



### From Executive Director, Kate Hoepke:

Dear Members and Friends,

October ushers in the fourth quarter and the beginning of the holiday season. For some of us, it is a time of travel, celebration and connecting with family and friends. For others, it's a time to reflect on the year that's ending, what we're grateful for, and what still needs our attention. Often it's a time of remembering those we've lost, who won't be joining us at our holiday tables. The cycle of the seasons brings us back again and again to the impermanence of our lives and knowing that to be human means we're going to lose people we love.



In January of this year, San Francisco Village launched a Grief Program to meet the needs of those experiencing loss and to proudly continue the legacy of Dr. Patrick Arbore, who died May 27, 2023. Patrick was a beloved member of SFV, a former board member, donor and strong supporter of our community.

Beginning in 1987, Patrick developed a model for peer-to-peer grief groups, believing that grief requires connection and community in order to transform. With generous support from a wide range of donors, Patrick's groups have found a new home at SFV, lovingly tended by volunteers he trained. We've hired a licensed clinician to support the facilitators and an administrative coordinator to welcome new griever and track our work. The seeds he planted nearly four decades ago continue to blossom!

We're deeply grateful to everyone who has supported this transition. Now that the infrastructure is in place, we're reaching out to say there is room to grow. If you, or someone you know, needs support after the loss of a loved one, please direct them to the [SFV Grief Program](#) page on our website. There are currently five drop-in groups that meet on Saturday mornings and regularly scheduled eight-week groups that follow a curriculum designed by Patrick. The Grief Program is open to any adult 18 years and older.

### In This Issue:

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

### Staff Contact

(415) 387-1375  
info@sfvillage.org

Kate Hoepke  
*Executive Director*  
kate@sfvillage.org, ext. 1

Jill Ellefsen  
*Member Services Director*  
jill@sfvillage.org, ext. 2

Sarah Brigid Newsham Kent  
*Program & Creative Director*  
sarah@sfvillage.org, ext. 3

Sha'Nice Patterson  
*Wellness & Volunteer Coordinator*  
sha'nice@sfvillage.org, ext. 4

Jessica Da Silva  
*Communications & Fund Development Director*  
jessica@sfvillage.org, ext. 6

Nidhi Patel  
*Administrative Assistant*  
nidhi@sfvillage.org, ext. 5

Stephanie Casella  
*Administrative Support*  
steph@sfvillage.org, no ext

## New Members

Larry Carbary 94131  
Carole Issel 94127  
Edna (Eddie) Arbetman Triska 94131  
Jo-Ann Rose 94111  
Judy Nadel 94115  
Pat Snyderman 94117  
Deborah Barr 94118  
Chris Francisco 94112  
Jean & Jim Hardin 94131  
Kathleen McGill 94121  
Tim Wolfred 94131  
Felice Price 94117  
C. Kelly Eads & John Brandeau 94103

“There are three needs of the griever: To find the words for the loss, to say the words aloud, and know that the words have been heard.” -Victoria Alexander, *In the Wake of Suicide: Stories of the People Left Behind*

Grateful to be in community with you!

Kate

## Did You Know?

### Preparing for Holiday Office Closures

The San Francisco Village Office will be closed on 11/28 & 11/29 and 12/25-1/1.

## In Memoriam

### Ralph Stone, 94121

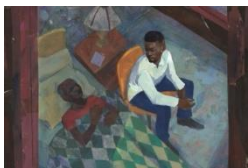
Ralph died peacefully at home at the age of 85. Ralph and his wife Judi traveled extensively visiting 60 countries together, in addition to enjoying the Bay Area cultural events, and visiting with friends. He enjoyed reading, especially mysteries, and wrote comments about current events for various online publications.

## Thank you to our Sponsors

**SEQUOIA**  
LIVING™  
Never Stop Growing



## Upcoming Events



### Death Literacy Series

**Tuesdays, October 1, 15, and 29 (not 10/8 or 10/22), 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](mailto:info@sfvillage.org)**

Death is an event that we will all face, yet there are few spaces to learn and talk openly about our inevitable fate. Through focusing on preparation and practical knowledge, as well as developing an honest relationship with our mortality, we become more death literate, and better equipped to make decisions about end-of-life care.

Join Stephanie Crawford, hospice nurse and death doula, for this series that will cover a broad range of end-of-life topics including: hospice vs. palliative care, the emerging role of death doulas, advanced care planning, alternative burial options, medical aid in dying (MAID), voluntarily stopping eating and drinking (VSED), end of life symptoms, and practical wisdom for showing up at the bedside. Bring your notepads, a curious mind, and open heart!

## Eldership Connections

**Fridays, October 4 – November 22, 10:30 AM – 12:00 PM**

**\*SFV office, 3220 Fulton St, 94118\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) by September 20**



What are your experiences with getting older or just being old? Join us for eight sessions as we dive

into issues that come up with aging-- for yourself, for your family, for your friends. Sessions won't have agendas, but the group will collectively land on what would be helpful for us to talk about. Please plan to attend all sessions (we understand if you get sick or a last-minute doctor appointment pops up). Before the group starts, Ellen and Joanne will meet with each person individually to learn what your goals and hopes are for the group.

Joanne Seltzer is a psychiatrist who recently retired and is looking for a way to give back in a meaningful way. Ellen Klutznick has been a therapist for half of her life and she'd like to give back to other older adults like herself. Both Joanne and Ellen are members and have benefited from belonging to San Francisco Village.



### Share Your Story!

**Mondays, October 7-December 16, 10:30 AM – 12:00 PM**

**\*IT Bookman Community Center, 446 Randolph St\* (10/7, 10/21, 11/4, 11/18, 12/2, 12/16)**

**\*San Francisco Village, 3220 Fulton St\* (10/14,10/28, 11/11, 11/25, 12/9)**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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 SFV and ITB 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!

### What's on the SF Ballot This November?

**Monday, October 7, 2:30 – 4:00 PM**

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

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



Do you want to be an informed voter but often find it hard to understand the details of so many propositions on our ballots? The League of Women Voters presents the arguments on both sides of the propositions so you can decide which point of view you agree with. We will cover both city and state propositions.



### Making the Most of Your Membership

**Tuesday, October 8, 11:00 AM – 12:00 PM**

**\*SFV office, 3220 Fulton St, 94118\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Welcome, new members! If you've joined in the last year and haven't yet jumped into our programming and volunteer opportunities, we'd love to make some connections to help you feel a part of this vibrant, caring community. We also invite any members who haven't participated in a while.

## Caregiver Series

Zoom

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



### 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.



### Member Walking Group

**Thursday, October 10, 11:00 AM**

**\*Meeting Place: corner of Fulton and 43<sup>rd</sup> Ave. Look for your guide, Marilyn Straka, SF Village member and owner of On the Level SF Walking tours\***  
Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

The flexible four-lakes walk - choose the length that fits your energy level! We start at North Lake which is less than a mile to walk around. Cross JFK to discover the Middle lake loop. Continue to the Fly-Casting Ponds via a spur trail (slightly uphill) that follows a bubbling creek. Return to the start from here with a possible bison sighting. Total mileage for this option is 2.5 miles. For a longer walk, go on to Spreckels Lake. There are bathrooms at North Lake and Spreckels Lake. The trail is paved or pressed rocks. Many benches for rest stops along the way. We will eat a (optional) bag lunch mid-way. There is no place to purchase food.

Getting there: #5 Fulton MUNI, stops at Fulton and 43<sup>rd</sup>. If driving, park on 43<sup>rd</sup> Ave by the end of North Lake. There is ample off-street parking.

### Fine Arts Museums Virtual Tour

**Friday, October 11, 1:00 – 2:00 PM**

Zoom

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

*Meet the California Artists* You can't help feeling a sense of pride when you see the work of California Artists. Come meet some of the California artists and their work from the Fine Arts Museums of San Francisco on our October 11 virtual tour.







## Sell Your Creations at SFV's First Ever Crafts and Art Fair!

**Deadline for sign ups: Wednesday, October 15**

**Fair: Tuesday, November 19, 2:00 -- 4:00 PM**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Join us this November 19 for our first ever sale with SFV artists, crafters, and makers! We welcome makers of all kinds to sell their goods: beaded earrings, water color cards, knit hats, ceramic bowls, handmade books, prints, photography, poetry chap books, and more! All are welcomed!

Please let us know by Wednesday, October 15 if you'd like a space. Each individual is responsible for their own sales; SFV will not have any cash or credit card machines.

## Asian Art Museum Virtual Tour

**Thursday, October 17, 1:00 – 2:00 PM (note different day!)**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



*Demons, Creatures, And Monsters – Oh My!* Mythical creatures, legendary beasts, terrifying monsters. They are supernatural, mystical, often god-like or demon-like beings, and they have fascinated us since ancient times. Even today, they continue to thrill, terrify, entertain, and inspire us. They have filled folklore, stories, songs, and works of art. They may even protect us.



## Exploring Our Self and Our Values

**Thursdays, Oct 17, Nov 7, & Dec 5, 10:00 -11:30 AM**

**Zoom**

**This series started in September and is at capacity**

Join a new reflection and discussion group facilitated by SFV member Peter Gross. The goal is that by exploring our self and our values in conversation with others, we'll deepen our own self-understanding and learn from the experience of others. Each session has a topic, with one or more discussion questions, such as "What qualities of yours do you value most? Why do you value those qualities – what benefits do they bring you?" In order to foster continuity and trust in our sharing, this is a fixed group and limited to 12 people -- restricted to those who signed up at the outset.

## Therapeutic Applications of Cannabis

**Tuesday, October 22, 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](mailto:info@sfvillage.org)**



Join Dr. Jean Talleyrand for an introduction to the cannabis plant, its active ingredients, and the available cannabis product types. It will include a brief overview of the endocannabinoid system and how cannabis affects body physiology and function. His perspective will be on the therapeutic applications of cannabis, particularly for disordered pain, sleep, mood, and appetite. This session will also provide a review of the Cannabis Mind Initiative, research that explores the effects of cannabis on mood, altered consciousness, and cognition. Dr. Talleyrand has dedicated his career to studying the therapeutic and adverse effects of Cannabis use.



## Supporting Those Experiencing Self-Neglect

Wednesday, October 23, 2:00 – 3:00 PM

Zoom

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

This presentation outlines basic elder abuse with the focus on common contributors to self-neglect, red flags, and tools for supporting loved ones at risks of eviction due to hoarding, unsafe living conditions or experiencing difficulty managing financial decisions due to lack of support and more.

## How to Bring Your Best Instincts to Your Financial Plan

Thursday, October 24, 12:00 – 1:00 PM

Zoom

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



Have you ever heard about something that seemed like a great idea . . .and then didn't get around to doing it? Even the most rational of us make irrational decisions sometimes or fail to take action even though it's in our best interest—and our finances may suffer unnecessarily. We'll look at some of the fascinating, Nobel-prize winning research on how real humans behave in economic decision-making and explore some strategies for overcoming irrational biases and sub-optimal behavior. Heather C. Liston is a Certified Financial Planner, and the Principal of Clarity Financial, a fiduciary financial planning firm based in San Francisco.



## MoAd Virtual Tour and Discussion

Friday, October 25, 2:00 – 3:00 PM

Zoom

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

Step into a visually stunning and sonically rich experience with a guided tour through a specially curated art exhibition! Each piece of art is brought to life with vibrant music that sets the perfect backdrop, turning your virtual visit into a multisensory journey. Explore contemporary Black art through insightful discussions and thought-provoking inquiries that will leave you inspired and enlightened. 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.

## Transportation Options

Tuesday, October 29, 2:30 – 3:30 PM

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

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)



SFMTA works to keep San Francisco moving and SF Paratransit works to ensure the travel needs of our city's older adults and people with disabilities are met. Join us for this hybrid presentation to learn about your transportation options in the city and around the Bay Area. You'll learn about the Essential Trip Card, the Shop-a-Round Shuttle, ADA Paratransit, travel training/travel planning, and more!



## Monthly InnerYoga

Wednesday, 10/30, 3:00 – 4:15 PM

\*SFV office, 3220 Fulton St, 94118\*

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

## Recurring Events



### Let's Play Games

Tuesday, October 1, 1:00 – 3:00 PM

\*SFV office, 3220 Fulton Street\*

Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, October 2, 10:00 – 11:00 AM

Zoom

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



Join our monthly intergenerational book club on the first Wednesday of the month to discuss the chosen book together. 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 October book is *Heaven and Earth Grocery Store* by James McBride.



### Aging Well with Mindfulness Meditation

Wednesdays, October 2, 9, 16, 23, & 30, 10:00 – 10:45 AM

Zoom

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

September 25-October 30, the group will be led by Rebecca Dixon (she/her) who has maintained a

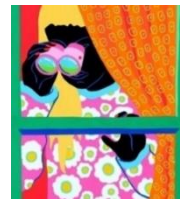
daily practice since 1992, with numerous long retreats. She has led Insight Oakland for over 20 years and was a guiding teacher at Alameda Sangha for 12 years.

## Art Salon

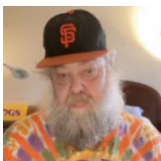
**Wednesday, October 2, 2:00 – 3:00 PM**

**\*SFV Office, 3220 Fulton\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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.



## Music Chat with Marko

**Thursday, October 3, 1:00 – 2:00 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, October 3, 10, 17, 24 & 31, 2:30 – 3:30 PM at \*SFV office, 3220 Fulton St.\***

**Mondays, October 7, 14, 21, & 28, 1:00 – 2:00 PM on Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, October 4, 2:00 – 3:30 PM**

**\*SFV office, 3220 Fulton St, 94118\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, October 5, 12, 19 & 26, 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!



### **Member to Member Coffee Chat**

**Mondays, October 7 & 28 10:00 – 11:00 AM**

**Monday, October 21, 2:00 – 3:00 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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!

### **Del and Phyllis Posse: Female LGBTQ+ Circle**

**Mondays, October 7 & 21, 12:00 PM**

**\*Moonlight Café, 634 Cortland\***

**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+.



### **Explorers (formerly Travel Connections)**

**Planning Meeting: Monday, October 7, 1:00 – 2:00 PM**

**\*SFV office, 3220 Fulton St, 94118\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Join us on 10/7 for our planning meeting! We will have an outing in Sausalito on 10/23, with dinner at The Trident. In November we'll dine at the Tonga Room at the Fairmont Hotel, exact date TBD.

### **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 at (415) 404-2090.

### **Grupo de Conversación en Español**

**Tuesdays, October 8 & 22, 1:00 – 2:00 PM**

**Thursdays, October 10 & 24, 1:00 – 2:00 PM**

**\*SFV Office, 3220 Fulton\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

*¡Hola!*

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.



### **The Page and the Stage**

**Tuesday, October 8 & 22, 2:00 – 3:30 PM**

**\*SFV office, 3220 Fulton St, 94118\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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.

### **Solo-Agers Circle**

**Friday, October 11, 10:30 AM – 12:00 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



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



### **Play Mah Jongg**

**Mondays, October 14 & 28, 2:00 – 4:00 PM**

**\*SFV office, 3220 Fulton St, 94118\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, October 14, 2:30 – 3:30 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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 experiences in this decade of life.



### **Artists Circle**

**Exquisite Corpse**

**Tuesday, October 15, 2:00 – 4:00 PM at \*SFV office, 3220 Fulton St, 94118\***

**Register with Connie Levy**

Join the Artists Circle for a collaborative drawing workshop based on the Surrealist game "Exquisite Corpse". Each participant will make part of a drawing; the mystery result will be unveiled at the end. No drawing skill required, only your imagination. All materials provided. Limit 15.

### **Stuck/Unstuck**

**Wednesday, October 16, 2:00 – 4:00 PM at \*Home of Frank Warner and Jean Cleverly\***

**Register with Frank Warner**

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.

## Any Book Book Club

Tuesday, October 15, 2:30 – 3:30 PM

\*SFV office, 3220 Fulton St, 94118\*

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



## The San Francisco Village View: A Current Events Discussion Group

Friday, October 18, 2:30 – 4:00 PM

Thursday, October 24, 12:30 – 2:00 PM

\*SFV office, 3220 Fulton St, 94118\*

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

The 3<sup>rd</sup> Friday group is led by member Marymelissa Grafflin and 4<sup>th</sup> Thursday 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.

## Potluck Group

Sunday, October 20, 4:00 – 6:00 PM

\*Home of Roberta Gordon in the Laguna Honda/Forest Hill Extension neighborhood\*

Register with Marvin Berkowitz



Share food and make new friends at members' homes monthly. Please bring a small dish and beverage. Due to space, this event has a cap of 12 people, so register soon. Also, NO shoes please. Transportation: It's best to carpool as parking in the area can be difficult. (Marvin will share names of people wanting to attend.) Closest Muni is about one mile from Roberta's house and entails walking up a steep hill.

We're looking for more members to host from all over the city, so please let Marvin know if you can Host or Co-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 less, depending on space.



## All-Village Lunch

Tuesday, October 22, 12:00 PM

\*CCSF cafeteria, 52-82 Cloud Circle \*

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

Join other SFV members for lunch at the CCSF cafeteria or restaurant, where all the food is prepared by the college's culinary department and is very reasonably priced. The cafeteria setting needs no

reservation. We dined once in the cafeteria and once in the restaurant because a large table opened up and we were able to get in there. There is no way of knowing in advance if a table will be available in the restaurant. Note that the cafeteria closes at 1:00 PM.

## The Weekend Walking Group

**Saturday, October 26, 10:00 AM**

**\*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](mailto:info@sfvillage.org)**



How to See a Bird Weekend Walking Group edition! 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.



## San Francisco Village Book Club

**Monday, October 28, 4:00 PM**

**Zoom**

**Register with Sharon Kuester**

We will be discussing *The End of the Affair* by Graham Green.

## 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.

### 94114/94131 Circle

**Register/get more information with Jay Davidson or Rena Burns**

**Tuesday, October 1, 12:30 PM at \*Lunch at Haystack Pizza Restaurant, 3881 24th Street\***

Please confirm your registration with Jay or Rena

**Tuesday, October 8, 10:00 AM at \*Martha's Coffee, 1551 Church Street at Duncan St.\***

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

**Wednesday, October 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.



## Sunset Circle

Thursdays, October 3 & 24, 4:30 – 5:30 PM on Zoom

Register with Steve Hayashi

Monday, October 14, 11:00 AM at \*Java Beach Café on La Playa and Judah\*

Join us on zoom on 10/3 and 10/24. We'll also have another coffee shop meet up this month! No need to RSVP, just show up.

## 94121 Circle

Tuesday, October 8, 2:00 PM at \*at the community room of the Anza Library on 37 Ave\*

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, October 9, 1:30 PM at \*Balboa Cafe 3199 Fillmore Street\*

Wednesday, October 23, 4:00 PM at \*Fogo de Chao 201 Third St\*

Register with Dian Miller

Join us for lunch and conversation on October 9—there's room for eight of us—and Happy Hour on 10/23.

## 94118 Circle

Thursday, October 10, 3:00 – 4:30 PM at \*Karen Franklin's house, 11<sup>th</sup> 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.

## 94117 Circle

Friday, October 11, 1:00 – 2:15 PM on Zoom

Friday, October 25, 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

## 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

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**

### **Pumpkin Decorating and Potluck Lunch**

**Thursday, October 17, 11:30 AM, at \*Anne's house\***

**Register by 10/11 with Roberta Gordon**

Irish immigrants to America brought their tradition of carving jack-o'-lanterns from turnips in the 19th century, but after their arrival in the U.S. they began to use pumpkins instead. At a cost of \$8-\$12, we will provide the following: 2 mini-pumpkins each, plus moss, small pinecones, spiders, glue and special pumpkin decorations—whatever is in my Halloween basket—to please the discriminating artist! Once you sign up, we will send more information before the get-together. (Limit 10 with a wait list.)

### **Lunch**

**Thursday, October 24, 1:30 PM at \*Original Joe's of Westlake, 11 Glenwood Ave., Daly City, CA\***

**Register by 10/21 with Roberta Gordon**

Thursday's special is the famous "Corned Beef and Cabbage." A must try! But if that doesn't tickle your fancy, there are many other great dishes on the menu! We request that you have cash to pay your individual bill. We each add 36% to our order—which accounts for tax, tip, and health mandate. 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!

## **LGBTQ+ Circle**

**Friday, October 18, 1:00 – 2:30 PM at \*Cup A Java Café at 3500 Geary Boulevard\***

**Register with Bill Haskell**

The LGBTQ Circle is meeting once in this month in person. 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.

## **94115+ Circle**

**Wednesday, October 23, 3:30 PM location TBD**

**Register with Gayle Geary or Lynne Fox**

Details for this meeting are still being finalized! Stay tuned!

## **94109/94133 Circle**

**Thursday, October 24, 1:00 PM at \*The Crepe House, at 1765 Polk Street\***

**Register with Bobbie Rothman by October 12**

Our circle will meet for lunch at The Crepe House. We'll enjoy their varied and tasty lunch menu, good conversation, and the special warmth that always comes when our group gets together. We thank Persis Ainey for making these wonderful lunch arrangements. Please RSVP by 10/12, so we can let Crepe House know how many will be attending. We are looking forward to being together for this special event!

## Bernal Circle

**Sunday, October 27, 2:00 PM at \*home of Mary Ann Stein\***  
**Register with Mary Ann Stein**

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

## Save The Dates



### Good Vibrations Antique Vibrator Museum Tour

**Thursday, November 1, 11:00 AM**

**\*Good Vibes, 1620 Polk St\***

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

The Good Vibrations Antique Vibrator Museum is exactly what it sounds like: a collection of vintage sex toys dating all the way back to the 1800s. Dr. Carol Queen will give us a tour and share other info with the group, depending on what is stirred up! She's an award-winning author, sex-positive activist and educator with a PhD in sexology who has been part of the Good Vibes team since 1990.

## Senior Transitions Seminar

**Tuesday, November 12, 10:30 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](mailto:info@sfvillage.org)**



This Senior Transitions Seminar will feature Senior Specialists in Real Estate, Reverse Mortgages, and Senior Placement Services.

Exceptional Senior Placement is a local family-owned firm specializing in helping seniors and their families find the right licensed Senior Community and is a sponsor of San Francisco Village.



## Grief

**Wednesday, November 13, 2:00 – 3:30 PM at \*SFV Office, 3220 Fulton\***

**Wednesday, November 20, 2:00 – 3:30 PM on zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Grief is universal to the human experience, and while every loss is felt differently, there are threads that connect all grievers. Our discussion will center on different types of grief and loss, the role of community and ritual in moving through grief, and the difference between grief and mental health conditions like depression. We will also explore aging as both grief and growth, consider the impacts of ageism and living in a death/grief-denying culture on how we think about and experience loss.

Talia Davidow (she/her) is a licensed clinical social worker with ten years of experience working with elders in community-based settings. She is currently the Associate Behavioral Health Director at the Over 60 Health Center in Berkeley and has the honor of providing support to the incredible peer grief group facilitators through SF Village's grief program.

## 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](mailto: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.

---

**\*Programs\*** are in person **^Programs^** are hybrid **Programs** are virtual.

*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

3220 Fulton St., San Francisco, CA 94118 • (415) 387-1375  
[www.sfvillage.org](http://www.sfvillage.org) • [www.facebook.com/sfvillage](https://www.facebook.com/sfvillage) • [www.twitter.com/SF\\_village](https://www.twitter.com/SF_village)



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