



From Executive Director, Kate Hoepke:

Dear Members and Friends,

We've been talking a lot lately about an abundant mindset, a conscious shift away from scarcity, which pervades our culture. Not enough time, not enough money, he's too old to be president! The language of limitations and restriction that can leave us feeling fearful, anxious and depleted.



One article I read recently suggests that people with a scarcity mindset are often overly self-reliant, believing that they can only depend on themselves to get what they need. This can lead to feelings of isolation and loneliness. Enter SFV - an antidote to isolation and loneliness, and a living testament to abundance!

I look around our village on any given day and see evidence everywhere. USF students and SFV members connecting through music and dance. Members stepping forward to act on their ideas and lead new groups. Younger adults volunteering to help older adults and in the process developing meaningful friendships.

A member stopped me in the office last week to tell me how much he appreciated his membership because it's helping him become more comfortable with getting older. What's more abundant than the joy of self-acceptance? If you need a little nudge in shifting your mindset, try some of these sentence starters: I'm grateful for...What's possible...I see beauty in...Will you join me...I appreciate...

To show our appreciation for the members and volunteers who make our caring community possible, we're hosting our first ever BBQ and Potluck on Friday May 31! Family members are welcome too. We've reserved picnic tables at the Presidio Tunnel Tops Picnic Place. We'll provide the goods for grilling meats, veggies burgers + all the fixings and beverages. You're invited to bring your favorite side dishes and desserts for sharing. See inside for more details.

Also this month is the beloved Day of Service. Teams of volunteers will be available to help with tasks such as light cleaning (windows or a fridge clean out), organizing assistance, decluttering, technology

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Joan O'Connor 94115
Cheryl McKinney 94117
Patricia Van Aggelen 94127
Elaine Millan 94118
Ellen Sharbach 94123
Linda Maniwa 94131
Dianne O'Connell 94107
Diane & Michael Wilson 94122
Dorothy Lathan 94116
Linda Phillips 94127
Jane Hudson & Bill Walker 94116
Mary Imamura 94116
Julie Wong 94109

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troubling shooting and gardening. Slots will fill up fast, so get your request in early. More details below.

I realize that moving through the world seeing abundance instead of scarcity requires something of me. First, I become aware of my well-worn habits and reactions. Second, I find the willingness to inquire into my own thoughts and finally, I choose to act in a new way. It's a revelation!

Grateful to be in community with you,

Kate

In Memoriam

Karen Grech, 94109

Karen lived life as a friendly and outgoing woman who once said she "did not have time to get lonely." When she was not visiting friends in her building, she enjoyed reading and knitting and made many knit bears that she donated to good causes. She frequently visited family in Minneapolis and was lucky enough to have travelled the world. As a frequent attendee of the SFV Makers Group, her colorful and positive personality will be missed!

Did You Know?

Holiday Office Closure

SFV office will be closed Monday, May 27.

Day of Service

Friday, May 17, 10:00 AM – 1:00 PM

Send requests to Sha'Nice Patterson at shanice@sfvillage.org

Do you need extra help around the house that requires two or three people? We are now taking submissions for an upcoming Day of Service in May. We are partnering with employees of Exabeam who have generously offered to assist SFV members with household projects lasting two to three hours. Teams of volunteers will be available to help with tasks such as light cleaning (windows or a fridge clean out), organizing assistance, decluttering, technology troubleshooting and gardening. If you're interested in receiving volunteer assistance, please email Sha'Nice Patterson at shanice@sfvillage.org.

Please note slots fill up fast, so please get your request in early.

Upcoming Events



A Generational Body

Wednesday, May 1, 1:30 – 2:30 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org

This series started in March and you can join at any time

Join us for guided intergenerational storytelling using conversation and creative dance methods to deepen relationships across generational divides. Facilitated by SFV Board Member Liv Schaffer in collaboration with students from the University of San Francisco.

San Francisco Stories Writing Workshop

Thursdays, May 2 – June 6, 12:30 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



We all have a story to tell. Journalist and author Denise Sullivan will guide writers of all levels at finding, shaping and developing a unique voice on the page. Unlocking sense memories through fresh writing prompts and memory exercises, we will craft vivid vignettes of the times, places and people of our lives, whether here in San Francisco or afar. SF Stories is an encouraging environment for writers to develop or deepen a writing practice and polish their prose by writing their own "personal histories and small fictions."

Denise Sullivan is the author of five books, and editor of *Your Golden Sun Still Shines: San Francisco Personal Histories and Small Fictions*. A literary arts educator, arts and cultural worker and reporter, Sullivan contributes to news sources online and in print from the *San Francisco Chronicle* to the *Bay City News Foundation*. Her award-winning *SF Lives* column ran from 2018-2023 in the *San Francisco Examiner*; and continues as a livestream discussion series at Bird & Beckett Books.



Access Day: Irving Penn

Monday, May 6, 10:00 AM

de Young, Golden Gate Park at 50 Hagiwara Tea Garden Drive

Register with SFV at (415) 387-1375 or info@sfvillage.org

Irving Penn celebrates the approximately seven-decade career of one of the 20th century's most talented and preeminent photographers, known for his pared-down aesthetic, extraordinary technical skill, and artistic experimentation with the medium.

Enjoy a free docent tour with reduced crowds and accessible features including extra Blue Zone spaces close to the museum, extra seating inside and outside the exhibition, and large print editions of the exhibition labels. You may enter the building through the Education Entrance or the Garage Entrance. SFV has docent tours at 10:00 and 10:15.

Fine Arts Museums Virtual Tour

Friday, May 10, 1:00 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



Ancient Art: Please join in a conversation connecting the past to the present, the ancient

to the contemporary in the Legion architecture and arts. This presentation surrounds Greco-Roman ancient art including observing the neoclassical architecture of the building itself to jewelry to the sculptural traditions and contributions in Western art as seen in a Roman 2nd century sarcophagus and a Hellenistic statue of the God of medicine.

Lunch at City College

Monday, May 13, 12:00 PM

50 Frida Kahlo Way

Register with SFV at (415) 387-1375 or info@sfvillage.org



We will gather for lunch at City College of San Francisco, which has a culinary department serving food that is not only delicious but also very reasonably priced. Open to all members of the Village who would like to gather for lunch. Register to receive instructions about location, parking, or public transportation and so you will be included in the email to all attendees about who to look out for!



Over 90!

Monday, May 13, 2:30 – 3:30 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Gather on zoom with your fellow nonagenarians! Requested by a few members, we hope to build new connections and have space to talk about life in this decade of life.

End of Life Choices

Tuesday, May 14, 10:30 – 11:30 AM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



Henry Balson, a volunteer with End-of-Life Choices California (EOLCCA), will review the legal end-of-life options in California, including discontinuing or declining medical treatments, hospice and palliative care, voluntarily stopping eating and drinking (VSED), and Medical Aid in Dying (MAID). The discussion will include information about who is eligible for MAID, recent changes to the law, the process to obtain a prescription for aid-in-dying medication, estimated costs, discussing your wishes with loved ones and medical providers, and the free resources available from EOLCCA.



Now and Then

Wednesday, May 14, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org

Bring a portrait of yourself for this storytelling event and artist talk! We'll hear from photographer Max Fallon about his *Now and Then* project where his subjects hold significant photos of themselves. He'll share some images, stories, and plans for expanding his project. Each of you will have time to share a story about the photo you brought of your younger self.

How to See a Bird

Thursday, May 16, 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

Register with SFV at (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. 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, layered clothing for potentially cool weather and water. Rain cancels.



The San Francisco LGBTQ Dementia Project

Friday, May 17, 10:30 AM – 12:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Effective Communication Strategies: presenters will explain communication challenges that take place throughout the course of the disease. We'll help you decode verbal and behavioral messages from the dementia patient and learn to respond in ways that are supportive and strengthen connection. The Alzheimer's Association, in partnership with Openhouse and Family Caregiver Alliance, offers programs about the care needs of LGBTQ seniors living with dementia and their care partners. This program is funded by the San Francisco Department of Disability & Aging Services.

Asian Art Museum Virtual Tour

Friday, May 17, 1:00 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



Art Across Asia: Masterpieces of The Asian Art Museum What constitutes a "masterpiece?" Why are some objects considered masterworks while others are relegated to lesser positions? Explore some possible answers as illustrated by a selection of exceptional objects from the collection of the Asian Art Museum. Encounter fabulous statues, ancient bronzes, mystic jade, delicate ceramics, and evocative paintings that will dazzle you with their amazing beauty and expert technique.



How to Hire & Employ a Caregiver or other Domestic Worker in San Francisco

Monday, May 20, 11:00 AM – 12:15 PM on Zoom

Tuesday, June 11, 10:30 AM – 12:00 PM at *SFV office, 3220 Fulton St,*

Register with SFV at (415) 387-1375 or info@sfvillage.org

One out of every two Americans will need assistance with their personal care, such as bathing, dressing, using the restroom, at some point in their lives. While many of us will turn to a loved one to assist us with our homecare needs, roughly one-third of us will need to hire a caregiver or personal attendant to support us. In this workshop, we explore what it means to employ a caregiver or other domestic worker and how to build a mutually respectful working relationship with them. We'll also cover a recent update to San Francisco's paid sick leave requirements for domestic workers and gather the audience's feedback on the city's plan to facilitate domestic worker paid sick leave access.

The workshop is provided by Hand in Hand: The Domestic Employers Network.

Alcatraz Garden Tour

Tuesday, May 21, 10:30 AM

Meet at Pier 33, Alcatraz Landing at 10:15 AM

Register with SFV at (415) 387-1375 or info@sfvillage.org

Must purchase 5/21, 10:35 AM Alcatraz Cruise ticket with City Experiences (\$42.65 for 62years+)



Join SFV supporter and former board member Barbara Howald for a tour of the restored gardens of Alcatraz at the best time of year! Barbara has been a volunteer gardener and docent in this program since 2008. Our garden tour focuses on the people and plants that they tended to make Alcatraz a home – military and guards' families as well as incarcerated men. We will visit some normally closed areas. Please wear sturdy shoes. We'll go slowly, compare historic photos to today, and finish on the west side of the island (often windy, so layer up!)



Any Book Book Club

Tuesday, May 21, 2:30 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org

The Any Book Book Club is the easiest book club around! There is no assigned book to read - we get together and discuss what we've been reading and what we plan to read next

Radical Resistance: Gallery Talk and Art Making

Friday, May 24, 11:00 AM – 12:30 PM

Ruth's Table, 3160 21st St.

Register with SFV at (415) 387-1375 or info@sfvillage.org



Radical Resilience is an annual exhibition at Ruth's Table highlighting Bay Area artists who are deeply engaged in creating art while also living with disabilities, whether visible or invisible. We'll have an art workshop with exhibiting artist Rae Lanzerotti (SFV's former meditation facilitator), an artist and somatic teacher immersed in disability access tools as art.



Take Me Out to the Ball Game!

Wednesday, May 29, 12:45 PM

Oracle Park, 24 Willie Mays Plaza

Register with SFV at (415) 387-1375 or info@sfvillage.org

Come cheer on our San Francisco Giants against the Philadelphia Phillies at this afternoon game! Tickets are generously donated by the Giants. Please let us know if you use a wheelchair or walker (we have a few accessible seats this year) or if a few stairs are okay.

Monthly InnerYoga

Wednesdays, 5/29, 6/12, 7/31, 8/28, 9/25, & 10/30, 3:00 – 4:15 PM

SFV office, 3220 Fulton St, 94118

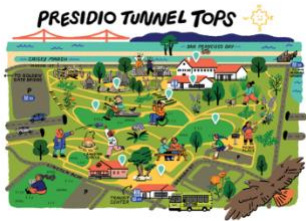
Register with SFV at (415) 387-1375 or info@sfvillage.org



InnerYoga is an approach to yoga. Awareness, breath, ease, and kindness are

intertwined in all the yoga styles we teach: meditation and breathing, Jin Shin Jyutsu, Yin, Gentle Hatha Flow and Restorative. All levels and abilities are welcome. We will meet you at your level and support you in your practice. Each month will have a theme: May 29 - Chair Yoga; June 12 - Balance; July 31 - Flexibility; August 28 - Gentle Flow; September 25 - Yin Yoga & Jin Shin Jyutsu Practices; October 30 - Restorative Yoga

Led by Jaime Yamamura, CYT, CMT and Cheryl McCue, CYT. Both Jaime and Cheryl are San Francisco natives and have been teaching for over 10 years. Pre-Covid, they taught at the Doelger Senior Center for over five years and are looking forward to sharing their practice with San Francisco Village.



SFV's First BBQ and Potluck!

Friday, May 31, 2:00 – 5:00 PM

Tunnel Tops Picnic Place, 210 Lincoln Blvd.

Register with SFV at (415) 387-1375 or info@sfvillage.org

Let's swing into summer with our first ever SFV member and volunteer BBQ and Potluck! We're excited to grill and enjoy the beautiful (and wheelchair accessible) views at the Presidio Tunnel Tops Picnic Place. More importantly, we're celebrating the vibrancy of our intergenerational community and honoring what we each bring to the (picnic) table.

We'll provide the goods for grilling meats, veggies burgers + all the fixings and beverages. You're invited to bring your favorite side dishes and desserts for sharing. Sign up for your dish [here](#) so we can balance the menu. We're so excited to see the spread and hear the story behind the food you bring!

Recurring Events

Intergenerational Book Club

Wednesday, May 1, 10:00 – 11:00 AM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



Join our monthly intergenerational book club - we meet on the first Wednesday of the month at 10am and discuss the chosen book together. Our May book will be *Eve* by Cat Bohanon. Our June book will be *James* by Percival Everett, a retelling of *Huckleberry Finn*. We are also inviting book club members to read *The Adventures of Huckleberry Finn* by Mark Twain in conjunction, though not mandatory. We pick books that we all want to read from all generations. Our discussions are lively and create an environment to share diverse viewpoints. Whether you're a regular at this book club or just dropping in one time, everyone's welcome to share, learn, and grow together.



Aging Well with Mindfulness Meditation

Wednesdays, May 1, 8, 15, 22, & 29, 10:00 – 10:45 AM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Mindfulness is a way of paying attention with kindness and curiosity to what is arising in the present moment. Mindfulness meditation is associated with cognitive, emotional, and physiological benefits, including emotional regulation, stress management, and improved sleep. Mindfulness can help us navigate everyday life, including changes that are a part of the aging process. Come learn and

practice mindfulness and engage in discussion. All levels of experience are welcome for this drop-in group.

Terre Passero, the founder of [Mindful Stress Management](#), has been teaching mindfulness since 2005. She is a Certified Mindfulness-Based Stress Reduction (MBSR) Instructor, and a Certified Stress Mastery Educator. She also spent five years in Japan where she practiced (and still practices) Zen meditation.

Fitness Exercise (previously Tai Chi and Qigong)

Thursdays, May 2, 9, 16, 23, & 30, 2:30 – 3:30 PM at *SFV office, 3220 Fulton St,*

Mondays, May 6, 13, & 20, 1:00 – 2:00 PM on Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



Simple, slow and gentle exercises to help keep the body limber with an emphasis on improving balance, strength and flexibility. Exercises can be modified for your level. Feel free to join at any time. Led by Caroline Lew, a certified Senior Fitness and Tai Chi Instructor.



Music Chat with Marko

Friday, May 3, 1:00 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

A safe space to share thoughts about music you enjoy, hosted by SFV member Mark “Marko” Fenton. Bring a song, artist, and/or genre, maybe a favorite, maybe a classic, maybe one that has recently stirred something in you. Ideally the music can be found on YouTube or some other way to share with the group so we can listen together and discuss what the music means to us.

Makers and Crafters

Friday, May 3, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org



Do you watercolor? Knit or crochet? Bead? Applique? Open to learning to knit or sharing your craft with others? If so, we welcome you to join our lively group of makers and bring whatever hand craft and creative projects you are working on as well as completed pieces you would like to show off. Everyone is welcome at the Makers Group, no matter your craft, handwork or art form.



Virtual Social Hour

Saturdays, May 4, 11, 18 & 25, 5:00 – 6:30 PM

Zoom

Register with Leslie Stafford

Informality is the theme---if you are TARDY---come anyway! And, if you have over-scheduled yourself, and need to depart early---no worries! Bring your favorite tipples and nibbles, get comfy, and we'll chat and check-in with fellow San Francisco Village members and, perhaps, some volunteers and youngsters as well. We look forward to lively discussions on a wide range of topics including whatever YOU would like, from personal updates to the silly or serious--- limited only by your imagination!

Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, May 6 & 20, 12:00 PM

Harding Park, 99 Harding Rd.

Register with Sarah Thompson



Female and female identifying members of San Francisco Village are invited to join us for a gay "women's only" social circle. During this hour, we will have a chance to get to know each other and talk about our shared history as seniors in the LGBT community as well as discuss the joys and challenges of our past, present and future lives! Open to all members and volunteers that identify as female LGBTQ+.

Travel Connections

Planning Meeting: Monday, May 6, 1:00 – 2:00 PM

SFV Office, 3220 Fulton

Register with SFV at (415) 387-1375 or info@sfvillage.org



Our planning meetings are on the first Monday of the month and we work by committee to organize trips. For more information, reach out to Travel Connections leader Kathy Moss.

The Travel Committee is planning a three-night/four-day stay in Calistoga at the Roman Spa from May 8 – 11. For more information, attend our 5/6 meeting or contact Phyllis Scaduto.

Member to Member Coffee Chat

Monday, May 6, 2:00 – 3:00 PM

Mondays, May 13 & 20, 10:00 – 11:00 AM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Note: You need to send in new RSVPs every month



Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other. Thank you to our board and member facilitators and all attendees for creating this virtual coffee hour!

Let's Play Games

Tuesday, May 7, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

Register with SFV at (415) 387-1375 or info@sfvillage.org



Come play games with us and have fun while meeting new people. You can bring a game you like or enjoy the ones we have such as Rummikub, Scrabble, Uno, playing cards etc.

Grupo de Conversación en Español

Thursdays, May 9 & 23, 1:00 – 2:00 PM

Tuesdays, May 14 & 28, 1:00 – 2:00 PM

SFV Office, 3220 Fulton

Register with SFV at (415) 387-1375 or info@sfvillage.org



Add a little more Spanish conversation to your life! This group is led by members and there will be no formal instruction. We meet on the 2nd and 4th Tuesdays and Thursdays of each month. Not sure if your Spanish is up for it? Check it out! We're a fun and lively group who help each other.



Solo-Agers Circle

Friday, May 10, 10:30 AM – 12:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

We gather to provide support for the journey of solo aging as well as problem solving together.

Reflect and Connect: A Meaningful Conversation Group

Fridays, May 10-June 28 12:30 – 2:00 PM

SFV Office, 3220 Fulton

Register with SFV at (415) 387-1375 or info@sfvillage.org

This is a new start of the series!



Join Carole Lewis, SFV member and a psychologist, for meaningful connections and discussions about things that matter. Carole will have quotes, topics, and reflection questions and the subjects discussed will flow with the group. Let's share how we're navigating aging and transitions, share laughter, express frustration, build friendships, and expand kindness and acceptance. Please plan on attending all sessions so we can deepen our relationships (and we understand if you have to miss one!)



Play Mah Jongg

Monday, May 13, 2:00 – 4:00 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org

Mah Jongg is a game of skill and chance like no other. Mah Jongg is a game of skill and chance like no other. We have an American Style Mah Jongg set at the office.

The Page and the Stage

Tuesdays, May 14 & 28, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org



We're a playreading/discussion group that meets twice a month. Read aloud (or not), talk a lot (or not), and enjoy your fellow members interested in the page and the stage. We welcome your voice. Drop a note to Barbara Scrafford for more information and the title of the next play on our schedule.



Artists Circle

Register with Gayle Geary

Wednesday, May 15, 11:00 AM *Legion of Honor Museum*

The Artists Circle will meet at the Legion of Honor to view the current exhibit *Japanese Prints in Transition: From the Floating World to the Modern World* and another Japanese exhibit: *Zuan-cho: Kimono Design in Modern Japan (1868 – 1912)*

Stuck/Unstuck

Tuesday, May 28, 1:00 – 3:00 PM *Gayle Geary's home*

Bring an art project you are working on or have finished and that you would like some response/feedback on from other artists in the Village.

The Weekend Walking Group

Saturday, May 18, 12:00 – 2:00 PM

Warming Hut, 983 Marine Dr

Register with SFV at (415) 387-1375 or info@sfvillage.org



This month we'll walk along the bayside and explore the National Historic Site at Fort Point, under the Golden Gate Bridge. We meet at the Warming Hut, Marine Drive, in the Presidio, and eat at the picnic tables there. The Warming Hut has coffee and cold drinks, but we need to bring our own lunch/snacks. We then walk to the fort (slightly less than 1.5 miles round trip) and we'll allow a half hour to investigate the museum in the fort. The walk and exploration of the fort are all on paved, level ground. No public transportation is available, but we can carpool. Call or email Jeanne Glennon to arrange. Parking and entrance to the fort are free.



Potluck Group

Sunday, May 19, 4:00 – 6:00 PM

***Home of Sally Cowan in the Marina neighborhood ***

Register with Marvin Berkowitz

Share food and make new friends at members' homes monthly. Please bring a small dish and beverage to share.

Parking on the street near Sally's house is difficult but there are a couple of parking spots, one in her driveway for a compact and one on the street if one parks parallel across her driveway. Sally has a chair lift; phone her when you get there and she will assist. Buses 30, 22, 43 and 28 come within 4-5 blocks of her house.

We're looking for more members to host from all over the city, so please let Marvin know if you can host in the coming months. This is fun and a good way to get to know others. Typical attendance is in the 10-15 range but could be fewer depending on your space. The main purpose is to connect with other people in SFV.

MoAd Virtual Tour and Discussion

Monday, May 20, 3:00 – 4:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Join an engaging session that links Black visual artwork with music by Black artists, making each one more powerful in their relationship. Sessions explore current or recent MoAd exhibitions and are vibrant, engaging, educational, and have been described as the best art discussion around.



San Francisco's Museum of the African Diaspora, a contemporary art museum, celebrates Black cultures, ignites challenging conversations, and inspires learning through the global lens of the African Diaspora.



Conversations for Mortals

Tuesday, May 28, 11:00 AM – 12:30 PM

^Hybrid: In person at SFV Office, 3220 Fulton, and on Zoom^

Register with SFV at (415) 387-1375 or info@sfvillage.org

Join Stephanie Crawford, hospice nurse and death doula, for a series that will explore and normalize conversations around death and dying. By opening up the conversation around mortality, we hope to cultivate acceptance, compassion, and connection with one another as we ponder our inevitable fate.

The San Francisco Village View: A Current Events Discussion Group

Thursday, May 30, 12:30 – 2:00 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org

Space limited, Registration required



Let's gather in community and conversation about what's happening in our world—this could be global or local. Please bring a topic and the group will vote at the beginning of each session. Knowing our identities are wrapped up in the political landscape, we will engage each other with respect and an ear to understanding others' views. We are committed to learning, not debating. We allow everyone the chance to speak, and we avoid assumptions about individuals or generalizations about social groups. We ask that all who attend check sources/facts and be prepared to share them; we don't want to contribute to misinformation.

This group is led by members Marymelissa Grafflin and Alexander Williams. The topics and viewpoints discussed are individual member's beliefs, not necessarily those held by the organization.

Neighborhood Circles

Neighborhood Circles are smaller, hyper-local groups that enable members to develop relationships closer to home, led by members and volunteers. Members are welcome to attend any circle, even if it is outside of their zip code/neighborhood.

Sunset Circle

Thursdays, May 2 & 16, 4:30 – 5:30 PM on Zoom
Register with Steve Hayashi

Join us for one biography meeting and one check-in meeting.

LGBTQ Circle

Friday, May 3, 1:00 – 2:15 PM *Cup A Java Café, 3500 Geary Blvd.*
Friday, May 17, 1:00 – 2:30 PM *Zoom*
Register with Bill Haskell

The LGBTQ Circle meets twice a month - on the first and third Fridays. This month, the first session will be in person at the Cup A Java Café. While this session starts at 1:00 pm, you can arrive at 12:30 pm to enjoy having lunch with us. This café has delicious food and inexpensive prices. The 2nd session will be online. We can share what is going on in our lives – what brings us pleasure, what we are enjoying, and what is positive. We can also share any challenges we are facing.

94107/94103 Circle

Wednesday, May 8, 1:30 PM at *Cole Valley Tavern, 900 Cole*
Wednesday, May 22, 4:00 – 6:00 PM at *Seven Square, Clancy Hotel, 2999 2nd St*
Register with Dian Miller and Val Flood

Join us for lunch and conversation on May 8 and happy hour on May 22! Don't forget to RSVP (or cancel) since each has a limit of 8-10 people!

94118 Circle

Thursday, May 9, 3:00 PM at *Karen Franklin's house*
Register with Karen Franklin

It's an afternoon coffee break at Karen's house. Karen provides beverages and snacks. We enjoy good conversation and fellowship. Contributions to help Karen with provisions are welcome but certainly not obligatory. If you would like to use Karen's elevator, contact her to arrange entry.

Remember that all Circle meetings are open to all members, so encourage your Village friends to join us.

Neighborhood Circles:

Sunset Circle: 94122/94116

West of Twin Peaks: 94127/94132
St. Francis Wood, West Portal, Forest Hill, Park Merced, Ingleside Terraces, Oceanview, Merced Heights and Ingleside

94110/94134: Bernal Hts /Potrero/ Mission/Visitation Valley/Bayview

94107/94103: South of Market/Mission/ Potrero

94109/94133: Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill

Embarcadero/FiDi: 94111/94104/ 94105/941108

94112: Excelsior/Ingleside TBD

94114/94131: Castro/Noe Valley/Glen Park

94115: Pacific Heights/Western Addition/Japantown

94117: Cole Valley/Haight

94118/94129: Inner Richmond

94121: Outer Richmond

94123: Marina/Cow Hollow

LGBTQ Circle: Citywide

Embarcadero/FiDi Circle

Friday, May 10, 10:30 AM – 12:00 PM *Meet at the fountain at the center of Huntington Park*
Register with Phyllis Goodman by Monday, May 6.

We'll do the City Guide free walking tour *Cable Cars: Halfway to the Stars*, with optional lunch to follow (location TBD). Take a deep dive into the history of San Francisco's cable cars, which changed the landscape of the city when they began running in 1873. Cable cars have captivated both locals and tourists alike, blending technology, politics and passion.

94117 Circle

Friday, May 10, 1:00 – 2:15 PM on Zoom
Friday, May 24, 1:00 – 2:30 PM TBD if in person or on zoom
Register with Bill Haskell

The 94117 Circle meets twice a month, once on zoom and the second could be in person or on zoom. If we meet in person, the location will be determined at the first meeting. We can share what is going on in our lives – what brings us pleasure, what we are enjoying, and what is positive. We can also share any challenges we are facing.

94121 Circle

Tuesday, May 14, 2:00 PM at *a member's home, address TBD*
Register with Judi Iranyi or Carol Rothman

We meet the second Tuesday of the month at the library and sometimes at a member's home. We meet to provide support to each other, sharing our experiences and building community.

94114/94131 Circle

Register/get more information with Jay Davidson or Rena Burns

Tuesday, May 14 12:30 PM at *Noe Indian Cuisine, 4166 24th St *
To reserve a seat at the table, please contact Jay.

Tuesday, May 21, 10:00 AM at *Morning Due, NE Corner of 17th St and Church *
Everyone is welcome to meet us for coffee. No need to RSVP.

Thursday, May 30, 11:00 AM on Zoom

RSVP not required; everyone in the Circle will get an email reminder with Zoom link a few days before the call.

West of Twin Peaks Circle

Friday, May 17, 1:30 PM at *Moss Beach Distillery 140 Beach Way, Moss Beach, CA*
Register by 5/14 with Roberta Gordon

The distillery sits at the edge of a cliff overlooking the Pacific Ocean, and the restaurant dates back to the 1920's. We request that you have cash to pay your bill. We each add 30% to our order, which includes the tax and tip. One of our honest, in-charge and understanding members will collect the money at each table.

94109/94133 Circle

**Wednesday, May 22, 11:00 AM at *Calvary Presbyterian Church, 2515 Fillmore St*
Register with Bobbie Rothman or Juliet Rothman**

Continuing our theme of exploring San Francisco's religious and cultural sites, our group will be visiting Calvary Presbyterian Church on Wednesday, May 22 at 11AM. We will have a tour of the church and learn about its history and practices. After our visit, we'll have lunch and an opportunity to share nearby.

94115+ Circle

**Wednesday, May 22, 1:00 PM at *Magic Flute, 3673 Sacramento St*
Register with Gayle Geary or Lynne Fox**

Let's do lunch! We have reserved a table for 11 on the outdoor patio so please let us know soon if you will be joining us.

Bernal Circle

**Sunday, May 26, 2:00 PM at *Susan Kahn and David Kaskowitz's home, near Holly Park*
For more information or to register, email Susan**

Please join us as we get to know each other and create a supportive, active group.

Save the Dates



Community Empowerment Training

Monday, June 3, 11:00 AM – 12:00 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org

The Coalition for Community Safety and Justice Program will present a 45-minute session with 10 minutes of Q&A focusing on staying safe on the street and on-board public transportation, protecting yourself in threatening situations with de-escalation skills, and intervening effectively as a bystander without compromising your safety.

The Coalition for Community Safety and Justice (CCSJ) is a group of four Asian American and Pacific Islander (AAPI) organizations—Chinese for Affirmative Action, Chinese Progressive Association, New Breath Foundation, and Community Youth Center San Francisco—formed to address the safety of the AAPI community against violence, racism, and xenophobia. Our goal is to build racial solidarity while increasing public safety, through culturally competent, city-wide networks and programs that prioritize violence prevention and intervention.

Responsible AI: A Guided Discussion on the Ethical Questions of Artificial Intelligence

Monday, June 10, 10:30 AM – 12:00 PM

^Hybrid: In person at SFV Office, 3220 Fulton, and on Zoom^

Register with SFV at (415) 387-1375 or info@sfvillage.org



Discussion of Artificial Intelligence is seemingly everywhere in our modern world. From chatGPT to the autonomous vehicles on the streets of San Francisco, AI is among the most consequential

technologies of today. In this session, we will hear from AI researcher Alix Rübsaam on the considerations of 'responsible AI' and discuss its ethical implications. This is a follow up session from February's presentation by SFV volunteer Aaron Frank.

Volunteer Support

Request a Volunteer and Volunteer Opportunities

San Francisco Village is an intergenerational community that brings younger volunteers together with older members to learn from and care for each other. Contact Jill Ellefsen at jill@sfvillage.org or (415) 387-1375 ext. 2 to sign up to receive our weekly emails detailing the many volunteer options available to you.



Reach out to Jill for help with:

- shopping and errand assistance
- technology assistance
- outdoor gardening
- friendly caller connections and/or walking partners
- and more!

Volunteer Connect Phone Number

Thanks to improvements in technology, you'll see (415) 212-6908 on your caller ID when San Francisco Village volunteers call you. Save it to your contacts as SFV Volunteer Connect! Our office number remains the same (415) 387-1375. This only works after being matched with a volunteer. If you haven't been matched yet or have any questions, please call Jill at (415) 387-1375 ext 2.

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.

San Francisco Village

is a membership organization designed with, by and for older San Franciscans and the extended community that champions them.

Mission

We operationalize love for elders in an ageist society by mobilizing the power of intergenerational relationships and mutual support.

Vision

We envision a future in which people of all ages, races, cultures and abilities work together to create communities of belonging and in so doing, model possibilities for relationship and connection that benefit the greater good.

What We Value

Intersection of Health Care and Social Care • Eldership • Intergenerational Relationships
Co-Creation • Equitable Community • Self-Reflection • Humility • Spontaneity

San Francisco Village

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