



From Executive Director, Kate Hoepke:

Dear Members and Friends,

I've been a community builder for nearly 40 years and a self-described social science nerd. I'm fascinated by how we as humans evolve and grow in the context of community. In relationship with other people, exists the possibility to know myself differently and change my circumstances. I'm not as stuck as I think I am.



Last week I met a new SFV member, 83 years old, who until recently was reluctant to hang out with other "old people." She was delightfully honest about how she can pre-judge other people and inadvertently exclude herself from getting her needs met. With a background in the arts, she was hesitant to participate in an SFV program because she assumed it wouldn't be up to her standards. She took a chance, made the leap, and discovered a wonderful group of people doing what she loved. She had to laugh at herself, she said, because old behaviors almost prevented her from discovering a new source of joy and belonging. I can relate! I've done the same thing myself.

A few days later I received an unexpected phone call from Leah, a 30-year-old woman I didn't know, telling me how SFV has changed her 80-year-old neighbor's life. Leah could see that her neighbor was struggling with loneliness and depression and offered to help look for resources. She found SFV and encouraged her neighbor to join. Soon after, Leah moved back east for her job but stayed in touch. On a recent visit to San Francisco, Leah found her neighbor engaged with her neighborhood circle, interacting with younger volunteers and talking with a psychotherapist who volunteers for SFV. Leah was thrilled to see her friend thriving because she had the courage to do things differently.

We're all guilty of maintaining our well-worn ruts of behavior, even when those behaviors cause harm and prevent us from getting what we want. As these two courageous members illustrate, when we face

In This Issue:

- From the E.D.
- In Memoriam
- Did You Know?
- 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

Christine Bolt 94117
Athena Kyle 94121
Atam Rao 94114
David Lindsey 94117
Jane Stecher 94114
Laura Green 94044
Joanne Handy 94116
Margot Brier 94114
Monica Moore 94110
Mariko & David Hingston 94112
Michael & Trish Daly 94114
Ginny Horning & George Pickett
94105
Tatyana Yasnovsky 94122

our own resistance and resolve to change, we find freedom and connection that nourishes and sustains us. Transformation is within reach!!

Grateful to be in community with you,

Kate

In Memoriam

Jeanne Lacy, 94123

Jeanne Cannon Lacy, age 97, passed away on Saturday, December 7, 2024. Jeanne was a founding member of San Francisco Village and a pillar of the weekly meditation group. We remember a volunteer appreciation party we had with a band where she took to the dance floor with her walking sticks! We miss her generous smile, sparkling eyes, and warm and generous spirit.

Did You Know?

Holiday Office Closure

The San Francisco Village Office will be closed 2/17.

Thank you to our Sponsors

SEQUOIA
LIVINGSM
Never Stop Grow



Upcoming Events



Share Your Story!

Mondays, February 3 – April 28, 10:30 AM – 12:00 PM

***IT Bookman Community Center, 446 Randolph St* (2/3, 2/24, 3/10, 3/24, 4/7, 4/21)**

***San Francisco Village, 3220 Fulton St* (2/10, 3/3, 3/17, 3/31, 4/14, 4/28)**

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

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

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!

Writers Workshop

Tuesdays, February 4 – February 25, 2:30 – 4:00 PM

Zoom

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

This workshop started in January and is at capacity



San Francisco Village Writers' Workshop welcomes writers of all levels. You can start from a completely blank page or bring something you are already working on. We will explore different writing styles – from memoir, to poetry to short and long fiction. We will also read poets and authors that resonate with us – and try to figure out how they transfer their experiences, thoughts and feelings to the written page. You will receive a robust bibliography of books about writing – and we will draw special examples from *A Swim in a Pond in the Rain: In Which Four Russians Give a Master Class on Writing, Reading and Life* by George Saunders (available at SF Public Library). And we will, to paraphrase poet Robert Frost, learn how to “surprise our readers, and ourselves, with our words.”

The Writers' Workshop is led by author and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and a book reviewer for the Los Angeles Review of Books. Elinson has led writing workshops at S.F. Village since 2015.



The Human Nature Art Experience

Wednesday, February 5, 2:00 – 3:00 PM

SFV office, 3220 Fulton St, 94118

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

Tiffany Shlain is a multidisciplinary artist, Emmy-nominated filmmaker, national bestselling author, and the founder of the Webby Awards. Working across mediums, Shlain's work explores ideas in feminism, philosophy, technology, neuroscience, and nature. Her work has been shown at The Museum of Modern Art in New York, the Sundance Film Festival and US embassies globally. She is also SFV member Carole Lewis's daughter.

Join us for a conversation where Tiffany walks us through art from her recent art exhibits that explore ideas in trees, time and technology. In her time-based media, light boxes and sculptures, she explores how this scale realignment can change our perspective, offer context, reveal absurdities, and evoke humility, insights, and awe.

Paying Attention to Getting Older

Thursdays, February 6, 13, 20, & 27, 11:00 AM – 12:00 PM

Zoom

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



Join a team from the UCSF Age Friendly Emergency Department for this educational series. We'll talk about recognizing cognitive changes, fall prevention strategies, managing your medications, and benefits of social connection and future planning.

The UCSF Emergency Department, in partnership with the Division of Geriatrics, operates an Age-Friendly Emergency Department Consult Service. An Advanced Practice Provider (NP and PA), Pharmacist, and Social Worker comprise an interprofessional team providing consultative services in

concert with emergency department nurses and physicians. The age-friendly care pathway addresses hazards of acute care hospitalization, early detection of geriatric syndromes, intervenes during medication reconciliation, refers directly for formal cognitive evaluation, and connect patients, families, and caregivers to the broader health system and community partners.



InnerYoga

Wednesdays, February 12 & 26, March 12 & 26, 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.

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.

What the Honk!

Tuesday, February 11, 11:00 – 12:15 PM

SFV office, 3220 Fulton St, 94118

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



Stay safe behind the wheel! Driving is a key part of staying independent, but aging can bring changes that affect safety on the road. Join us for *What the Honk?*—a fun and informative session where you'll learn about warning signs that it might be time to adjust your driving habits, plus tips to stay sharp behind the wheel. We'll showcase handy driving gadgets to make driving and riding more comfortable and share practical advice on navigating the DMV review process. Attendees will receive valuable resources, driving tips, and a helpful take-home guide.

Melanie Henry is a Licensed Driving Instructor, Driver Rehabilitation Professional, and the Founder of the Driver Cognitive Assessment Center (DCAC). A nationally recognized expert on aging and driving, she is the author of the best-selling book *Difficult Aging in Place Conversations* and a sought-after speaker on driver safety for older adults. Through DCAC, Melanie provides cognitive driver assessments, driver refresher sessions, and resources to support aging drivers and their families. She also coordinates CarFit events in the San Francisco Bay Area, promoting safety and education in her community.



Fine Arts Museums Virtual Tour

Friday, February 14, 1:00 – 2:00 PM

Zoom

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

Valentines at the Legion Let's celebrate Valentine's Day together on this tour of the Legion of Honor by tracing the museum's history of establishing a collection of art from three areas: the passion of one

extraordinary woman; the generous gifts and acquisitions from patrons and donors; and the prevalence of love stories as depicted by the artists.

Valentine's Day Lunch Gathering

Friday, February 14, 1:00 PM

Arepas Restaurant, 3198 16th Street

Register with Clint Seiter



Bonnie Weiss has arranged for our members to enjoy connection and community with fellow Villagers once again at a lovely ethnic restaurant. This year we will be taking a culinary adventure by dining at a restaurant that specializes in Venezuelan and Columbian food. Their main courses start around \$14.00, including quite a few vegetarian options.

If you are a new member, and are not listed in our current directory, please provide your cell phone number with your emailed reservation.



San Francisco Court Appointed Special Advocate Program

Tuesday, February 18, 11:00 AM – 12:00 PM

Zoom

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

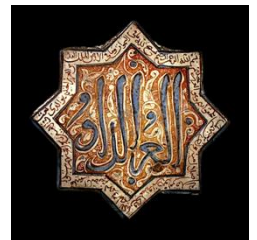
Rescheduled to Zoom! Join us to learn more about SFCASA. Through advocacy and mentorship, the San Francisco Court Appointed Special Advocate Program empowers community members to stand up for a foster child and champion their rights in court. CASAs are trained adult volunteers who become court-appointed advocates and mentors. They help these young people access essential services and provide a consistent adult presence in their lives.

Asian Art Museum Virtual Tour

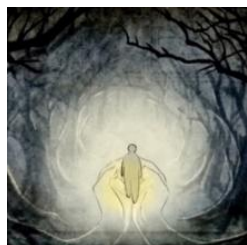
Friday, February 21, 1:00 – 2:00 PM

Zoom

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



Facing Mecca: Reflections of Islam in Art Islam has inspired a variety of sacred art, but the scope of its influence also extends into the secular realm and to cultures across the globe. Experience the complexity and breadth of Islamic art through objects from the collection of the Asian Art Museum. Learn how, after becoming the most highly regarded art form in West Asia, calligraphy spread its beauty around the world.



Conversations for Mortals

Tuesday, February 25, 11:00 AM – 12:30 PM

SFV office, 3220 Fulton St, 94118

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.

Please note this session is only in person! We will meet on zoom next month, 3/25.

Collect Hard-To-Recycle Items with Ridwell

Friday, February 28, 11:00 AM – 12:00 PM

Zoom

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



Wasting less, made easy. Ridwell picks up common household items that can't be curbside recycled, and finds new life for them, to keep them out of landfills, incinerators, and oceans.

What we pick up: plastic film, lightbulbs, batteries, threads and so much more! We pick up your stuff right from your front door, every two weeks. We have trusted recycling partners with local and regional organization that put your stuff to good use.

Come learn more about this transparent recycling subscription (and get a free trial to see if it works for you!).



MoAd Virtual Tour and Discussion

Friday, February 28, 2:00 – 3:00 PM

Zoom

Register with SFV at (415) 387-1375 or 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.

Recurring Events

Virtual Social Hour

Saturdays, February 1, 8, 15, & 22, 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, February 3, 10, & 24, 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!

Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, February 3 & 17, 12:00 PM

Harding Park, 99 Harding Road

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+.



Fitness Exercise

Mondays, February 3, 10, & 24, 1:00 – 2:00 PM on Zoom

Thursdays, February 6, 13, 20, & 27, 2:30 – 3:30 PM at *SFV office, 3220 Fulton St.*

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.

Explorers

Planning Meeting: Monday, February 3, 1:00 – 2:00 PM

SFV office, 3220 Fulton St, 94118

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

Join us to help plan activities for this year!



Valentines Day Celebration

February 13, at 1:00PM at *SIP Tea Room, 721 Lincoln Way, San Francisco*

Join the Explorers in celebrating Valentines Day early. Enjoy a traditional tea with sandwiches, scones, fruit and desert selections made from local, seasonal ingredients. Of course there will be tea! Our seating lasts 90 minutes starting at 1:00PM. After lunch, some of us may choose to walk across the street to spend time in Golden Gate Park.

The all-inclusive price is \$49.50 and should be pre-paid by Wednesday, February 5th, however late reservations will be accepted until Sunday, February 9th if seats are still available. Reservations will be held under the name Thompson/Explorers. Call 415.683.5592 from Thursday to Sunday to reserve your spot. There is limited street parking. Public transportation is available. The website for SIP is siptearoom.com

Calistoga Trip

**March 17 -20 (3 nights, 4 days) at *Roman Spa in Calistoga, 1300 Washington Street, Calistoga*
Any questions or for more information, contact Phyllis Scaduto**

Join us for the second annual trip to Calistoga. The Roman Spa (800.914.8975) is our hotel of choice and our stay is March 17 - 20. We'll carpool to Calistoga to enjoy soaking pools, spas, wineries, shopping, good food and even a geyser. The Roman spa is the primary hotel but there are many nearby hotels in to choose from. If interested, make your reservations with the Roman Spa (800.914.8957) or hotel of your choice.



Let's Play Games

Tuesday, February 4, 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.

Artists Circle

Stuck/Unstuck

Tuesday February 4, 2:00 to 4:00 PM, at * SFV office, 3220 Fulton St,*

Bring your finished, unfinished, or in-process art to our supportive and stimulating Stuck/Unstuck session on February 4th from 2-4pm at the Village office. No matter what you are working on, or just thinking about, sharing our art and ideas is very inspiring. Please RSVP to Jay Davidson or Gayle Geary, co-chairs of the Artists Circle.



Phone Photo Editing and Manipulating

Wednesday, February 19, 11:00 AM – 12:30 PM

Fellow SFV member Dennis Treanor will lead us in discovering and using the editing tools on our mobile phones to create a variety of images in the photos we have taken. Please RSVP to Jay Davidson or Gayle Geary, co-chairs of the Artists Circle.



Aging Well with Mindfulness Meditation

Wednesdays, February 5, 12, 19, & 26, 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.

Music Chat with Marko

Thursday, February 6, 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, February 7, 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.

Play Mah Jongg

Mondays, February 10 & 24, 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, February 10, 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 experiences in this decade of life.

Grupo de Conversación en Español

Tuesdays, February 11 & 25, 1:00 – 2:00 PM

Thursdays, February 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.



The Page and the Stage

Tuesdays, February 11 & 25, 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.

Intergenerational Book Club

Wednesday, February 12, 10:00 – 11:00 AM

Zoom

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



Join our monthly intergenerational book club 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 2/12 book is *Orbital* by Samantha Harvey and our March book will be *Martyr!* by Kaveh Akbar.



Solo-Agers Circle

Friday, February 14, 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.

Potluck Group

Sunday, February 16, 2:00 – 4:00 PM

Home of Anne Burgoyne in the Stonestown neighborhood. Space for 18 people, then a waiting list

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 Anne's house is usually OK. The K and M Muni, and the 28 and 57 buses are within walking distance.

We're always looking for Hosts, so please let Marvin or Phyllis Scaduto (new potluck Co-coordinator) know if you would like to do that. Typical attendance is in the 10 -15 range, but it could be less, depending on host's space. If you can help settle people in and with the clean-up, let us know.



Any Book Book Club

Tuesday, February 18, 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.

The San Francisco Village View: A Current Events Discussion Group

Friday, February 21, 2:30 – 4:00 PM

Thursday, February 27, 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.

The 3rd Friday group is led by member Marymelissa Grafflin and 4th 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.



San Francisco Village Book Club

Monday, February 24, 4:00 PM

Zoom

Register with Sharon Kuester

We will be discussing *Smoke and Ashes* by Amitav Ghosh.

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.

LGBTQ+ Circle

Planning Meeting

Thursday, February 6, 1:00 – 2:00 at *SFV Office, 3220 Fulton St.*

Join us for something new: a monthly drop-in planning meeting to explore new ideas of socializing together for the members of the LGBTQ Circle AND the Del & Phyllis Posse! We'll be discussing activities and ways of connecting for the coming months. Bring your ideas and calendars!

Friday, February 21, 1:00 – 2:30 PM at *Cup of Java Café, 35000 Geary Blvd.*

Register with Bill Haskell

The LGBTQ Circle meets once a month - on the 3rd Friday. This session will usually be in person. We can talk about activities we would like to participate in, or that we have participated in, and we can also make suggestions for future activities that sound interesting and fun.

94114/94131 Circle

Register/get more information with Jay Davidson or Rena Burns

Tuesday, February 4, 11:00 AM, zoom call

No need to RSVP. Just show up if you can. The zoom link will be sent out prior to the call.

Thursday, February 6, 4:30 PM, Happy Hour at *Aquitaine, 216 Church Street*

We are trying our first happy hour at Aquitaine, 216 Church Street. If this is a successful event, we will consider adding it to our schedule for future months. There is no need to RSVP.

Tuesday February 11, 10:00 AM coffee at *Martha & Bros, 1551 Church Street*

There is no need to RSVP.

Thursday, February 13, 12:30 lunch at *Lers Ros Thai restaurant, 3189 16th Street*

RSVP to Jay Davidson

Wednesday, February 19, 2:00 – 4:00 PM Castro Street Walk, meet at *corner of Castro and Market under giant rainbow flag*

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

New SFV member Fred Silverman, a San Francisco City Guide, will lead a walking tour of the Castro neighborhood, focusing on how it became one of the first open, vibrant gay communities in the world. He will cover the history of its early settlers, famous residents (including Harvey Milk), architecture, and commercial icons. The tour will last about two hours. Most of it is flat, but there are some stairs and a slight uphill portion.

Meet at the corner of Castro and Market Streets, under the giant rainbow flag. The group is limited to 20 people. Please be prompt, as we will start on time!

Sunset Circle

Thursdays, February 6 & 20, 4:30 – 5:30 PM on Zoom

Register with Steve Hayashi

Monday, February 17, 11:00 AM at *Java Beach Café on La Playa and Judah*

Join us on zoom on 2/6 and 2/20. We'll also have another coffee shop meet up this month on 2/17! No need to RSVP, just show up.

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

94102: City Center, Opera Plaza

LGBTQ+ Circle: Citywide

94121 Circle

Tuesday, February 11, 2:00 – 3:30 PM at *at Fanny Krieger's home, 27th Ave and Cabrillo*
Register with Betty Vaughan 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, February 12, 1:30 PM at *Piccolo Forno, 725 Columbus Ave*
Wednesday, February 26, 4:00 PM at * At Picaro, 3120 16th Street*
Register with Dian Miller

Join us for lunch on 2/12 and happy hour on 2/26!

94118 Circle

Thursday, February 13, 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.

94115+ Circle

Friday, February 14, 11:00 AM at *Choquet's, 2500 Washington on Fillmore Street*
Register with Gayle Geary

Early Valentine's lunch! Bring your open heart ❤️! RSVP by 2/7.

94117 Circle

Friday, February 14, 1:00 – 2:15 PM on Zoom
Friday, February 28, 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.

94109/94133 Circle

Wednesday February 19 12:00 PM, at *The Mechanics Institute, 57 Post Street*
Register with Bobbie Rothman or Juliet Rothman

We will have a tour and presentation at the Mechanics Institute from noon to 1:00 PM, then have lunch in a nearby restaurant. The Mechanics Institute was founded in 1854 as a private library and cultural center, and has an extensive collection of books, movies, and streaming services, as well as special activities such as lectures, parties, book groups, chess, tech help, and movies for members. Non-members may participate in their activities for a small fee. This is a wonderful cultural resource to explore!

94102 Circle

Sunday, February 23, 1:30 PM at * The Paris Café, 142 McAllister Street*
Register with Georgia Finnigan or Chris Valentine

Join us for coffee and conversation at the Paris Café. It is in the same block as the law school residence hall where we had coffee before and is right on the #5 bus line. It is fairly small and has a side area that is suitable for conversation.

Bernal Circle

Sunday, February 23, 2:00 PM, at *David and Susan's house near Holly Park*
Register with Susan Kahn

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

West of Twin Peaks Circle

Thursday, February 27, 1:00 PM at *Roti Indian Bistro, 53 W. Portal Ave*
Register by 2/24 with Roberta Gordon

Come join us for a modern take on traditional Indian cuisine. It will be a culinary tour of Indian food (north and south) with vegetarian options. There is now a bar for the imbibers! This restaurant is truly a neighborhood gem. We request that you have cash to pay your individual bill. We all add 30% to our order which includes tax and tip.

Save The Dates



Benefits of Dance as We Age

Tuesday, March 4, 3:30 – 4:30 PM

SFV office, 3220 Fulton St, 94118

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

Join ODC for a session about the physical, mental, and social benefits of dance as we age. Participate in an introductory hula dance class to learn fundamental posture, footwork and coordination of hand gestures.

State of the Village

Tuesday, March 11, 11:00 AM – 12:30 PM at *SFV office, 3220 Fulton St, 94118*

Wednesday, March 19, 2:00 – 3:30 PM on Zoom

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



Please join us for our annual shareholder meeting, held in person on 3/11 and on zoom in 3/19. We'll discuss our goals for 2025, results of the recent member survey and how you can feel more engaged with this vibrant community!



Thinking About Moving?

Thursday, March 13, 10:30 AM – 12:00 PM

Zoom

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

Let's talk about some of the big questions that arise with local experts and SFV supporters. Please join us for a seminar with real estate broker Tara

Donohue from [Corcoran](#) (a SFV business sponsor) and life organizer & certified green business innovator Deb Baida from [Liberated Spaces](#).

Eldership Connections

Thursdays, March 20 – April 24, 10:30 AM – 12:00 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org by September 20



What are your experiences with getting older or just being old? Join us for six 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.

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.

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

