the area on Wednesday, September 25th. All drivers and others will meet at Eva's at 9:00am. This is really an all-day trip although we will try to head for home before 3:30. This trip and other programs are open to all those living in 94123, 94115, 94109 and 94133. All RSVPs should be sent to Eva Auchincloss at eva3auch@gmail.com.

94131

The 94131 Circle decided to start meeting every other month. The next gathering will be held at the Clubhouse at 43 Ora Way on Saturday, October 19th, 1-3pm. Available parking on the property is open to everyone.

West of Twin Peaks Circle

September 3 - Chocolate Martini Melee

Join us from 3-5pm at the home of Anne Burgoyne. Location confirmed upon RSVP. Anne is providing martini makings, plus wine and soft drinks. Guests are asked to bring healthy, hearty snacks. RSVP to Anne Burgoyne at lemookie1@gmail.com or 415-359-3537

September 14 - Shakespeare in the Park's Presentation of *As You Like It*

The event starts at 2pm, but please be there 45 minutes to one hour before the play to hold a seat. Jerry Garcia Amphitheater, McLaren Park, 40 John F. Shelley Dr. Bring your lunch or buy food from a food truck at the entrance. For extra comfort, bring a cushion and or a backrest no higher than shoulder height. RSVP to Roberta Gordon at Robertatnet@comcast.net or 415 823-7819.

September 26 - Root Beer Float Lunch

Come to the home of LeeAnn DeSalles at 12:30pm. Location confirmed upon RSVP. \$5 to \$10 per person depending upon attendance, limit of 10 people. RSVP to LeeAnn Salles at leeanndesalles@comcast.net or 415 404-2090.

If anyone needs a ride to these events, please contact Roberta Gordon at robertatnt@comcast.net or 415-823-7819.

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, 94104, 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

Village Neighbors

Learn more about who's here at San Francisco Village... who's a part of our story. Whether a member, volunteer, donor, or community supporter, we have so many great folks who make the Village community strong. Please nominate yourself or a friend for us to highlight in our monthly newsletter; and as a friendly reminder, please email us pictures from your Neighborhood Circles too. We are proud of how these circles are bursting with activity and want to share with others. For all communications about Village Neighbors, email Sara Roliz at sroliz@sfvillage.org.

Glady Thacher, one of San Francisco Village's founders, was recently honored by Mayor London Breed for her involvement with Enterprise for Youth which she launched 50 years ago to help students find paid internships, skills programs, and other employment opportunities. Since then, over 25,000 students have participated.

Thacher originally moved to San Francisco in '53, soon joined the Board of Conrad House, and later completed a counseling degree from SF State. She started Enterprise for Youth in 1969, and it's first office was her living room! The living room eventually gave rise to the San Francisco Education Fund. In 2009, she changed gears slightly and, with two other co-founders, she developed San Francisco Village. We extend our sincerest thanks to Glady for her dedication to the community and all she has made possible.





Maria Goodavage, an SFV volunteer, is a *New York Times* bestselling author of three nonfiction books about one of her favorite topics: Dogs! Her next book, *Doctor Dogs: How Our Best Friends Are Becoming Our Best Medicine*, will be published October 1st by Dutton (Penguin Random House). She lives in the Outer Sunset with her husband, who runs the Argo, a charter fishing boat at Fisherman's Wharf, and her yellow Lab, Gus, who is a very good boy. For more information about Maria, check out <https://www.mariagoodavage.com/>.

So what led Maria to the Village? When faced with the empty nest, Maria wanted to resurrect the kind of volunteer opportunity she and her daughter did several years ago, when they met with a senior woman every week or two via the Italian American Community Services Agency. She heard about SFV from a friend and loved the freedom of the scheduling it afforded. Her first friendly visit, to a woman in the Sunset, has become a solid friendship. "I don't think of it as volunteering. I'm so happy to have Mary in my life!" We're so blessed to know Maria and love what she does for SFV.

Around Town

Silver&Fit Program

The Silver&Fit exercise and healthy aging program is provided by American Specialty Health (ASH). It's designed specifically for older adults. You may get access to Silver&Fit as a Medicare beneficiary through many insurance companies' Medicare Advantage and Supplement plans. As a Silver&Fit member, you get access to a fitness center membership that includes a broad network of fitness centers and select YMCAs. To find a participating location near you, enter your ZIP code on the website. You can then search among fitness centers that take part in the Silver&Fit program. For more information check out <https://www.silverandfit.com/>.

76 Muni to Marin Headlands

The 76 Express Muni bus takes you to the Marin Headlands (some people take it as a scenic tour and don't even get off the bus). It's great for non-drivers to get out of town. The line operates weekends only from 9:30am-5pm, running from Sansome and Sutter across Golden Gate Bridge and arriving at the Fort Cronkite Parking Lot. For a map and full details, visit <https://www.sfmta.com/routes/76x-marin-headlands-express>. Senior fares (ages 65+) are \$1.25.

Muttville's Monthly Cuddle Clubs

Muttville Senior Dog Rescue hosts Cuddle Club the last Friday of every month, 2-3:30 PM at Muttville headquarters. Join us and give the dogs some love while they wait for their forever homes; RSVP to margot.lee@muttville.org.

Save The Dates!

Salesforce Garden and the New TransBay Terminal Walking Tour

Thursday, October 3, 1:00 – 3:00 PM

Meet at Salesforce Plaza (Mission and Fremont)

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

Salesforce 61-story tower is the new tallest building in San



Francisco! We will start our walking tour at the Salesforce Plaza at Mission and Fremont and see the intriguing lobby of the building. Then we take an elevator or gondola or escalator to the 4th level garden where the “awe factor” continues. We will do several blocks of walking to loop through the complete garden above the new transit center. There are signs to explain each of the thirteen unique and colorful gardens. 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. The tour continues with insights into the buildings and neighborhood around the tower and gardens. The 2 hour tour also visits other rooftop gardens and open spaces in the area and ends with a walk “over the water” to see another view of the skyline.

Food options: Food trucks are available to purchase food on the main level. Across Mission St., there are several casual restaurants or Rincon Center has a food court.



Lunch with Provocative People

Tuesdays, Oct 8 & 22, Nov 12 & 26, Dec 10, Jan 14, 11:30 AM – 1:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Who would you like to have lunch with? We provide the people – you bring your lunch! The focus of this group will be on learning about provocative people in our midst (in the USA & elsewhere). Written and video material will be used to discover the wisdom and character of each person. Bring your lunch to enjoy during the discussion period. A planning committee of members was created to organize and lead the sessions. The underlying notion is that each of us has something to teach – and learn from one another.

October 8: His Holiness the 14th Dalai Lama is the spiritual leader of the Tibetan people, and one of the world’s great spiritual leaders. He has lived in exile in Dharamsala, India since 1959 when Chinese forces invaded Tibet. A noted author and much sought-after public speaker, the Dalai Lama explores big ideas - personal enlightenment, the meaning of freedom, and the art of happiness. Presented by Bill Haskell

October 22: “The songs charged the air we breathed,” said Dr. Bernice Johnson Reagon referring to the power of the music in the Civil Rights Movement. Cultural historian, singer, song writer, teacher and activist, her music carries history, endurance, and resilience. Presented by Olive Shaughnessy

November 12: Greta Tintin Eleonora Ernman Thunberg is a Swedish activist who, at age 15, began protesting outside the Swedish parliament in August 2018 about the need for immediate action to combat climate change. She’s now 16 and will travel to New York in a boat to address the U.N. on the urgency of action. Presented by Linda Lewin

November 26: “Leave the door open for the unknown, the door into the dark. That’s where the most important things come from, where you yourself came from, and where you will go.” Rebecca Solnit is an incisive voice on topics ranging from feminism to the environment, western and indigenous history to literary criticism, and from hope and disaster to popular power and social change. Presented by Lynn Davis

December 10: "The most powerful woman in the world," so designated by Forbes Magazine for a record fourteenth time. Germany's Chancellor Angela Merkel has led her country for four consecutive terms, but says she will not run again. Learn the fascinating backstory of a remarkable woman who has been the de facto leader of the European Union for the last decade. Presented by Karen Crommie

January 14: Singer, Author, Activist, & Leader: Coretta Scott King was a beloved freedom fighter and one of the mothers of the Civil Rights Movement. Her mission in life was to advocate for equal rights, especially for African American equality. Presented by Judy Jacobs

Follow Me for an Afternoon of Tai Chi and Qigong

Thursdays, October 10 - December 12, 2:30 – 3:15 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Practice Tai Chi without worrying about memorizing forms and learn from an instructor who uses the stepwise method --- watch me, follow me, and let's do it together. These 9 sessions will include skills of Qigong discipline, the perfect blend of Tai Chi and Qigong. This program holds the endorsement of many leading organizations, including the CDC, Arthritis Foundation, Administration on Aging, and American College of Sports Medicine. For more information visit <https://taichiforhealthinstitute.org/>. Led by Erika Cruz - a Certified Instructor from Tai Chi for Health Institute.



Day of Service

Saturday, October 12th

Location: Your Home!

Due to popular demand, we will be having a second Day of Service with the SF Junior League on Saturday, October 12th. If you have a home project that would be good for a team of 2-3 volunteers to tackle in a few hours please let me know. Common tasks are

gardening, light cleaning or organizing. Contact Jill at 415-387-1375 x2 or jill@sfvillage.org.

Learning about Refugee and Asylum Integration Programs in the US with International Rescue Committee (IRC)

Monday, October 14, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

International Rescue Committee is a global humanitarian organization working in over 40 countries worldwide. In the US, IRC operates in 25 cities where the services center on refugee resettlement – helping newly arriving refugees make America their new home. Learn how refugees come to the US and how organizations like IRC assist them in integrating and becoming strong resilient contributing members of our community. The Executive Director of IRC, Northern California will share information on national and local trends, answer questions and offer ways that community members can become involved.





Seasonal Wellness

Wednesday, October 16, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Prepare for wellness in the fall and winter months, drawing from tools and frameworks of Yoga Therapy and Ayurveda for nutrition, activity, and daily routines. Learn about how elemental aspects of the natural world inform our intentions and how we care for ourselves. We'll focus on food choices and preparation, as well as things like when we go to sleep or rise... even what colors we wear! We'll talk about how we each connect with fall and/or winter, memories of those seasons and events (like the holidays, or hot days in San Francisco, or fall colors of childhood in other locations...). And of course, we'll spend a little time on practical preparations we can make to keep ourselves well as cold and flu season approaches.

Rachel Lanzerotti (MSW, C-IAYT) is a Certified Yoga Therapist and dedicated soup maker. Rachel has taught group wellness workshops for decades, and she also works one-on-one in a private practice focused on body-mind practices for aging well, walking, and pain recovery.

Volunteer Appreciation Party!

Wednesday, October 16, 5:00 – 7:00 PM

Ruth's Table Gallery and Community Space

Enter at Bethany Center, 580 Capp Street

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

San Francisco Village invites all of our volunteers and members to our annual fall 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! You're welcomed to check out the art in the brand new gallery at Ruth's Table until 5:30 PM then we'll move our celebration to the garden and community room at Bethany Center.



Día de los Muertos

Presentation: Monday, October 28, 2:00 – 3:30 PM

Ceremony: Friday, November 1, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Día de los Muertos is a traditional Meso-American holiday dedicated to the ancestors; it honors both death and the cycle of life. In Mexico, neighbors gather in local cemeteries to share food, music, and fun with their extended community, both living and departed. The celebration acknowledges that we still have a relationship with our ancestors and loved ones that have passed away. In Mexican culture, death is viewed as a natural part of the human cycle. Mexicans view it not as a day of sadness but as a day of celebration because their loved ones awake and celebrate with them.

The centerpiece of the celebration is an altar, or ofrenda, built in private homes and cemeteries, and meant to welcome spirits back to the realm of the living. As such, they're loaded with offerings—water to quench thirst after the long journey, food, family photos, and a candle for each dead relative. Altars pay a special tribute to those who have died and serve as a way to welcome and guide their spirits. Please join us to learn more about this tradition.

The San Francisco Village community will be building a community altar and hosting a ceremony on November 1 to celebrate and honor our departed loved ones. We invite you to bring a 4x6 photo of your loved one and one or two small mementos to place on the altar. We will provide candles to light at the ceremony.

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**.



Please note that the programs and events listed in this newsletter are offered to members of San Francisco Village. To learn more about registering for membership, please contact Jill Ellefsen (listed below).

San Francisco Village welcomes people of all cultures, faiths, genders, orientations, abilities, and ages. Should you have any questions, requests, or concerns, don't hesitate to contact us. 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