



From Executive Director, Kate Hoepke:

Dear Members and Friends,

I'm writing this just days after President Biden announced that he has stepped aside and endorsed Vice President Harris for the Democratic nomination to succeed him. Like many Americans, I'm shocked by the increasing threat to our democratic ideals and worried that all could be lost in a freak election outcome this November. In these few short days, I'm beginning to feel a return to the promise of democracy. What has me most stirred up is the momentum that is galvanizing around Harris' candidacy, led by Black women.



Black women have a long and unappreciated leadership history in this country. 20th century leaders like Rosa Parks, Shirley Chisolm, and Barbara Jordan who dared to disrupt the status quo and demand equal rights for all persons. Brilliant minds like Professor Kimberlé Crenshaw who teach us about intersectionality: the double discrimination of racism and sexism that Black women must navigate. 21st century organizers like Stacy Abrams, LaTosha Brown, and Alicia Garza mobilizing voters and activists to take back their power in response to violence against Black people and deliberate voter suppression.

On Sunday July 21, the day President Biden announced he was stepping aside, 90,000 Black women came together on a single Zoom call to mobilize for Kamala Harris' win. The call was led by Jotaka Eaddy, the founder of *Win with Black Women*, a collective that started four years ago in response to the racism and sexism being used to discredit Vice President Harris. They have been meeting weekly ever since.

Their commitment to community organizing has resulted in a powerful sense of unity behind a common cause: to ensure democracy wins in November. I am in awe of these women and their clarity. As a White woman I feel compelled to ask myself, "What is required of me to be their ally?" It's more than voting in the upcoming election. It means examining my own unconscious racism and the white dominant culture that pervades our organizations, families and society. Unquestioned practices

In This Issue:

- From the E.D.
- Did You Know?
- In Memoriam
- Upcoming Events
- Recurring Events
- Neighborhood Circles
- Volunteer Support

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Peggy Sullivan 94121
Mary Ann Stein 94110
Phyllis Potter 94131
Ron Ruggieri 94103
Marian Larkin 94115
Gail Bercovitch 94115
Nancy Neuhaus 94121
Susan Abarca 94117
Nancy Lewis & Rita Goldberger 94122
Jack Weiss 94121
Bryna Adelson 94118
Victor Wah Wong 94114
Virginia Hammel 94109

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like paternalism, scapegoating, and the absence of accountability leave people disempowered and marginalized.

As a White woman, I'm aware that I did not create this system of inequality. However, as an elder who has benefited from it and inadvertently contributed to it, I feel obligated to educate myself, question the status quo and work towards building a more equitable future. Join me in moving San Francisco Village forward in this essential work!

Grateful to be in community with you!

Kate

Did You Know?



If you are a shopper at Gus's Market you can help San Francisco Village raise funds by enrolling in the [Gus's Community Card](#) program. When enrolled, Gus's will contribute 6% of your purchases to the non-profit of your choice! It is easy and FREE to enroll. Stop at any Gus's Market register and fill out a simple form with San Francisco Village name and group ID: 500451317. When you are checking out, simply have the store associate scan your Community Card or provide your account phone number and the contributions are automatic!

In Memoriam

Mary Nilsen, 94122

Mary was proud of her Norwegian heritage, and she lived her life marching to the beat of her own drum. She loved her intergenerational friendships and said one of the best things she ever did was join SFV because that is where she found her amazing volunteer and friend Maria. They had many adventures together in San Francisco over the years and Maria was a great support to her to the end.

Mary Wings, 94110



Mary Wings was a pioneer in the two literary fields she contributed to—lesbian comics and lesbian mystery novels. Her work was driven generally by the desire to discuss underrepresented topics that are relevant to her personal life. Her first comic book, *Come Out Comix* is influenced by the author's own experience of coming out. Among other talents, Mary played the banjo in a band and lived in the Netherlands where she became fluent in Dutch. She loved urban sketching and

was working on a new comic project entitled *Old*. She created this comic in response to the lack of content appealing to people her age. She also hoped to fight stigmas related to ageism. She was a

free and unique spirit and will be missed by many.

Upcoming Events

Share Your Story!

Mondays, August 5 – September 16, 10:30 AM – 12:00 PM



This series started in June and you can join at any time.

Alternating locations:

***San Francisco Village, 3220 Fulton St* (8/5, 8/19, 9/9)**

***IT Bookman Community Center, 446 Randolph St* (8/12, 8/26, 9/16)**

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

Explore your experiences and memories, and share them with others, in a 12-week series from SFV, Southwest Community Corporation @ IT Bookman Community Center & Litquake's Elder Project.

Evocative writing prompts will inspire you to dig deep into both past and present to tell your story. A supportive writing teacher helps you discover the stories you carry within. If you'd rather tell your experiences aloud, instead of writing, we will record them. At the end of each session, share your words with the group.

Come together to talk, write, and find community. Classes alternate between San Francisco Village and the I.T. Bookman Community Center. Let us know if you can offer a ride or need a ride. We will try to make transportation matches. (Same goes with Muni companionship).

We hope you attend the whole series. You are also welcome to drop in to as many sessions as you can attend!

Fine Arts Museums Virtual Tour

Friday, August 9, 1:00 – 2:00 PM

Zoom

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



Behind the Scenes: Untold and Hidden Stories at the Legion. Please join docents Ethel Tang-Quan and Charlotte Read to converse over some of the fascinating and intriguing “untold and hidden” stories surrounding Legion of Honor artworks and history. For instance, what is the “complete” story behind the pictured Van Dyck painting from 1620 ...*Portrait of a Lady*? How do the terms “sugar daddy” and “sugar cube” connect to our Legion history and artworks? We shall pull out those hidden messages connected to the Russian Romanovs, Robin Williams’ interpretation of the *Thinker* statue, the talented and shrewd first female professional painter, the feud between rival museum builders in San Francisco and much more. And who was nicknamed the “great grandmother of San Francisco” anyway? Please do join us for *Behind the Scenes: Untold and Hidden Stories at the Legion*.



Learn How to Volunteer to Become a Reading Tutor

Tuesday, August 13, 11:00 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

Experience Corps Bay Area aims to increase child literacy rates by connecting older adult volunteers with non-fluent readers in first-third grades. There is no experience

necessary to volunteer for our program as we provide all the training and support. Come learn about this meaningful program and make a difference in a child's life.

Appealing a Discharge or Termination of Covered Services

Thursday, August 15, 11:00 AM – 12:00 PM

Zoom

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



Medicare patients and their caregivers have the legal right to challenge a hospital discharge notice or other notice that Medicare-covered services are being terminated. As a Medicare Beneficiary and Family Centered Care - Quality Improvement Organization (BFCC-QIO), Livanta receives thousands of appeals each year from patients or their caregivers when they are faced with a transition to a lower level of care that they believe is not appropriate or when they believe their medical condition is not stable enough to be discharged. This course is intended as a follow up to the introductory program about Livanta's services for Medicare beneficiaries. Presenters discuss appeal rights in detail and describe what patients and families can expect when they call Livanta and begin the case review process.



Asian Art Museum Virtual Tour

Friday, August 16, 1:00 – 2:00 PM

Zoom

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

Color Blocks: The Beauty and Impact of Woodblock Prints Woodblock prints are among the most beloved and influential of all traditional Japanese art

forms. Historically, these prints served multiple purposes – from advertising posters to printed books and promoting fashion icons. Over the years, their evolving techniques and unique visual characteristics have impacted many major artists and art movements around the world, especially the Impressionists. Journey through a selection of Japanese woodblock prints from the Asian Art Museum collection to heighten your appreciation of their beauty and learn more about the elements that have made them so widely influential.

All about Parkinson's

Monday, August 19, 2:30 – 3:30 PM

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

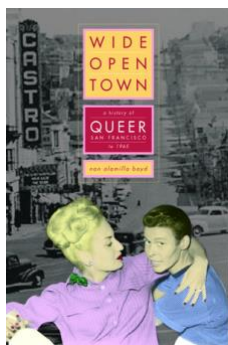
Register with SFV at (415) 387-1375 or info@sfvillage.org



Join Dr. Victoria Hamman, licensed naturopathic doctor, for a session about Parkinson's. She will explain the biology of what is happening and where it is happening in the brain and discuss some theories of why the incidence of Parkinson's disease is increasing, including data from several new studies. We will also discuss the variable effects of Parkinson's disease, why it is difficult to diagnose, and treatments - conventional and non-conventional, including a few case histories.

Victoria Hamman originally hails from Indiana where she was a state champion swimmer at age 10 and later went on to earn her Bachelor's degree at Purdue University in Biology. She moved to San Francisco in 1979 and worked in the pharmaceutical industry for 10 years before discovering her true calling and heading to Seattle to study naturopathic medicine at Bastyr University. She is in her 25th year practicing as a licensed naturopathic doctor, in a cottage behind her house in Noe Valley. She

works with people of all ages and conditions, using nutrition, herbal medicine, homeopathy, lifestyle medicine, and stress management to affect holistic healing from within.



Author's Talk

Tuesday, August 20, 11:00 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

Wide-Open Town traces the history of gay men and lesbians in San Francisco from the turn of the century, when queer bars emerged in San Francisco's tourist districts, to 1965, when a raid on a drag ball changed the course of queer history. Using police and court records, oral histories, tourist literature, and manuscript collections from local and state archives, Nan Alamilla Boyd explains the phenomenal growth of San Francisco as a "wide-open town"—a town where anything goes. She also relates the early history of the gay and lesbian civil rights movement that took place in San Francisco prior to 1965.

Nan Boyd is an historian of San Francisco's LGBTQ communities, and she was a professor for many years at San Francisco State University. In 2003, she published *Wide Open Town: A History of Queer San Francisco* (UC Press). Currently, she is the Director of Home Match San Francisco, a nonprofit organization that matches people with an extra room in their home with people looking for a place to live.

Dance Generators

Wednesday, August 21, 11:00 – 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



Dance Generators is an intergenerational dance company housed at the University of San Francisco that fosters artistic collaboration between university students and Bay Area older adults. Ranging in age from 18 to 91 years old, Dance Generators use dance as a tool for bridging generational divides through workshops, performance, and community building events that catalyze connections across differences.

We are currently looking for persons 65+ to join. Come learn more about this energizing and evocative way to meet new people!

Dance Generators is directed by Liv Schaffer.



All About ACP: Advance Care Planning

Thursday, August 22, 11:00 – 12:00 PM

Zoom

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

Join Bridget Sumser, LCSW for a discussion on all things Advance Care Planning. Planning for care in a future state is both a conversation and requires documentation. It's important to understand what goes into both. We'll open with an overview on topics and forms and then head to your questions.

Caregiver Series

Zoom

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



For more than 40 years, Family Caregiver Alliance has provided services to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's and other types of dementia. Our services include assessment, care planning, direct care skills, wellness programs, respite services, and legal/financial consultation vouchers. Ongoing support is available with FCA CareNav™, also now on a digital service platform. FCA is a longtime advocate for caregivers in the areas of policy, health and social system development, research, and public awareness, on the state, national and international levels.

Caregiving 101

Friday, August 23, 10:30 AM – 12:00 PM

The goal of this class is to identify what a caregiver is, the importance of being identified as a caregiver, and to provide the participant with an understanding of the impact they potentially leave on the care of their loved ones and themselves. Information about types of resources that may be available will also be discussed.

Self-Care and Resiliency for Caregivers

Friday, August 30, 10:30 AM – 12:00 PM

Being a caregiver can be taxing physically, emotionally, and financially. Because of the many responsibilities family caregivers face, stress, anxiety, and social isolation are common experiences and caregivers often don't have much time for self-care. This webinar will discuss tools and tips to help caregivers cope with the isolation, stress, and anxiety of providing care through building resilience and finding practical ways to care for one's own well-being.

Tech Tools for Caregivers

Wednesday, October 9, 2:00 – 3:30 PM

This class will offer a practical overview of how technology tools may help family caregivers provide care for a frail or ill family member, partner, or friend at home. Technology products like smart phone apps, communication aids, in home sensors, and webcams can help make a home safer and reduce the caregiving workload. It will include information on how to determine what your needs are, the costs of tech tools, privacy considerations, and ease of use.

Talking to Your Doctor

Wednesday, October 16, 2:00 – 3:30 PM

Navigating our health care system can be a daunting experience, often leaving family caregivers confused and frustrated by an unsympathetic and bureaucratic system. This workshop will help to clarify the current realities of the health care experience for caregivers. Participants will learn to use effective communication techniques, and powerful communication tools to be a better advocate for the person for whom they are caring with health care professionals.



Monthly InnerYoga

Wednesdays, 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: 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.

Member Walking Group

Thursday, August 29, 11:00 AM

Meeting Place: 590 - 20th St., corner of Illinois and 20th

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

We will explore Dogpatch, an historic neighborhood (where packs of dogs ran loose until the 1970's) and the old ship building area of Potrero Point. We will walk about 1 ½ miles on level paved sidewalks (one short uphill incline greater than 8%). We will visit elegant Restoration Hardware and the Hells Angels Frisco headquarters and many points of interest in between. This is a fun walk full of surprises. We will end at 22nd near 3rd where there are several restaurant choices or bring your lunch and grab a bench nearby.



Getting there: 3rd St. T toward Sunnyvale (starts at Chinatown) or Muni 15 (starts at Sutter and Sansome), get off at 20th St (on 3rd St). If driving, park on 20th St., Illinois or nearby.

Recurring Events



Music Chat with Marko

Thursday, August 1, 1:00 – 2:00 PM

Please note new day of the week!

Zoom

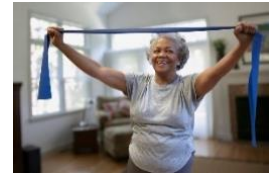
Register with SFV at (415) 387-1375 or info@sfvillage.org

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.

Fitness Exercise

Thursdays, August 1, 8, 15, 22, & 29, 2:30 – 3:30 PM at *SFV office, 3220 Fulton St,*

Mondays, August 5, 12, 19, & 26, 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.



Makers and Crafters

Friday, August 2, 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, August 3, 10, 17, 24, & 31, 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!



Travel Connections

Planning Meeting: Monday, August 5, 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.

Chinatown Night Market and Dinner, Friday, August 9, 5:00 PM

RSVP to Kathy Moss by sending a text

We will be meeting at the restaurant, Begoni, at 615 Jackson Street for a light meal. We will then walk the three blocks of Grant Ave. lit up for the monthly Asian-style Night Market. Here we can enjoy featured culinary treats, merchants and performers. Bring cash for anything you may want to buy at the Fair as vendors don't accept credit cards.

Haight -Ashbury Street Fair, Tour and Lunch, Sunday, September 15, 11:00 AM

Start with us on a two-hour tour of Haight Ashbury neighborhood given by City Tours from 11:00 AM - 1:00 PM for which a donation is requested. After the tour, we may grab a quick lunch and then enjoy the music, food, arts and shopping at the Street Fair. RSVP to Mae Go.

Hearst Castle and Cambria Christmas Market, December 9 - 12, 4 days/3 nights

Estimated cost of the trip is \$1100. Please Note: This trip is very popular! Hotels and tickets sell out very quickly. For more information, text LeeAnn DeSalles.

Member to Member Coffee Chat

Mondays, August 5 & 26, 2:00 – 3:00 PM

Mondays, August 12 & 19, 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, August 6, 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.

Intergenerational Book Club

Wednesday, August 7, 10:00 – 11:00 AM

Zoom

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



Join our monthly intergenerational book club on the first Wednesday of the month to discuss the chosen book together. 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.

Our August book will be *All Fours* by Miranda July. In September, we'll discuss *Sing, Unburied, Sing* by Jesmyn Ward.



Aging Well with Mindfulness Meditation

Wednesdays, August 7, 14, 21, & 28, 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.

Art Salon

Wednesday, August 7, 2:00 – 3:00 PM

SFV Office, 3220 Fulton

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



Come show off what you've been creating! We'd love to see paintings, drawings, photographs, needle work, crafts, hear some of your writings, listen to your songs, and more.

Grupo de Conversación en Español

Thursdays, August 8 & 22, 1:00 – 2:00 PM

Tuesdays, August 13 & 27, 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.

Artists Circle

Register with Gayle Geary

Thursday, August 8, 1:30 PM

A trip to SFMOMA to see the Art of Noise (7th floor) and the new Kara Walker installation in the lower-level gallery. Both are highly recommended. The museum opens at 1pm, so we'll meet for lunch at noon at The Grove, 690 Mission Street, and then go to the museum afterwards. Whether joining for lunch or not, **we'll meet on the first floor near the coat room at 1:30pm**. Please let Gayle Geary know if you plan to attend the lunch and/or SFMOMA so we don't miss you at the restaurant or the museum. Also let her know if you are a museum member and can have a guest, or if you are not a member and need a guest pass.



Tuesday, August 20, 1:00 PM

Susan Kitazawa has generously offered her home for Stuck/Unstuck. Susan's house is in Bernal

Heights so we may want to carpool. Please RSVP by August 15th to Susan Kitazawa and/or Gayle Geary if you plan to attend.



Solo-Agers Circle

Friday, August 9, 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.

All-Village Lunch

Monday, August 12, 12:30 PM

Salu Hall, 945 Market Street

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



We will meet at Salu Hall, adjacent to IKEA, at 945 Market Street between 5th & 6th Streets. Meet at 12:30 and go directly to the second floor, where we will gather, order our own meals from one of the many food vendors, and sit together to enjoy our meal.



Play Mah Jongg

Mondays, August 12 & 26, 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.

Over 90!

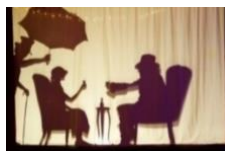
Monday, August 12, 2:30 – 3:30 PM

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.



The Page and the Stage

Tuesday, August 13 & 27, 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.

The Weekend Walking Group

Saturday, August 17, 12:00 – 1:30 PM

Meet in front of Paper Tree Art Store - 1743 Buchanan St.

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



Let's have a casual walk around Japantown! Our exact route is still being scouted out; likely to have a little uphill. We can have lunch or coffee afterwards! Park at the Japantown Center Garage or take Muni 38 or 22.



Potluck Group

Sunday, August 18, 4:00 – 6:00 PM

Home of Terri Emery in the Diamond Heights area

Register with Marvin Berkowitz

Share food and make new friends at members' homes monthly. Please bring a small dish and beverage to share. If you are a wine drinker, white wine is always appreciated.

Parking on the street near Terri's house is typically not difficult. Public transit options to Diamond and 26th Street include #35 bus from either Glen Park Bart or Castro Muni Station or the #48 bus.

Any Book Book Club

Tuesday, August 20, 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.



MoAd Virtual Tour and Discussion

Wednesday, August 21, 3:00 – 4:00 PM

Zoom

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

Join an engaging session that links visual artwork with music by Artist of African descent 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.

The San Francisco Village View: A Current Events Discussion Group



Thursday, August 22, 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.



San Francisco Village Book Club

Monday, August 26, 4:00 PM

Zoom

Register with Sharon Kuester

We will be discussing *10:04* by Ben Lerner.

Conversations for Mortals

Tuesday, August 27, 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.

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, August 1 & 15, 4:30 – 5:30 PM on Zoom

Register with Steve Hayashi a

Monday, August 19, 11:00 AM at *Java Beach Café on La Playa and Judah*

Join us on zoom for one biography meeting and one check-in meeting. We'll also have another coffee shop meet up this month! No need to RSVP, just show up.

LGBTQ+ Circle

Friday, August 2, 1:00 – 2:15 PM Zoom

Friday, August 16, 1:00 – 2:30 PM TBD if in person or on zoom

Register with Bill Haskell

The LGBTQ Circle meets twice a month - on the first and third Fridays. The second session will be online or in person. If we meet in person, the location will be determined at the first meeting. The location will be sent to members on the LGBTQ master list two weeks before this get-together. 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.

94114/94131 Circle

Register/get more information with Jay Davidson or Rena Burns

Tuesday, August 6, 12:30 PM at *Lunch at Dumpling Kitchen, 3913 24th Street*

To reserve a seat at the table, please contact Jay or Rena.

Friday, August 16, 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.

Thursday, August 29, 10:00 AM at *Martha and Brothers, 1551 Church Street at Duncan Street*

Everyone is welcome to meet us for coffee. No need to RSVP.

94109/94133 Circle

Tuesday, August 6, 1:00 PM at *The Crepe House at 1775 Polk*

Register with Bobbie Rothman

Our circle will meet for lunch at The Crepe House at 1775 Polk, corner of Polk and Washington Street on Tuesday, August 6th, at 1 PM. There are delicious choices of crepes, omelets, bagels, soups, and sandwiches - and of course each other's wonderful company - to enjoy.

94118 Circle

Thursday, August 8, 3:00 – 4:30 PM at *Karen Franklin's house, 11th Ave and Cabrillo*

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/Visitacion 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

94117 Circle

Friday, August 9, 1:00 – 2:15 PM on Zoom

Friday, August 23, 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.

West of Twin Peaks Circle

Tuesday, August 13, 1:00 PM at *Cypress Grill, Harding Park, 99 Harding Road*

Register by 8/8 with Roberta Gordon

It is wonderful to look out upon the golf course and see the many different birds trying to stay out of the way of the golfers! The staff is always pleasant and accommodating, and parking is readily available.

We request that you have cash to pay your individual bill. We each add 35% to our order--which accounts for tax and tip. We cannot coordinate car-pooling, but we encourage you to invite a friend who drives. We welcome the opportunity to introduce people to The Village!

94121 Circle

Tuesday, August 13, 2:00 PM at *Anza Branch Library*

Register with Judi Iranyi or Carol Rothman

We meet the second Tuesday of every month. We alternate meetings in the Library or a member's home. We meet to create community, provide support and share our experiences, we look forward to welcoming new members.

94107/94103 Circle

Wednesday, August 14, 1:30 PM at *Fogo de Chao, 201 Third St.*

Wednesday, August 28, 4:00 – 6:00 PM at *Dirty Habit in the hotel Zelos, 12 Fourth St.*

Register with Dian Miller

Join us for lunch and conversation on August 14—there's room for 8 of us. Our happy hour on 8/28 at Dirty Habit needs an elevator pass which can be picked up at the check in desk in the lobby. This is quite a snazzy spot.

94115+ Circle

Tuesday, August 20, 3:00 – 5:00 PM location *TBD**

Register with Gayle Geary or Lynne Fox

Please join us for lively conversation, tea and other delicious refreshments, location to be announced soon. Please RSVP and register with Gayle Geary and/or Lynne Fox no later than Monday, August 12.

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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This program serving the community is funded by the City of San Francisco's Department of Disability and Aging Services.