



### From Executive Director, Kate Hoepke:

Dear Members and Friends,

You received an email from the SFV board of directors this week informing you that I have resigned my position at SFV after 13 years. It's true! My last day will be March 31.



It has been the privilege of my lifetime to partner with you and many others to build this extraordinary community. Together we have manifested something unique in the world – an intentional caring community rooted in values like reciprocity, mutual respect, shared power and transparency. Transparency is the bedrock of trust and accountability within any community.

I invite you to get curious and involved in shaping the future of SFV. How will SFV evolve to meet the needs of a multi-cultural, socio-economically diverse group of older San Franciscans? What does it mean to be a mission-driven organization that strives to embody its values in every aspect of its operation? How do we demonstrate our respect for younger generations and what they have to teach us?

As a community builder for 40 years, I can say that congruence is essential for success. The inner matches the outer. Words and actions are aligned. We can be trusted because we are accountable to one another, to the [Strategic Plan](#) we set forth, to the people we serve and to the people we hope to serve. I have built my career on these foundational values and leave them to you as my legacy.

I will miss you, the daily connections, and the excitement of seeing love in action at this scale. In the Village Movement, SFV has served as a model for what a Village can be. May that continue to be true.

If you'd like to stay in touch, you can connect with me on [LinkedIn](#) or email me at [kate.hoepke@gmail.com](mailto:kate.hoepke@gmail.com).

Love,

*Kate*

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### Staff Contact

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

Kate Hoepke  
*Executive Director*  
[kate@sfvillage.org](mailto:kate@sfvillage.org), ext. 1

Jill Ellefsen  
*Member Services Director*  
[jill@sfvillage.org](mailto:jill@sfvillage.org), ext. 2

Sarah Brigid Newsham Kent  
*Program & Creative Director*  
[sarah@sfvillage.org](mailto:sarah@sfvillage.org), ext. 3

Sha'Nice Patterson  
*Wellness & Volunteer Coordinator*  
[sha'nice@sfvillage.org](mailto:sha'nice@sfvillage.org), ext. 4

Jessica Da Silva  
*Communications & Fund Development Director*  
[jessica@sfvillage.org](mailto:jessica@sfvillage.org), ext. 6

Nidhi Patel  
*Administrative Assistant*  
[nidhi@sfvillage.org](mailto:nidhi@sfvillage.org), ext. 5

Stephanie Casella  
*Administrative Support*  
[steph@sfvillage.org](mailto:steph@sfvillage.org), no ext

## New Members

Karl Engle 94122  
Hennie Wisniewski 94115  
Chuck Corder 94109  
Diane & Fred Shirzadi 94109  
Goldie Jones 94103  
Melissa McGee 94122  
Barbara Spencer 94118  
Mary Keown-Watkins 94114  
Richard Zimmerman 94133  
Nancy Newton 94131  
Charlie Larribeau 94112  
Marlies Bruning 94131  
Ralph Fenn 94121

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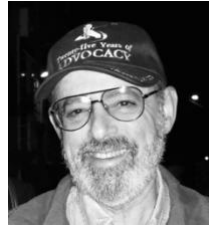
corcoran  
LAW FIRM

Tara Donohue  
Lic. 01243194

## In Memoriam

### Herb Levine, 94122

Born in the Bronx, Herb Levine died January 6, 2025. Herb worked for over 30 years at the Independent Living Resource Center of SF, which he considered a gift he always tried to be worthy of. From his participation in the landmark 28-day sit-in at the San Francisco Federal Building in 1977, that led to the passage of the American with Disabilities Act, to his role as executive director of ILRC, he shared his unique combination of tenacity, humor and gentle wisdom as a leader and a teacher. Herb was a dedicated husband (wife, Karen Weissmann), nurturing father (Sarah and Michael), and beloved grandfather. In lieu of flowers, send a letter to your congressman to prevent cuts to social and disability services.



## Did You Know?

### Honor a Loved One, Support Our Community: Give Through Your IRA.

Make a lasting impact with a tax-free gift to San Francisco Village (Tax ID #26-1300020) through a

Qualified Charitable Distribution (QCD) from your IRA. If you're 70½ or older, it's a smart way to give back while reducing your taxes. Contribute before the 2025 tax-filing deadline.

## Upcoming Events



### Share Your Story!

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

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

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

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

**This series started in February 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!

## 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](mailto: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.



## Paper Collage

Wednesday, March 5, 1:30 – 3:30 PM

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

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

Take paper and images selected by choice or chance and cut, tear and glue them into a unique work of art. No experience necessary; we are all artists. Dennis Treanor, an SFV member, has worked in art for nearly 60 years and taught art and ceramics for his entire working career, and continues to do so in his retirement. This workshop happens every other month—come once, occasionally, or regularly!

## LGBTQ+ Weekend Walk at Salesforce Park

Saturday, March 8, 2:00 PM

\*Salesforce Transit Center, 425 Mission Street (at Fremont Street). Meet inside by the escalators\*

Register with David L at [garthlin@att.net](mailto:garthlin@att.net)



Join the SFV LGBTQ group this month for a walk in the beautiful Salesforce Park downtown. Expect a flat walk, about one hour, with unique plants/trees. Walk will be led by SFV members, and we welcome the LGBTQ community, allies and volunteers. RSVP required.



## State of the Village

Postponed

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

Please join us for our annual shareholder meeting, held in person and on zoom. 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](mailto: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](#) (an SFV business sponsor) and life organizer & certified green business innovator Deb Baida from [Liberated Spaces](#).



### InnerYoga

Wednesdays, 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](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. 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.

### Fine Arts Museums Virtual Tour

Friday, March 14, 1:00 – 2:00 PM

Zoom

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



*Home Sweet Home* Consider your town, street, or neighborhood. With what ideas and imagery would you create an artistic portrayal of your home, your neighborhood, your city? Please join docents Charlotte Read and Jeanne Heise to converse over a few FAMSF artworks that showcase the surroundings in which people find themselves living and working.



### GGP Walks with USF Students

Tuesdays, March 18 – April 29, 11:00AM - 12:00PM

Fridays, March 21 – April 25, 2:00 – 3:00 PM

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

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

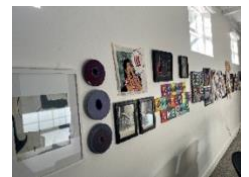
Let's get outside and enjoy the Spring sunshine! We have a few USF students in the Kinesiology Department to walk and talk with members in Golden Gate Park for the Spring semester. The walks will be every Tuesday at 11AM and Fridays at 2PM starting March 18th to the end of April. All abilities and paces are welcomed. Walks can be as long as 1-2 hours, though shorter options are available. Meet at the San Francisco Village Office.

### SFV Art Opening

Tuesday, March 18, 2:30 – 4:00 PM

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

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



Come check out the new vibrant art on our walls by our talented community!



### Beautiful Actions

Thursday, March 20, 10:00 – 11:00 AM

Zoom

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

Garrett Bucks, author of *The Right Kind of White*, a revelatory memoir that earnestly reckons with whiteness, and founder of [The Barnraisers Project](http://TheBarnraisersProject.com), wrote an essay for people who have spent much



of the past few weeks hoping that somebody else would do something bold in this political moment. We are downtrodden because we're full of rage and heartbreak, but the polls tell us that our neighbors don't share those feelings. We realize we're seeing something that others don't, but we're not sure how to bridge the gap. We have wished (appropriately) for bravery from our media, from elected politicians, from public officials in general. However fair those wishes are, they come with a risk: that we miss the opportunity to be the lonely voice for justice in our own community, the person who makes it a little easier for a second and third and fourth lonely voice to perk up by our side.

Join fellow SFV members and volunteers for a conversation about lonely but beautiful actions you can take right now which probably won't magically catalyze a mass movement but are still wildly important. Why? Because others will see you do them, and it will make it easier for them to take their own (slightly less lonely but equally beautiful) action by your side.

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



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.



## Asian Art Museum Virtual Tour

**Friday, March 21, 1:00 – 2:00 PM**

**Zoom**

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

*Glorious Civilizations of Southeast Asia* Eleven countries, thousands of years, millions of people: explore the cultures of Southeast Asia as reflected in secular and religious artworks from this fascinating region. This program features objects from the collection of the Asian Art Museum, including sculptures from Angkor Wat in Cambodia; Buddhas from Myanmar and Thailand; ceramics from Vietnam; and textiles from the Philippines.

## Member Walking Group: Touch of Glass in Downtown SF

**Tuesday, March 25, 11:00 AM – 1:00 PM**

**Meeting Place: corner of Geary and Stockton, at entrance to Neiman Marcus.**

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



This walk will explore the eclectic variety of glass as it enhances architecture in downtown SF. As we walk 1 ½ miles from Union Square to the waterfront, we will view the types and uses of glass as it provides light and adornment in the form of artwork. We will see

indoor and outdoor spaces with beautiful stained glass, prism tiles, and the original "glass curtain" designed by Willis Polk. There will be rest stops along the way and places to buy food and/or eat your packed lunch at the end (around 1pm).

There are bathrooms mid-way and at the end—it is recommended to arrive early and use a hotel or department store bathroom. Look for your guide, Marilyn Straka, SFV member and owner of On The Level SF Walking tours. Getting there: #38 Geary MUNI, or any bus/trolley on Market St. If driving, park at Sutter-Stockton garage or Ellis-O'Farrell garage



### **Conversations for Mortals**

**Tuesday, March 25, 11:00 AM – 12:30 PM**

**Zoom**

**Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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 on zoom; We will meet in person next month, 4/22.

### **Reading Partners**

**Thursday, March 27, 11:00 AM – 12:00 PM**

**Zoom**

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



Are you looking for a fun and fulfilling experience? Reading Partners is looking for volunteers who have an hour a week to support a K-4th grader in their literacy journey! Join us on 3/27 to learn more about how you can change a young student's life with the power of reading.

Reading is the foundation for learning and success in life. Yet, only 31% of California's 4th-graders read at grade level, and it's even worse in low-income communities. [Reading Partners](#) is looking for volunteer tutors to make a difference in the [community here](#). Give little more than one hour per week to mentor an elementary student one-on-one for a semester or a year. Tutoring takes place Monday-Thursday 8:00 am - 5:00 pm. No experience is required - you will be supported by easy-to-use materials and a full-time program coordinator.



### **Origami Workshop**

**Friday, March 28, 2:30 – 4:00 PM**

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

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

Origami is the art of creating two- and three-dimensional objects out of folded paper. Its origin can be traced back to the 1st or 2nd century AD in China and spread to Japan by the 6th century. In Japanese, the words "ori" and "kami" together mean "to fold paper."

No experience required, just an appreciation for this ancient art form. Many people find the practice relaxing because of the focus it requires and the repetition that is involved. We will begin with simple designs. Paper will be provided.

Raina Cohen is a member of San Francisco Village. She is a retired elementary math and science teacher who enjoys leading origami workshops for both children and adults.

## Art, Science, Trees, & Humanity

Tuesday, April 1, 2:30 – 3:30 PM

Rescheduled from February

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

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



A presentation by Emmy-nominated filmmaker & artist Tiffany Shlain, daughter of Village member Carole Lewis. 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.

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.

## Recurring Events



### Virtual Social Hour

Saturdays, March 1, 8, 15, 22, & 29, 5:00 – 6:30 PM

Zoom

Register with Leslie Stafford

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

## Del and Phyllis Posse: Female LGBTQ+ Circle

Mondays, March 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, March 3, 10, 17, 24, & 31, 1:00 – 2:00 PM on Zoom

Thursdays, March 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](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.

## Explorers

**Planning Meeting: Monday, March 3, 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 to help plan activities for this year!

## 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 to choose from. If interested, make your reservations with the Roman Spa (800.914.8957) or hotel of your choice.

## Muir Woods National Monument and Lunch

**May, 2025 - Date To Be Determined**

Explorers are planning a trip to Muir Woods at the end of May. We are carpooling, although it is possible to take public transportation. Muir Woods charges a \$15.00 per person entry fee and there is a parking fee of \$9.50 per car. Parking is limited! Each person driving is responsible to make the reservation for their car, starting 2/28/25. We will eat lunch at a nearby restaurant. If you are interested, full details will be in the weekly SF Village bulletin next week. Feel free to invite a friend!



## Let's Play Games

**Tuesday, March 4, 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.

## LGBTQ+ Member Drop in Planning Meeting

**Thursday, March 6, 1:00 – 2:00 PM**

**\*SFV Office, 3220 Fulton St.\***

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



Join us for something new: a monthly drop-in planning meeting to explore new ideas of socializing together for members of the LGBTQ Circle AND the Del & Phyllis Posse, PLUS any other LGBTQ+ members of SFV, AND their allies! We'll discuss activities and ways of connecting in the coming months, as well as how to get involved in organizing these activities. Bring your ideas and calendars!





## **Aging Well with Mindfulness Meditation**

**Wednesdays, March 5, 12, 19, & 26, 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.

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, March 6, 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.



## **Makers and Crafters**

**Friday, March 7, 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.

## **Play Mah Jongg**

**Mondays, March 10 & 24, 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, March 10, 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.

### Grupo de Conversación en Español

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

Thursdays, March 13 & 27, 1:00 – 2:00 PM

\*SFV Office, 3220 Fulton\*

Register with SFV at (415) 387-1375 or [info@sfvillage.org](mailto: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, March 11 & 25, 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 at [bscrafford@aol.com](mailto:bscrafford@aol.com) for more information and the title of the next play on our schedule.

### Intergenerational Book Club

Wednesday, March 5, 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 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 March book is *Martyr!* by Kaveh Akbar and for April 2 we decided to read *The Fraud* by Zadie Smith.



### Artists Circle

Matisse's Jazz Unbound & more to see

Thursday, March 13, 11:00 AM – 1:00 PM \*de Young Museum, meet at the membership desk\*

Jazz includes 20 color stencil prints (pochoirs) of popular subjects on themes from horses to ringmasters. The prints were created using the artist's lively paper cutouts, what Matisse called "drawing with scissors." Please let Gayle Geary know if you plan to attend. For those who wish, we can go to the café for coffee or a snack afterwards.

## Stuck/Unstuck

**Monday, March 24, 2:00 -- 4:00 PM \* SFV office, 3220 Fulton Street\***

Let's share our art, ideas, questions and feedback about our art projects with the group. No matter what you are working on, or not, it always inspiring to get together and talk art. Please RSVP to Gayle Geary or Jay Davidson, co-chairs of the Artists Circle.

## Solo-Agers Circle

**Friday, March 14, 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.



## Potluck Group

**Sunday, March 16, 4:00 – 6:00 PM**

**\*Home of Carol Thompson near Judah and 48th Avenue at Ocean Beach\***

**Register with Marvin Berkowitz**

Note our time change back to 4pm in accordance with Daylight Savings time. There are 32 steps to reach Carol's third floor apartment, so be prepared. You can easily plan a walk on the beach before the potluck if you come early. There is a cut-off of 12 people, then a waiting list. Carol has cats; people with allergies, please be aware. Parking on the street near Carol's house is difficult. N Muni, and the 18 Bus are within walking distance.

Please bring a small dish and beverage to share. Bring your food in a bowl or on a platter, ready to serve, along with any serving pieces that you need. Doing so will make the clean-up process much easier for our host.

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, depending on Host's space, but they could be 6-8 range too. If you're available to help settle people in or with the clean-up, let us know.

## Any Book Book Club

**Tuesday, March 18, 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, March 21, 2:30 – 4:00 PM**

**Thursday, March 27, 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.

## **San Francisco Village Book Club**

**Monday, March 24, 4:00 PM**

**Zoom**

**Register with Sharon Kuester**



SFV Book Club members choose six books for reading and discussion every six months. We are engaged in that process right now and will not know which book we will be discussing in March until after the newsletter goes to print.

In other words, we will be meeting as usual on the 4th Monday in March at 4:00 p.m. via Zoom but the book selection has not yet been determined.



## **Member to Member Coffee Chat**

**Monday, March 31, 10:00 – 11:00 AM**

**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!



## 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

**Monday, March 3, 12:30 PM \*Lunch at LeQuy [Vietnamese], 1320 Castro @ 24th St.\*  
Register with Rena Burns**

Join us for our monthly restaurant lunch.

**Wednesday, March 19, 1:00 PM \*Afternoon coffee at Morning Due, 17th & Church\***

This month our coffee meetup is at a cafe that also offers an extensive lunch menu. No RSVP needed!

**Tuesday, March 25, 4:00 to 6:00 PM \*Happy hour at Aquitaine, 216 Church Street\***

It's our first happy hour here. We plan to alternate between Aquitaine and Valley Tavern on 24th Street. No RSVP needed!

### Sunset Circle

**Thursdays, March 6 & 20, 4:30 – 5:30 PM on Zoom  
Register with Steve Hayashi**

Join us on zoom!

**Monday, March 17, 10:30 AM at \*Java Beach Café on La Playa and Judah\***

No need to RSVP, just show up for coffee at the beach. Note our earlier time!

**Monday, March 24, 2:00 PM \*Lunch at Underdogs Too, 3600 Taraval Street\***

**Register with Carol Thompson**

Hope you can join us for lunch together!

### 94121 Circle

**Tuesday, March 11, 2:00 – 3:30 PM at \*the Butterfly Joint Woodshop & Coffee Shop, 4411 Cabrillo\***

**Register with Betty Vaughan or Carol Rothman**

We meet the second Tuesday of every month. We'll be at the Butterfly Joint this month and hearing from our member Yope P. about his life.

### 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

### **94107/94103 Circle**

**Wednesday, March 12, 1:30 PM at \*Sam's Grill and Seafood Restaurant, 374 Bush Street\***

**Wednesday, March 26, 4:00 PM at \*Tropisueño Mexican Kitchen, 75 Yerba Buena Lane\***

**Register with Dian Miller**

Join us for lunch on 3/12 at the popular and fifth oldest restaurant in SF, opened in 1867 with an extensive and affordable menu (no single checks, please bring cash!) and happy hour on 3/26!

### **94118 Circle**

**Thursday, March 13, 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, March 14, 1:00 – 2:15 PM on Zoom**

**Friday, March 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.

### **94115+ Circle**

**Monday, March 17, 12:00 PM at \*Perry's on Union Street\***

**Register with Gayle Geary**

We are going green on Monday, March 17th. Join us for a fun St. Patrick's Day lunch at noon at Perry's on Union Street. In addition to their corned beef and cabbage served only on the 17th, they have an extensive menu to meet all our food preferences. Please RSVP early to Gayle Geary as space is limited.

### **94109/94133 Circle**

**Thursday, March 20 1:00 PM, at \*The Crepe House, 1755 Polk\***

**Register with Bobbie Rothman or Juliet Rothman**

Our Circle will meet for lunch and conversation at the Crepe House at 1755 Polk, at the corner of Washington on Thursday, March 20th at 1 pm. We look forward to seeing you!

## LGBTQ+ Circle

Friday, March 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 third Friday. This session is usually 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.

## Bernal Circle

Sunday, March 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, March 27, 1:00 PM at \* Original Joe's of Westlake, 11 Glenwood Ave.\*

Register by 3/24 with Roberta Gordon

Thursday's special is the famous Corned Beef and Cabbage. A must try! And if that doesn't tickle your fancy, there are many other great dishes on the menu, including Chicken Pot Pie, now available every day! We request that you bring cash to pay your individual bill. We add 30% to each order, to include the tax and tip.

## Save The Dates



### Art Salon

Wednesday, April 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.

## Genealogy at Glen Park Branch Library

Thursday, April 10, 1:00 – 2:30 PM

San Francisco Public Library, Glen Park Branch, 2825 Diamond Street

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



Discover the secrets hidden within the library's genealogical databases, such as Ancestry, MyHeritage, and HeritageHub. Join us for an illuminating session that demystifies these powerful tools for researching your roots. Our presenter is Daniel Matsumoto, eResources Librarian.



## Palliative and Hospice Care

Wednesday, April 16, 2:00 – 3:00 PM

Zoom

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

Join social worker Bridget Sumser from Mettle Health in a conversation about Palliative and Hospice Care. Bridget became a social worker to help people living with serious illness. Over the course of the

last 10 years, she has worked across settings, providing support and companionship to patients, families, community members, and providers. In addition to her clinical work, she is a writer and educator and edited *Palliative Care: A Guide for Health Social Workers* (Oxford University Press, 2019). Her practice is rooted in a commitment to social justice and understanding illness and caregiving within the context of a unique life. Above all, she looks to promote connection and well-being.

## 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.

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**\*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)

