



San Francisco Village

Monthly Newsletter

October 2019

From Executive Director, Kate Hoepke:

Dear Members and Friends:

Last spring, I received an e-mail from a young colleague who had just completed the inaugural Encore Public Voices Fellowship: a partnership between Encore.org and the Op-Ed Project to accelerate the ideas of people working at the intersection of aging, longevity, intergenerational connection and social justice. She encouraged me to apply for the second-year cohort, beginning this fall.

I'm thrilled to say that I've been selected to participate! I will be paired with a mentor to learn how to develop thought leadership and public relations skills to advance the conversation about aging in America. It will require that I travel to New York City four times between September and May 2020, for a day or two each time, to connect face-to-face with others in the cohort. In between, I'll be researching and writing, in addition to my day job.

I believe the benefits to San Francisco Village and Village Movement CA will be extraordinary: raising our visibility, increasing interest in the Village Movement and helping it to scale. As you know, I feel passionately about the transformative power of community to shape our lives. I want people of all ages to know that they belong; that their life is impacting others and therefore they matter. I envision a Village Movement that includes millions of people. To achieve that, we'll need to be strategic storytellers.

I feel as though the stars have aligned and I'm deeply grateful for the opportunity to grow my influence on behalf of something I love. I'll keep you posted on my progress. Don't be surprised if I contact you looking for a story to help me illustrate a point. I know where to find my inspiration.

Kind regards,
Kate



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New Members in
September:

Larry Alperstein & Heather
Solway, 94114
Mangala De, 94121
Diane Dennis, 94115
Linda Gallanter, 94212
Leslie Gray, 94109
Carlin Holden, 94107
Blanche Kahn & Duilio
Bacci, 94115
Judy Kerr, 94109
Melanie Lawson, 94102

Did You Know?



Survey on Aging

During the past year, the San Francisco Department of Aging and Adult Services (DAAS) has been coordinating a multi-organization effort, including San Francisco Village, to address ageism in our city. They hired a communications firm to develop a public education campaign targeted at 30-50 year olds, assuming they are the least aware of their own implicit bias. The next step is to learn more from people over 60 about your attitudes towards aging. Please go to <https://www.surveymonkey.com/r/63QK3QH> and take 15 minutes to complete this online survey. Much appreciated!

Volunteer Appreciation Stories

Do you have a volunteer story from 2019 that you would like to share? Do you have a regular volunteer who has been helping you that you would like to have honored at the Volunteer Appreciation Party this month? Has a volunteer made a difference in your life this year, whether big or small? Or, from a volunteer standpoint, what has your volunteer experience been like this year? Please step forward and share via email or phone: jill@sfvillage.org or 415-387-1375 x 2.

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

Monday, Oct. 28, 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.



October Events



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'll start our walking tour at the Salesforce Plaza at Mission & Fremont and see the intriguing lobby of the building. Then we'll 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 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 on the main level. Across Mission St., there are several casual restaurants or Rincon Center has a food court.

SF Opera: Giacomo Puccini's Manon Lescaut

Lecture: Tuesday, October 8, 2:00 -- 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

Dress Rehearsal: Tuesday, November 5, 1:00 -- 4:30 PM

War Memorial Opera House, 301 Van Ness Ave (at Grove)

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



The early opera that skyrocketed Puccini to success, Manon Lescaut brings Italian passion to the tale of a young woman's conflicted search for satisfaction. Too easily seduced by luxury, Manon leaves her true love for a wealthy older man only to realize her childish mistake ...but it may be too late. Sung in Italian with English supertitles. Please join us for a lecture at SFV to learn about the production, music and story from opera expert Marcia Green on 10/8 and then at the War Memorial Opera House for the final dress rehearsal on 11/5.



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 the USA & elsewhere. Written and video material will be used to discover the wisdom and character of each person. Bring your lunch to enjoy! 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 India since 1959 when Chinese forces invaded Tibet. A noted author and much sought-after 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 traveled to New York by 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 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 and 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

LGBTQ Film Festival

**Wednesdays, October 9 & 30, November 6 & 20, December 4,
1:00 – 3:00 PM**

SFV, 3220 Fulton St. at 8th Ave.

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

The popular LGBTQ film festival continues! Join us for one, join us for all. Films curated by SFV member and humorist, Ralph Beren.



October 9: *Weekend* (2011) is a British romantic drama directed by Andrew Haigh and starring Tom Cullen and Chris New as two men who meet and begin a sexual relationship the weekend before one of them plans to leave the country. The film won much praise and critical acclaim after premiering at the SXSW festival in the US, and was a success at the box office in the UK and the US, where it received a limited release.

October 30: *Blue is the Warmest Color* (2013) is a French romance co-written, co-produced, and directed by Abdellatif Kechiche, and starring Léa Seydoux and Adèle Exarchopoulos. The film follows Adèle (Exarchopoulos), a French teenager who discovers desire and freedom when an aspiring painter (Seydoux) enters her life. The film charts their relationship from Adele's high school years to her early adult life and career as a school teacher.

November 6: *Before Night Falls* (2000) is an American biographical romantic drama directed by Julian Schnabel. The film is based on both the autobiography of the same name by Reinaldo Arenas, as well as Jana Boková's 1990 documentary *Havana*. It spans the whole of Arenas' life, from his rural childhood and his early embrace of the Revolution to the persecution he would later experience as a writer and homosexual in Castro's Cuba; from his departure from Cuba in the Mariel Harbor exodus of 1980 to his exile and death in the United States.

November 20: *God's Own Country* (2017) is a British drama written and directed by Francis Lee. The film stars Josh O'Connor and Alec Secăreanu. The plot follows a young sheep farmer

in Yorkshire whose life is transformed by a Romanian migrant worker. The film was the only UK-based production to feature in the world drama category at the 2017 Sundance Film Festival, where it won the world cinema directing award.

December 4: TBA



Our Cherished Animal Companions

Thursday, October 10, 12:30 – 2:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

The bond we share with our pets is incredibly strong. We love and care for them and in turn they love, depend, and show compassion for us. It is important to plan for what is inevitable, when our pet loses us or when we grieve the loss of a pet. Jessica Sananes, Planned Giving Officer at the San Francisco SPCA, will talk about losing what is sometimes the most important relationship in our lives. Jessica will also be talking about the SF SPCA's Sido program, which helps to make a plan for cats and dogs who outlive their guardians.

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 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, 11am-2pm

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 us 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, and 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. 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 welcome 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.



San Francisco Affordable Housing Workshop with Openhouse

Monday, October 21, 11:00 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Openhouse's affordable rental housing workshop provides information for older adults seeking housing resources. The workshops cover the basics of affordable & low-income housing, including senior housing, the application, lottery, and waitlist processes, and tips and tricks for your housing search. The workshop

is geared towards LGBTQ seniors and adults with disabilities, but all are welcome and may find the workshop informative.

What's on the San Francisco Ballot this November?

Tuesday, October 22, 2:30 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

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



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

Reimagine End of Life Series

Reimagine End of Life is a community-driven exploration of death and celebration of life through creativity and conversation. Drawing on the arts, spirituality, healthcare, and design, Reimagine is a weeklong series of events that breaks down taboos and brings diverse communities together. Events around San Francisco are taking place October 24-November 3, including the following five events at San Francisco Village. The full event calendar is available online at <https://letsreimagine.org/sf/schedule>.



Palliative Care 101

Wednesday, October 23, 2:30 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Most of us, when we are sick, experience our illness at multiple levels—physically, emotionally, relationally and spiritually.

Palliative care supports people with serious illness and their loved ones to support them as they journey through their illness. In this talk, we will discuss the origins of palliative care, what palliative care is and what it does, and how you can get palliative care when you need it. Judith Redwing Keyssar has traversed an amazing 28+ year journey during the infancy and evolution of Palliative Care. As an RN with experience in Oncology, Critical Care, Hospice, Palliative Care, she is an author, poet, teacher, national presenter and frequent contributor to the public debate about Palliative Care. Redwing is currently the Director of Patient and Caregiver Education at the MERI Center for Education in Palliative Care at UCSF/Mt. Zion.

Advanced Planning Workshop: Wills, Trusts, and Estate Planning

Thursday, October 24, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

If you think your plan is complete or need to finally start your estate planning, Deb L. Kinney, partner at Johnston, Kinney &



Zulaica LLP www.jkzllp.com, the largest boutique estate planning firm in SF, gives an interactive and informative seminar on the nuts and bolts of estate planning along with her insights on practical and family harmony considerations. Whether you're single, partnered, or married, Deb addresses the various documents everyone should have like health care directives, HIPAA releases, and powers of attorney. She also demystifies the differences between trusts and wills. Bring your questions and enjoy learning how to protect yourself and your loved ones.



What is a Death Doula?

Friday, October 25, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

End of life doulas fill gaps of care for elderly and dying patients. They are non-medical professionals who are trained in various end-of-life stages; s/he may serve as patient and family advocate and strives to honor patients' final wishes. We will discuss why end-of-life doulas are needed, what services they offer, and how to find one to hire. Since 2003, Elizabeth Wong has been a registered nurse. After turning her attention toward her aging mother, she discovered she didn't know how to effectively engage or talk about aging and end-of-life issues with her. Elizabeth discovered the role of end-of-life doulas through International Doulagivers Institute, whose mission is to empower people to be knowledgeable and compassionate caregivers. Elizabeth partners with Doulagivers to share this training by offering free community doula training in the San Francisco Bay Area, volunteers for Hospice by the Bay and would love to mentor anyone who is interested in this work.

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



For many years, SFV member Joan Miro has been going to Oaxaca during Dia de los Muertos, the Day of the Dead celebrations. She became fascinated with this amazing and moving celebration of remembering loved ones. In her experience of Anglo culture, death was a terrible thing with no ritual that made any sense to remember those loved ones we had lost. She decided to make an altar in her home. As she thought about what her loved ones would like to eat and drink and gathered pictures and pieces of their lives, she felt very close to them. It became a loving experience and a positive way to honor and remember them. Every year since she has put up an altar in her home, which has become more crowded over the years with new additions, memories, and emotions. Joan has also created personal altars for SOMarts Gallery, The Oakland Museum and other public places.

Please join us on October 28th to learn more about the altars and traditions of Día de los Muertos. In addition to this presentation, Joan will be creating a public altar for the San Francisco Village Community and invites all to a celebration honoring our loved ones on November 1. We encourage you to bring a 4x6 photo of your loved one and a small memento to place on the altar and will be providing candles for you to light in their memory. Joan is available to answer any questions--
joanmiro@mindspring.com.



Grief and Loss

Tuesday, October 29, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

The experience of loss and grief is highly individual and intensely personal, reflecting a unique interaction of person, loss event, and the multiple contexts in which that loss and

grief occur. For some people, the death of an ill loved one has not occurred yet, and we grieve within the anticipation of this approaching death. Anticipation of a death can trigger a great deal of anxiety in those who love them. Some older adults may experience isolation because so many of their friends/family have died, leaving them no one with whom to reminisce. Feelings of loneliness, depression, fear, anguish, sorrow, and disorientation may persist for long periods of time. People with complicated grief need us. Therefore, all of us need to know how to recognize the symptoms of grief and provide help. Dr. Patrick Arbore, who will be leading this discussion, is the Founder and Director of the Center for Elderly Suicide Prevention and Grief Related Services at Institute on Aging.

Recurring Events

Longevity Explorers Circle

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

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

Tuesday, Nov 5, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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



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”.



Aging Well with Meditation

Wednesdays, October 2, 9, 16, 23, & 30, 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

Mondays, October 7, 14, 21, 28, 9:30 -- 10:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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



Add a little more conversation in Spanish to your life! This group, led by members, is aimed at intermediate speakers and those who speak fluently; there will be no formal instruction. Not sure if your Spanish is up for it? Check it out! ¡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, Oct. 10, 4PM

150 Lombard St., Telegraph Landing Club Room

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

Next month we will read *27 Wagons Full Of Cotton* by Tennessee Williams. This can be found in *24 Favorite One Act Plays* edited by Bennett Cerf and Van H. Cartmell. Newcomers welcome.

Solo Agers' Circle

Friday, Oct. 11, 10:30AM – 12PM

SFV, 3220 Fulton St. at 8th Ave.

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



After spending the past several months on the question of "Where" - aka housing, the Solo-Ager series will shift focus and will hold an activity event. We will spend our time creating an "Atlas of Caregiving," which will help define the "Big Who" of being a solo-ager: "WHO is going to be there if I need help or support?" Think ahead about the people in your life and come prepared to have some fun and learn more about each other.



Knitting Circle and Crafting Hangout

1st and 3rd Monday every month, Oct. 7 and 21, 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.

Sing-A-Long

Tuesday, October 15, 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, Oct. 25, 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.

Book Group

Monday, October 28, 4pm

RSVP to Brooke Anderson at (415) 672-2437

Call for time and location

Book title and venue are tbd at the moment. If you are interested in joining the group, please contact Brooke Anderson at the number above.



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

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.

94123/94115

In October, the 94123 and 94115 members will meet twice: once for potluck supper and once for potluck dessert. The potluck supper will be at Jean Halvorsen's on October 7th from 6:30 to 8 PM, and the potluck dessert will be at Eva Auchincloss' on October 17th from 7 to 8:30 PM. People are asked to sign up for only one of these events. All RSVPs should be sent to Eva Auchincloss at eva3auch@gmail.com.

94117

The 94117 Neighborhood Circle (Haight-Ashbury) will next meet on Friday, October 11th, from 2 to 4 pm. For this get-together, we have decided to leave the agenda open. We find topics arise during our monthly conversations. 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 get-together will be at the home of Jay and Marcia Lenard. 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.

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 local coffee houses. We'll first meet at Olive's house on Wednesday, October 16th from 2:30-4PM. She lives at the end of the N Judah line, and her home has no stairs. RSVP to Olive at olivestories@gmail.com or 415-566-1149. All future meetups will be the third Wednesday of the month.

LGBTQ Circle

Friday, October 18th from 1 - 2:30pm. We will now be meeting every 3rd Friday of the month from 1-2:30 PM at 3220 Fulton St @ 8th Ave. This month Bill Haskell will be leading a discussion on the book *Out of the Shadows: Reimagining Gay Men's Lives*, by Walt Odets. Refreshments will be served. Please RSVP to jill@sfvillage.org or 415-387-1375 x2. Everyone is welcome!

94131

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

94109/94133

Continuing with our theme of visiting and learning about the communities in San Francisco, our group will be exploring the Italian community of North Beach on Monday, October 28th. We will meet at Italian Community Services, at 678 Green Street at 1PM. We'll tour the facility, have a presentation on the history and experiences of Italians in San Francisco, and enjoy some historic photos of Italians in North Beach. After the presentation and tour, we will walk to El Greco coffee house nearby to enjoy coffee and a chance to visit with our group. RSVP to Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu.

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.

West of Twin Peaks Circle

October 1 – Taco Tuesday at Park Chalet

Join us for tacos, nachos, or the favorite burger-and-a-beer at the Park Chalet. Drinks include margaritas, cocktails, wine, beer, and specialty lemonades. 3-5pm. 1000 Great Hwy. RSVP to Phyllis Scaduto at pscadut@hotmail.com or 415-731-1569.

October 16 - Ferry Boat Ride to Jack London Square, Oakland. Lunch at the Fat Lady Restaurant, 3-minute walk from dock, 201 Washington Street, Oakland. Depart from the SF Ferry Building at 11:05am, return 1:55 or 2:40pm. \$5.40 each way, use Clipper Card. RSVP with Roberta Gordon at 415-823-7819 or e-mail robertatnt@comcast.net

October 23 - Tour of Photography Museum. *Looking Back: Ten Years of Pier 24 Photography.* Pier 24, time TBD. Lunch will be at Perry Restaurant, 155 Steuart St. on the Embarcadero. To Reserve, call or text Roberta at 425-823-7819 or e-mail robertatnt@comcast.net. Deadline: Tuesday, October 1st. **Note:** Reservations are required in advance!

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, staff, 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 by emailing Sara Roliz at sroliz@sfvillage.org.

Born in Beijing, China, SFV member **Sarah Guo** grew up in Mudanjiang in the far northeast. These were difficult times in post-revolution China. At age 15, Sarah was made a full-time middle-school teacher, requiring her to continue her own studies in the evening. Later after completing her university degrees, she was given the position of instructor of European literature at CCTV University (Beijing) where for 10 years she lectured to national television and radio audiences. Sarah also authored six books published in China.



In 1992 Sarah came to the US to study education technology, and upon graduation was hired by the DC government as a rehabilitation counselor. During her 11-year tenure Sarah regularly received exceptional service awards from her department and the Mayor. She was honored by a White House invitation during the visit of Chinese President Jiang Zemin. With her husband Want Xiaopin, she further launched the first simple Chinese newspaper (Chinese Journal) in MD, VA, and DC. Residing in San Francisco since 2015, Sarah has volunteered in the community and recently finished training to be a docent at the Chinese Historical Society of America. Sarah came to the Village in 2016 following the death of her husband of thirty-five years.



SFV member, **Miles Anderson**, and his wife, Erica returned to the Bay Area in 2009 after many years living and working in Southern California. They were retired professional musicians, Erica a violinist, and Miles a trombonist. They met in the early 1970s when both were members of the San Francisco Symphony Orchestra. The Andersons became members of the Village in 2013 to take advantage of the writing programs, neighborhood play reading, and the overall community building that the Village embodies. After years of coping with Parkinson's Disease, Erica died in October of 2016.

Miles continues to attend the very lively play reading circle and is a member of the Village meditation group. He also continues the practice of qigong that began with a six-week class at the Village about sixteen months ago. In addition to volunteering for Village members, Miles is a regular supporter of the

Center for New Music located on the edge of the Tenderloin, and particularly enjoys the study and performance practices of electronic music. To learn more about Miles' and Erica's music making, visit www.trom-bown.com.

Welcome **Amy Bergstein**, Interim Program Coordinator! Sarah Kent heads out on maternity leave October 18th and will return at the beginning of March. Please help us in extending a warm welcome to Amy. She looks forward to meeting you at programs, hearing your ideas, and making sure the calendar is reflective of our active, engaged, compassionate community. You can reach her at amy@sfvillage.org and 415-387-1375 ext 3.

Amy has a background in art education and public programming. She is passionate about lifelong learning and community building, and finds deep fulfillment in hosting exploratory, process-oriented art workshops. She finds joy in traveling, dancing, exploring cities by bicycle, street photography, beach days, forest adventures, fiber arts (she is currently learning how to weave!), and pursuing her yoga teacher training.



Member to Member

Come to Folio Books, 3957 24th St. in Noe Valley, on Monday, October 7th at 6:30pm to hear SFV member, **Jeanne Powell**, who will be a featured presenter. Jeanne's poems have appeared in several print and online journals, including Essence Magazine, Haight Ashbury Literary Journal, and the tenth anniversary issue of Drumvoices Revue from SIU-E.

Around Town

Hidden Discounts

While many San Francisco establishments provide senior rates, they may not always market that option widely. Here's a brief list of places offering varying discounts off your final total: **Rite Aid**, **Clipper Card** (accepted on all SF Muni vehicles, BART, AC Transit, Caltrain, SamTrans, VTA, and Golden Gate Transit and Ferry), **Cinemark/Century Theaters**, **Rainbow Grocery**, **Museum of the African Diaspora**, **The Exploratorium**, **The Beat Museum**, **The Legion of Honor**, and many more! Don't forget to ask wherever you go – restaurants, excursion sites, and stores across town.

Therapeutic Swim

In the southwest corner of the city sits the Pomeroy Recreation and Rehabilitation Center. There is a warm water therapy pool where you can register for senior classes and open-swim options. Also, for those of us providing caregiving to a loved one, the Saturday Respite program is available to you as well. The program provides a wide range of recreation activities while giving caretakers and those they support time to rejuvenate and rest. For more information, go to www.prrcsf.org or call 415-665-4241.

Save The Dates!

The Oral Tradition: A Harmony of Past, Present and Future through Storytelling

Mondays, November 11 -- December 16, 11:00 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Author Talk: *Elderhood* by Louise Aronson

November 13, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Cannabis Therapeutics: Advising Patients on Safe and Effective Use

Friday, November 22, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

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

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