

# AROUND THE VILLAGE

January 2017 - Happy New Year!

## Happy New Year, NEXTERS!

We have an interesting year ahead of us. Thanks to your generous response to our Birthday/Year-end appeal, we will offer more great events, help more members, and expand our reach to more of our neighbors. Please accept our gratitude and know that your support means the world to us.

New this year in support opportunities for the seniors in our Village is bequests. Expand your legacy with a bequest to NEXT Village. To learn more, speak with Jacqueline at [jjones@nextvillagesf.org](mailto:jjones@nextvillagesf.org) or 415-888-2868.

## HELP(ful people) Wanted:

NEXT Village has grown so much these past few years, and with that growth comes a need for more leadership, organizational input, and support. How you serve is up to you. Your skills have a place here. Serve on a programming committee, help with a fundraiser, join the board, be a liaison to the organizations *you* belong to. NEXT Village aims to represent the community we serve, and your input is needed. If being part of a Village intrigues you, please contact Jacqueline at [jjones@nextvillagesf.org](mailto:jjones@nextvillagesf.org) or 415-888-2868.

## Memorial Service for Vesta Kirby



Saturday, January 28<sup>th</sup>,  
2-4pm  
Tel Hi Neighborhood  
Center, 660 Lombard St.  
All are welcome.  
Drink and Draw resumes  
January 6, 1-2:45, North  
Beach Library, with  
Michael Leonard.

# NEXT Village SF

At home, right where you are.

## Monthly Events Around the Village

Join us for these fun activities! Please RSVP at [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) or 415-888-2868.

Let us know if you need transportation.

### Drink and Draw –w/Michael Leonard

Friday, January 6, 1-2:45pm

North Beach Library, 850 Columbus Avenue  
Upstairs Community Room

Bring your watercolor supplies! **RSVP requested.**

### Technology Teach-in with Hope

Friday, January 20, 1–2:30pm

North Beach Library, 850 Columbus Avenue  
Downstairs Teen Room.

For best results, bring your devices and passwords.

**Members only. RSVP required.**

### Brain Fitness ~ Use it or Lose it!

Thursday, January 19, 1–2:30pm

North Beach Library, 850 Columbus Avenue  
Upstairs Community Room. **RSVP requested.**

### Sid's Salon! Sid keeps the classic films coming!

**Sid is on holiday in January.**

We are in search of a comfy location to move the Salon to. Can you host? Is your place accessible?

### Reading Circle- Calling all readers!

Books, Magazines, Journals

Thursday, January 26, 4-5pm

Rose Pistola, 532 Columbus Avenue  
Come get great recommendations, hear people's reviews, and share what you have been reading. Bring a few bucks for a beverage. **RSVP requested.**

### Walk and Talk with Martha

Take a walk every Saturday with other cool Village people. Meet at Caffe Sapore, 790 Lombard Street for an **11am departure. 45 minutes.**

Contact Martha @ (415) 271-0717 or [thebullsheet@hotmail.com](mailto:thebullsheet@hotmail.com) to **RSVP.**



## Mindfulness Returns in January

Continue your practice, or learn how to incorporate and/or deepen a personal mindfulness practice, and focus on mindfulness related to well-being. Zachary Smith will provide a series of guided exercises to "show people the ropes" as well as answer questions about and explaining both how it works and what it's for.



Three Sessions:

Mondays, January 9, 23, 30<sup>th</sup>.

11:15am -12:15pm

Tel Hi Neighborhood Center

660 Lombard Street

**Please RSVP at [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) or 415-888-2868. Non members welcome, \$5 per session.**



**Sid's Salon - Sid keeps the classic films coming!** *Sid will be on break in January. Stay tuned for February info. If you have a comfy room to offer for future films, please let us know.*



## **Adult Coloring Class – color to your heart's content... literally.**

Coloring has been proven to be therapeutic for adults as well as kids...

**Join the fun, each Wednesday, from 1-2:30pm**

**North Beach Library, 850 Columbus Avenue**

Choose from our large selection of coloring sheets designed specifically for adults.

We also provide the coloring pencils so you don't have to bring anything!

**No RSVP required, but please let us know if you plan to attend.**

**[rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) or 415-888-2868.**



## **Brain Fitness ~ Use it or lose it!**

**Thursday, January 19th, 1-2:30pm**

**North Beach Library, 850 Columbus Avenue**

NEXT members enjoyed a very interesting presentation by Charles Vella last month. We hope to have Mr. Vella back again, soon. Check out his website at: <http://charlesjvellaphd.com/>

In the meantime, please join us for a fun afternoon of brainteasers, puzzlers, games, and things that make you go, hmmm. It's always better when you do it with a group.

**All are welcome. RSVP requested: [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) or 415-888-2868.**





## Two Great “Live & Learns” with NEXT in January!

### 1. End of Life Wishes, Options for end of life care.

**Tuesday, January 10<sup>th</sup>, 1-2:30pm**

**North Beach Library, 850 Columbus Avenue**

Ensure that everyone knows and honors your decision. Speaker, Eileen Lemus, MA, will cover: starting a conversation with family and friends, what happens when conversation doesn't occur, defining and clarifying terms, and options for end of life care.

### 2. The Psychology of a Disaster

**Wednesday, January 18<sup>th</sup>, 1-4pm**

**25 Van Ness, 6th floor. (Market) /Room 610**

The Emergency Preparedness and Response Branch office funded and worked with SFCARD to develop a powerful and exceedingly interesting 3-hour training on "psychological first aid". While originally designed to train NERT volunteers, the training has now been adapted to other community groups. The training was developed and is taught by a local psychologist who has worked in disaster response.



## Women’s March - Saturday, January 21, 2017

**Speakers, Arts and Music from 4-6pm at the Civic center.**

**Reverent, Festive Candlelight March down Market St to Justin Herman Plaza begins at 6pm.**



The Women's March is a national movement to unify and empower everyone who stands for human rights, civil liberties, and social justice for all. We stand together in solidarity for the protection of our rights, our safety, our health, and our families -- recognizing that our vibrant and diverse communities are the strength of our country. All are welcome.

<https://womensmarchbayarea.org/-join-a-march>



## TALK. LISTEN. SHARE.

**Men’s Conversation Group ~ Women’s Conversation Group,  
led by Alex Pellegrini @Aquatic Park - 950 Beach Street**

**The women’s group meets every Wednesday from 1-2pm in Rm. 13**

**The men’s group meets every Wednesday from 2:30-3:30pm in Rm. 13**





## Reading Circle



**Thursday, January 26, 4–5pm, Rose Pistola, 532 Columbus Avenue**

Come get great recommendations, hear people’s reviews, and share what you have been reading. Bring a few bucks for a beverage.

**RSVP requested: [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) or 415-888-2868.**



## Walk and Talk on Saturday mornings!

**Meet at Caffe Sapore -790 Lombard Street for an 11am departure.**

Take a walk **every Saturday** with other cool Village people. **NOTE:**

The 45-minute walk (designed to be enjoyable, not to torture you) will be led by our own personal trainer, Martha Hughes. This is a great opportunity, so please take advantage of it! (If it is raining too hard to walk, you can still hang out and have coffee together!)

Feel free to contact Martha directly with any questions and **RSVP at 415 -271-0717 or [thebullsheet@hotmail.com](mailto:thebullsheet@hotmail.com).**



## Access Day at the de Young Museum Frank Stella: A Retrospective

**Monday, January 30<sup>th</sup>, 1:00-2:00pm**

**50 Hagiwara Tea Garden Drive**

Join us for a private, docent led tour of this retrospective.

Limited to 10. Members and volunteers only.

Please RSVP and let us know if you need a ride.

We will meet at 12:10 to carpool to the museum.

**RSVP required: [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) or 415-888-2868.**



老人院圣☒新年活☒。

Holiday Fun at 227 Bay Street!







## Volunteer Corner- Molly's minute

Once again, Alex Pellegrini demonstrated the extreme sport of volunteering by showing up in his Santa suit and helping to set up the Soup-er Potluck. Thanks, Alex! And thank you to our champion soup and salad makers; Marie Mansi, Jonee Levy, Jacqueline Zimmer Jones, Caffe Sapore, Hope Eisenberg, and Helen Doyle.

Next month's volunteer opportunities include conversational calls to members who are homebound, in-home computer support, and as always, transportation to the de Young, and for errands.

Members, please contact me if you need something -

**Molly at (858) 245-5575, 8:30 am-5pm, M-F, or by email at: [molly@nextvillagesf.org](mailto:molly@nextvillagesf.org)**

P.S. The more advance notice, the better.



## From the Director

Thank you, donors, for your generous response to our Birthday appeal. We especially appreciated the challenge donations that help spur others to contribute.

We had a great time at the Soup-er Holiday Potluck. Special thanks to member John Reed, for leading us all in song.

I'm heading to Oregon to see the family for Christmas, and then off to New Orleans for my best friend's wedding. A wedding and New Years' Eve in New Orleans should be fun! I hope your holidays were full of whatever it is that makes you happy.

That's it for now. Until next we meet, be well, stay upright, call us if you need something, and do your friends a favor...pass on the word about NEXT.

I'll see you, Around The Village.

*Jacqueline*

[jjones@nextvillagesf.org](mailto:jjones@nextvillagesf.org) 415-888-2868 [www.nextvillagesf.org](http://www.nextvillagesf.org)



# NEXTVillageSF

At home, right where you are.

Post Office Box 330278  
San Francisco, CA 94133

Your **January** newsletter is **here!**