



From Executive Director, Kate Hoepke:

Dear Members and Friends:

As I mentioned last month, I've been thinking a lot about young people lately and their perspectives on the world we're leaving them. Social change is occurring at an exponential rate; the planet could become uninhabitable in their lifetime; economic inequality threatens their ability to succeed; and U.S. democracy is under siege. Alarm bells are going off every day.

I fear that we may be running out of time to change course. But fear will not seed change at this scale. That will emerge out of hope and a just vision for the future guided by generations younger than my own. They have more at stake.

Real change will require humility from those of us who have achieved a certain measure of power and position, and our willingness to leverage that power to advance an agenda equal to the threats we face. Older generations need to step up and step back at the same time.

In the coming months we will be introducing you to some young people with a perspective unlike our own and brave ideas for the future. We've invited two teenage women from the SF Youth Commission to join us at the State of the Village meeting on February 27th to discuss a proposition to lower the voting age in San Francisco to 16. You can read more about it at <http://vote16usa.org/project/san-francisco/>.

Younger generations are redefining gender and sexuality in the 21st century. On February 18th you're invited to a conversation with several young people from the LGBTQ Center to learn about the spectrum of gender identities that has emerged in the past decade: transgender, gender neutral, non-binary, cisgender, gender fluid, and more. Come with an open mind and leave with an open heart!

To celebrate Valentine's Day, I hope you will join us on February 12th for some intergenerational storytelling on the topic of dating, hosted by My Life My Stories at the Red Vic in the Haight. According to the organizer,



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Brittany, there are waiting lists of young people who want to spend time with older people in this delightful exploration of personal experience. Come and be surprised! Be sure to RSVP.

My hope is that we will discover the places where our lives overlap and identify ways to work together to repair the social order before it's too late.

Warm regards,
Kate

Did You Know?



Chinese New Year - Year of the Rat

Gung Hay Fat Choy! 2020 is the Year of the Rat. Rats are clever, quick thinkers; successful, but content with living a quiet and peaceful life. The official Chinese New Year Celebration in San Francisco is Saturday, February 8th. Join the parade that starts at 5pm at 2nd and Market and winds through Chinatown.

Office Closure

SFV will be closed on Monday, **February 17th** for President's Day.

State of the Village

The State of the Village meeting is our version of an Annual Shareholders Meeting. It's a great opportunity to feel connected to San Francisco Village, meet the staff, and get better acquainted with one another. We'll discuss our 2020 goals and hear from some remarkable young activists advocating for a lower voting age in San Francisco. There will be time to socialize and visit information tables staffed by community and resource organizations. See you there! Thursday, **February 27th**, 1:30-3:30 @ the Institute on Aging. More details on page 7.

Volunteer Opportunities

Have you been wanting to volunteer but haven't gotten around to it? Get on board as an active volunteer in 2020 and give the gift of your time! 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

Tuesday, February 25th, 1-2pm
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.

February Events



Workshop for Caregivers

Saturday, February 1, 2:00-3:30 p.m.

SFV, 3220 Fulton St. at 8th Ave.

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

Are you providing care for someone you love? If so, you're one of nearly 40 million Americans who comprise an informal network of family caregivers across the country. Many of us find ourselves in this role unexpectedly and are ill-prepared to manage the demands, stress, and changes to family dynamics. We need resources, connections and new skills to cope with a new landscape.

Join us for an afternoon of improvisation, theater games, and role-playing exercises to help us develop the confidence and skills we need to care for ourselves while we care for others. Kari Rogenski, LMFT, a registered drama therapist who specializes in elder care and expressive arts, will facilitate a collaborative process based on the needs of those in attendance. Friends, family and neighbors welcome!

The SF Village Players – Theatre Group (NEW!)

Thursday, February 6, 12:30 – 2:30pm

Continuing on 3/12 & 3/26 (bi-monthly thereafter)

SFV, 3220 Fulton St. at 8th Ave.

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



Join THE SF VILLAGE PLAYERS! Come workshop live performance concepts and ignite your inspiration. Through the process of play making, we will manifest fellowship around ideas and questions, cross genres and delve into a variety of theatrical forms. Come nurture your curiosity. This is a brave space primed for creative risk taking. Actors, writers, dancers, poets, dreamers...all are welcome! Taught by local theatre maker Evan Johnson.

The SF Village Players group will debut on February 6th; bi-monthly sessions will continue in March on the second and fourth Thursdays.



Dance Generators – Movement Series

Saturdays, February 8, 29, 11:00am – 12:30pm

(Continuing on 3/28, 4/11 & 4/25)

Koret Health & Recreation Center, 2130 Fulton Street Entrance

at the corner of Parker & Turk Blvd

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

RSVP Required for USF building security

Join the University of San Francisco's Intergenerational dance company, *Dance Generators*, for movement workshops that will go back and forth between creative movement and reflective dialogue. Connect with University students, professional dance artists, and other older adults from the

community! Wear clothing that is comfortable to move in and any kind of supportive footwear you prefer.

Documentary Fest: Phenomenal Women

This series started in January and concludes this month.

Fridays, February 7 & 28, 1:00 – 3:00pm

SFV, 3220 Fulton St. at 8th Ave.

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

Note: Date changed from February 21st



February 7: *Knock Down the House* (2018)

This contemporary film focuses on Rep. Alexandria Ocasio-Cortez, D-NY, Amy Vilela of Nevada, Cori Bush of Missouri, and Jean Swearingin of West Virginia. "Without political experience or corporate money, they build a movement of insurgent candidates challenging powerful incumbents in Congress," the film's website reads. "Their efforts result in a legendary upset."

February 28: *And Still, I Rise* (2017)

The story of iconic writer, poet, actress and activist Dr. Maya Angelou, winner of the Presidential Medal of Freedom as well as numerous other award and honors, whose life intersected some of the most significant moments in the recent history of the United States. "Out of the huts of history's shame / I rise / Up from a past that's rooted in pain / I rise / I'm a black ocean, leaping and wide, / Welling and swelling I bear in the tide. / Leaving behind nights of terror and fear / I rise / Into a daybreak that's wondrously clear. / I rise."



Golden Gate Park Walking Tour: Stow Lake and Strawberry Hill

Tuesday, February 11, 10:30am – 12:00 pm

SFV, 3220 Fulton St. at 8th Ave.

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

SFV member Karen Rhodes will lead us on a stroll through one of the most beautiful areas in Golden Gate Park. We will gather near the entrance of the Japanese Tea Garden (near the 44 muni bus stop). Bathrooms are available at the boathouse. Participants should wear comfortable layers and shoes. All ages and abilities welcome.

Dating & Relationships: My Life, My Stories Presents

Intergenerational Conversations

Wednesday, February 12, 6:00 – 7:30pm

The Red Victorian

1665 Haight Street, San Francisco, CA 94117

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



Please join us for an evening of conversations and stories! The theme is "relationships and dating through the years." We are inviting younger and older folks to share their own experiences and thoughts. My Life, My Stories is a local non-profit dedicated to building a more connected community that is inclusive of all ages.



Diabetes and South Asian Americans, with Dr. Alka Kanaya

Thursday, February 13, 1:00 – 2:30pm

SFV, 3220 Fulton St. at 8th Ave.

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

Asian Americans represent 6% of the U.S. population, but come from 20 different countries with very diverse cultural, lifestyle, and biological backgrounds.

Diabetes rates are very high among South Asians and Filipinos, and we will discuss some reasons why this may be so. We will focus on how to prevent type 2 diabetes and how to prevent complications of diabetes.

Dr. Alka Kanaya is a Professor of Medicine at the University of California San Francisco. For the past 25 years, she has done research on type 2 diabetes and cardiovascular disease preventions. Her team has created a South Asian cohort of over 1,100 people who have been followed for about 10 years to discover why there is so much diabetes and cardiovascular disease in this community.

Re-energizing Joy

Friday, February 14, 2:00 – 3:30 pm

SFV, 3220 Fulton St. at 8th Ave.

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

Bring a photo that reminds you of a point in time when you were feeling vibrant, radiant, and joyful. Come celebrate yourself and have fun on Valentine's Day with us! SFV member, Judy Jacobs, will lead this forum.



Generations Talk About Gender Identity, Gender Expression & Sexual Orientation

Tuesday, February 18, 2:00 – 3:30 pm

SFV, 3220 Fulton St. at 8th Ave.

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

Members of the SF LGBT Youth Services Department facilitate this intergenerational conversation with members of SFV to help increase awareness

about Sexual Orientation, Gender Identity, and Gender Expression (SOGIE), followed by a panel featuring a host family with direct experience in navigating a relationship with SOGIE implications. You're encouraged to come learn about sexual orientation, gender identity, and gender expression, along with how you can support LGBTQ+ young people who are marginally housed by becoming hosts or finding other ways to lend support to this vulnerable community.

The White Devil's Daughters: The Women Who Fought Slavery in San Francisco's Chinatown

Wednesday, February 19, 1:30 – 3:30pm

SFV, 3220 Fulton St. at 8th Ave.

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

In 1874, a house on the edge of San Francisco's Chinatown served as a gateway to freedom for thousands of enslaved and vulnerable young Chinese women and girls. Author and historian Julia Flynn Siler will discuss her third book, *The White Devil's Daughters: The Women Who Fought Against Slavery in San Francisco's Chinatown*. With compassion and an investigative historian's sharp eyes, Siler tells the story of the abolitionists, who challenged the corrosive, anti-



Chinese prejudices of the time, and the young women who dared to flee their fate. She relates how the women who ran the house defied contemporary convention, even occasionally broke the law, by physically rescuing children from the brothels where they worked, or snatching them off the ships smuggling them in, and helped bring the exploiters to justice.

Julia Flynn Siler is a New York Times best-selling author and journalist. Her most recent book, *The White Devil's Daughters: The Women Who Fought Slavery in San Francisco's Chinatown* (Knopf, May 2019), is a New York Times Editors' Choice. A veteran journalist, Siler is a longtime contributor and former staff writer for The Wall Street Journal and has been a guest commentator on the BBC, CNBC, and CNN. For more information, please visit www.juliaflynnsiler.com.



In Conversation: Janet Tom, "I Love My Librarian" National Winner and SFPL Community Reference Librarian

Thursday, February 20, 12:30 – 1:45pm

SFV, 3220 Fulton St. at 8th Ave.

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

Come join *I Love My Librarian* Award winner Janet Tom, in conversation with Rachel Lanzerotti, SF Village's former Aging Well Coordinator. San Francisco Librarian Janet Tom is one of this year's ten "I Love My Librarian" Award winners. These awards recognize the exceptional public service contributions of librarians from across the country who have transformed lives and communities through education and lifelong learning. Recipients were nominated by patrons for their profound impact on their lives.

Janet is honored for her innovative "Death and Dying" series, eight programs dealing with different aspects of the subject, ranging from "What Happens to My Body When I Die?" to "Last Wishes: Start the Conversation Now!" She also worked with the Alzheimer's Association on their Chinese Alzheimer's Forum, an annual day-long event, presented in Cantonese and English, bringing together medical specialists, social workers, and caregivers to give the most current information on the disease to patients and their loved ones. Please join us to hear about Janet's Death and Dying series, talk about how libraries have affected your lives, and what you'd like to see more of in books, media, programs and events at your local branch.

Spanish Film Showing: Todos lo Saben (2018)

Monday, February 24, 1:00 – 3:30pm

SFV, 3220 Fulton St. at 8th Ave.

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



We invite you to watch *Todos lo Saben / Everybody Knows (2018)*. Laura (Penelope Cruz), a Spanish woman living in Buenos Aires, returns to her hometown outside Madrid with her two children to attend her sister's wedding. However, the trip is upset by unexpected events that bring secrets into the open. This drama is directed by Asghar Farhadi, and stars Javier Bardem. The movie will be shown in Spanish with English subtitles. Discussion to follow after film.



Maintaining Mobility

Tuesday, February 25, 10:00 – 11:30am

(Continues Tuesdays through 3/31)

SFV, 3220 Fulton St. at 8th Ave.

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

We practice movements of everyday life such as walking steadily and confidently through a crowded room, reaching, getting up and down from a chair or other low surface, turning direction, taking stairs, and anything else that concerns you. We use techniques from many physical disciplines: physical therapy, Feldenkrais, martial arts. This makes the class a lot of fun.

Penny Sablove is a physical therapist who specializes in improving the mobility of seniors. She developed senior programs to improve balance, gait, agility, endurance and strength for over 20 years and has developed programs for Kaiser Permanente and Osher Livelong Learning Institute. She is also a 5th degree black belt in the Japanese martial art of Aikido and has also adapted the art for seniors and people with disabilities.

State of the Village

Thursday, February 27, 1:30 – 3:30pm

Auditorium, Institute on Aging, 3575 Geary Blvd.

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

Please arrive early to secure parking and locate the auditorium.



San Francisco
Village

The State of the Village meeting is our version of an Annual Shareholders Meeting. It's a great opportunity to feel connected to San Francisco Village, meet the staff, and get better acquainted with one another. We'll review member survey results, goals for the year ahead, and hear from some remarkable young activists advocating for a lower voting age in San Francisco. There will be time to socialize and visit information tables staffed by community and resource organizations. This year's Resource Fair includes these groups, and more: Home Care Assistance, Home Match SF, Home Instead, Openhouse Bob Ross LGBT Senior Center, San Francisco Public Library: The Bridge & TechLab, That's Women's Work Construction, JFCS Seniors at Home, Institute on Aging, The Hearing and Speech Center of Northern California.



Luncheon & Tour of the New

ACE (Acute Care for the Elderly) Unit at CPMC

Thursday, March 5, 12:00 – 2:00pm

1st Floor Conference Room, 3555 Cesar Chavez Street

RSVP by February 20th to (415) 387-1375 or info@sfvillage.org

California Pacific Medical Center (CPMC) has a new, specialized hospital care unit for older adults. Located in the Mission Bernal Campus, the Acute Care for the Elderly (ACE) Unit has interdisciplinary teams that create personalized care plans to help shorten patient stay and improve mobilization. Join us for lunch and a private tour of the unit led by Dr. Wendy Zachary, Medical Director of the ACE Unit, and Sara Cohen, ACE Unit Clinical Nurse Specialist. **Please be sure to RSVP!!**

Recurring Events



Makers and Handcrafters Group

Monday, February 3, 1:30 – 3 PM

SFV, 3220 Fulton St. at 8th Ave

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

Please note: our offices will be closed on Monday, February 17th for President's Day so we will not meet on this day. We invite handcrafters and makers of all kinds (knitters, crocheters, weavers, beaders, applique, needlepoint, etc) to join us every first and third Monday of the month to work on personal projects and share ideas and skills. For the next month or so, we will have a beading table set up with a beautiful selection of donated beads and all of the materials to make earrings, bracelets and necklaces.

Grupo de Conversación en Español

Mondays, February 3 & 10, 11:00am – 12:00 pm

SFV, 3220 Fulton St. at 8th Ave.

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

Please note new time: updated from previous meetings.



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!



Longevity Explorers Circle

Tuesday, February 4, 2:00 – 3:30 pm

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

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, February 5, 12, 19, 26, 11:00am – 12:00pm

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, IAYT-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.



Follow Me for an Afternoon of Tai Chi and Qigong

**Thursdays, February 6, 13, & 20 [no class 2/27], 2:30 – 3:15 pm
SFV, 3220 Fulton St. at 8th Ave.**

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

This series began in 2019; all levels welcome.

Note: No February 27th session due to state of the village event IOA

Practice Tai Chi to improve your balance, help with arthritis, and increase your energy. 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 Caroline Lew, a Certified Instructor from Tai Chi for Health Institute.

Sing-a-Long

Tuesday, February 18, 10:30am – 12:00pm

SFV, 3220 Fulton St. at 8th Ave.

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



If you would like to sing popular oldies and love songs you grew up with, please come to SFV and lend your voice to an informal sing-a-long group. Join member and piano player Larry Zabo, who has played at The Fairmont Hotel, San Francisco Yacht Club, and many private parties over the last 40 years. Before retiring, Larry had a checkered career in mental health, politics, and philanthropy; however, music has always been the thing that sustains and gives him joy in his life. Share with us songs that evoke emotion in you (both happy and sad). You might even discover new tunes to move you and groove you!

Note change from usual afternoon time to accommodate special event: Generations Talk About Gender Identity.



Solo Agers

Atlas of Caregiving Part 2

Friday, February 14, 10:30am – 12pm

SFV, 3220 Fulton St. at 8th Ave.

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

Here we are entering 2020. During the last few months of 2019, the Solo-Ager circle looked into the challenge of one of the biggest questions we face: "Who is going to be there if I need help or support?" Last October we worked with the *Atlas of Caregiving*, a tool that helps identify social acquaintances, neighbors, friends, relatives and family members who, given various circumstances, could be there for us. We also used the *Go Wish* cards and activities to help us communicate with the people we identified in the *Atlas*. In February, by popular demand, we will bring the two activities together and plan next steps.

Let's Play Games

Wednesday February 26, 1:30 pm – 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!



Paper Collage Making

Friday, February 28, 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.

Book Group

Monday, February 24, 4pm
RSVP to Brooke Anderson at (415) 672-2437
Call for time and location



Venue and book to be determined. Contact Brooke Anderson for information.

Neighborhood Circles



Check out our listing of all circles and contact Jill Ellefsen if you'd like to join, jill@sfvillage.org. Please feel free to extend an invitation to a friend to "dip their toe" into the Village by participating in a neighborhood circle or SFV event. If he/she is further interested in membership, please contact Jill.

Bernal, Potrero, Mission, Bayview, 94110, 94107, 94134

Castro, Noe Valley, 94114

Cole Valley, Haight, 94117

Financial Dist., Embarcadero, 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

94123

The 94123 Circle is opening another of its planned visits to anyone interested in visiting the Museum of African Diaspora (MOAD, senior admission is \$5 for non-members) on Thursday, February 13th at 11:30am. We will meet there to visit the current photographic exhibit, "Black is Beautiful", and afterward enjoy lunch together at a nearby local restaurant. **MOAD is located at 685 Mission St.** Anyone interested in joining us, if they have not already done so, should contact Eva Auchincloss at eva3auch@gmail.com or call 415-563-7519. If you're driving, you can park at the public Mission St. garage at the 4th St., if you don't mind a short walk past 3rd. St.

94117

The 94117 Neighborhood Circle (Haight-Ashbury / Cole Valley) will meet on Friday, February 14th, from 2-4 pm. For this get-together, we have decided to leave the agenda open. We find topics arise during each of 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 Lyn Beigel. For location details, 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

Our circle will meet at a member's home on Wednesday, February 26th from 3-5 PM. We will be sharing some of our insights from January's trip to Japantown, as well as thinking about how people deal with enforced separation from the rest of society, such as the Japanese experienced during WWII. RSVP to Bobbie Rothman at rrothman2174@gmail.com or to Juliet Rothman at rothman@berkeley.edu.

94118

We've been enjoying our casual, spontaneous, interesting conversations and getting to know each other. Join us on Thursday, February 13th, 2-3:30 at Cup & Cake Café (Geary and Jordan). You'll like it!

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.

Sunset Circle

Our next meeting will be on Wednesday, February 19th, from 2:30-4pm. We will be discussing hopes and concerns for the new year. January's emergency preparedness meeting has been postponed until March. Please RSVP to Olive at 415-566-1149 or to olvestories@gmail.com. It will be a real help to know how many will gather for this special meeting for setting up the room.

LGBTQ Circle

Please join us on February 21st from 1-2:30pm. Always the third Friday of every month at SFV. This month we are asking everyone to bring in a photo or two from your past with a story behind it to share with the group. Please RSVP to jill@sfvillage.org or 415-387-1375 x2.

94131 Circle

Saturday, February 22 from 2:00 - 3:30 pm at St. Aidan's Church, 101 Gold Mine Dr. Parking available. As our membership grows in the 94131 zip code, we are calling all members, prospective members, and volunteers to join us at this meeting where we will talk about the future leadership and planning for this circle. Help spread the word about San Francisco Village in the Glen Park and Diamond Heights neighborhood and invite your neighbors and friends. For more information call 415-387-1375 x2 or email jill@sfvillage.org.

94102/94103

Join us on Wednesday, February 19th, from 3-5pm at Max's Opera Plaza Cafe, 601 Van Ness Avenue for a beverage/snack to chat about films you have recently seen and recommendations for future discussions. At the conclusion of each meeting, we will select 2 movies to discuss at our next get-together. Everybody welcome. RSVP to Persis at painey@comcast.net or call 415-776-5036.

Bernal Circle

We will be meeting in February at David and Susan's house, 7:00pm, date to be determined. Please contact Joan Miro for location and info at 415-285-6919 or joanmiro@mindspring.com.

West of Twin Peaks Circle

Two events this month: First, please come Monday, February 10th, 2:00 – 4:00pm. A Valentine's Day Project: Make hearts for cancer patients who are undergoing chemotherapy at Kaiser. At the home of LeeAnn deSalles. Connie Levy will provide fabric and other supplies. Please bring your own scissors and thimbles. Bring snacks to share, beverages provided. RSVP to LeeAnn deSalles, 415-404-2090 or leeanndesalles@comcast.net.

Next, join us on Thursday, Feb. 20th, 2:00 – 4:00pm, March Primary Ballot discussion at the home of Elaine Mannon. Bring your voters handbook and recommendations as we talk about the issues. Bring snacks to share, beverages provided. RSVP to Elaine Mannon, 415-469-9832 or elaine@mannon.com.

Member to Member

Circles 94123, 94109, 94115 and others will tour *Black Is Beautiful: The Photography of Kwame Brathwaite*, the first-ever major exhibition dedicated to this key figure of the second Harlem Renaissance, featuring over forty photographs of black women and men with natural hair and clothes that reclaimed their African roots. Inspired by the writings of activist and black nationalist Marcus Garvey, Brathwaite (b. 1938) combined his political vision with the medium of photography to effect social change. Museum of the African Diaspora MOAD, 685 Mission St. at 11:30 in Feb. 13th. Followed by lunch at nearby restaurant.

Around Town

West African Drumming

FREE! Hosted by the Bernal Heights Library Branch, come Saturday, February 29th at 2pm! 500 Cortland Ave. Learn from local musician Keenan Webster about the interconnectedness through music by listening to the beautiful West African harp (kora) and other instruments of African origin.

Theatre Games & Improvisation for Seniors

Eureka Valley Rec Center Tuesdays, 10:30am – Noon. Join each Tuesday to use your imagination to create new worlds and relationships. Theatre Improv provides people of any level of experience the opportunity to engage themselves fully in the present moment. You will exercise your capacity for deep listening, quick thinking, acting & reacting. No theatre experience necessary.

Cosmic Elders Theatre Ensemble

Mission Arts Center Wednesdays, 10:30 – 11:30 am. The Cosmic Elders Theatre Ensemble is open to anyone 55 and older who is looking to join a troupe of committed, fun-loving thespians. This group will meet weekly to workshop performance ideas, culminating in a theatrical showcase. Writers, dancers, singers, actors, comedians. All are encouraged to join!

Portions of Market St. Permanently Car-Free

Market Street eastbound from 10th Street to Main Street and westbound from Steuart Street to Van Ness Avenue are now car-free, as of January 29th. Private vehicles will be restricted (including ride-hail companies like Uber and Lyft), although vehicles with commercial plates, taxis, emergency vehicles, and paratransit will still be able to use Market Street. All traffic may still cross Market Street at intersections. In addition, Muni-only lanes will be extended, and new loading zones as well as intersection safety improvements (including new painted safety zones at eight intersections) will be added in the next few weeks.

New Hotline for Caregivers

Helping care for a family member or loved one can be hard work. People don't often talk about the emotional toll it can take on the actual caregiver. Now the Caregiver Action Network is trying to provide help by launching a hotline specifically for caregivers. The hotline can also help with finding support groups in your area, as well as income assistance if you've had to leave work. You can reach the Caregiver Help Desk by calling 1-855-227-3640; you can also chat with them on caregiveraction.org or email them on that same site.

Community Health Resource Center (CHRC)

The CHRC is a non-profit organization that provides a range of beneficial health education programs including nutritional guidance, social work counseling, educational lectures, and more. They have ongoing support groups such as the Cancer Buddy Program, Stroke Survivor, and Coping with Cancer. For more info about the groups, call the CHRC at 415-923-3155 or ask SFV staff for a flyer.

Tech Device Help at the Main Library

The San Francisco Public Library Main Branch hosts weekly sessions (for FREE!) to get help with your digital devices like phones, iPads, laptops, smart watches, and more. Thursdays at 4pm. For more information, call (415) 557-4400.

FREE Tickets for SFV Members at the Jewish Community Center

2/10: Sarah Abrevaya Stein, *Family Papers: A Sephardic Journey Through the Twentieth Century*, 6pm reception, 7pm talk. **RSVP by 2/7.**

2/19: *The City Without Jews* Cine-Concert, Silent film with live original music by Alicia Svigals and Donald Sosin, 7pm. **RSVP by 2/16.**

2/26: *The Golden Arches in Black America*, With Marcia Chatelain in Conversation with Allyson Hobbs, the untold history of how fast food became one of the greatest generators of black wealth in America, 7pm. **RSVP by 2/23.**

RSVP needed three days prior to each event: info@sfvillage.org or 415-387-1375.

Save The Date!

Falling Less but Enjoying It More

Tuesday, March 10, 1:00 – 2:30 pm

SFV, 3220 Fulton St. at 8th Ave.

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

Learn about a wonderful new program in the Netherlands that teaches older adults how to fall. And then, in March/April 2019, you can do the 5-week program!

Using videos of participants in the Netherlands, Penny Sablove, PT, will describe this program as well as the impressive research findings about its effectiveness. On top of being effective, it's a lot of fun. Participants practice falling skills on very soft mats several feet thick, starting from sitting and progressing gently to falling from a standing position. The course includes skills of navigating very realistic, everyday obstacles safely – cracks in the sidewalk, slippery surfaces, stones that shift underfoot, etc.

SFV members who have participated in previous Falling Less programs will be present to describe their experience and answer questions. Penny Sablove, PT, received training in the Netherlands and is certified in this Dutch method.

For a fuller description of the program, see the January 2nd 2018 article in the New York Times: <https://www.nytimes.com/2018/01/02/world/europe/netherlands-falling-elderly.html>

Dance Generators Movement Series

Saturdays, 3/28, 4/11 & 4/25, 11:00 am – 12:30 pm.

Koret Health & Recreation Center, 2130 Fulton, Street Entrance at the corner of Parker & Turk.

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

RSVP Required for USF building security.

How to Support SFV 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: Staff -- programs@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

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