

AROUND THE VILLAGE

December, 2017

NEXTVillageSF

At home, right where you are.

Happy 8th Birthday!

Members, volunteers
and donors are the
bright candles on
our cake.

8

350 volunteers
1,900 hours of Direct Service
219 events
1,000's of smiles



Thank you, NEXT Community for helping create this vibrant community of people who have come together to lend a hand to their neighbor, and to join together in events that enrich their life. New relationships have been built, help has been freely given, and more seniors know that there is someone out there when the need arises.

NEXT believes in engagement and connectivity; and with your help, we'll help foster more vital connections in 2018. Please join us as we provide transportation, lend a hand with tasks like carrying groceries up three flights of stairs, provide friendly companions, host social, cultural, and educational activities, and help people live the best lives they can.

To support our mission, go to:

www.nextvillagesf.org and click on "Donate".

By mail: NEXT Village SF, PO Box 330278, San Francisco, CA 94133.

By phone: 415-888-2868.

Thank you for your support!

NEXTVillageSF

At home, right where you are.

Monthly Events Around the Village

Join us for these fun activities! Please RSVP at rsvp@nextvillagesf.org or 415-888-2868.

Let us know if you need transportation.

Drink and Draw –

Friday, December 1, 1-2:45pm (Bring flowers.)

North Beach Library, 850 Columbus Avenue

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

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

Wednesday, December 13, 6:15pm

The Verdict

Tel High Neighborhood Center, 660 Lombard Street

Open to everyone. \$5. For non-members.

Technology Teach-in with Hope

On break in December.

North Beach Library, 850 Columbus Avenue

Downstairs Teen Room.

Bring your devices and passwords.

Members only. RSVP required.

Reading Circle- Calling all readers!

Books, Magazines, Journals

Thursday, November 16, 4-5pm

Fior D'Italia, in the San Remo Hotel, 2237 Mason Street

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

No walk on Dec. 23rd or Jan. 6th.

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

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

Drink and Draw

This class is open to anyone at any skill level.

Friday, December 1st, 1-2:45pm

North Beach Library, 850 Columbus Avenue

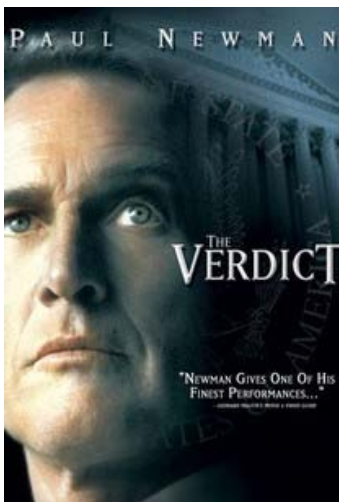
Bring your watercolor supplies and some flowers to paint!

rsvp@nextvillagesf.org or 415-888-2868.

TRY IT! You'll Like IT!



Lucia makes an artist out of everyone!



Sid's Salon - Sid keeps the classic films coming! The

VERDICT. Wednesday, December 13, 6:15-8:20pm. Note start time is 6:15 in order to let children exit the building safely.

In Sidney Lumet's powerful courtroom drama *The Verdict*, Paul Newman stars as Frank Galvin, an alcoholic Boston lawyer who tries to redeem his personal and professional reputation by winning a difficult medical malpractice case. Frank, down on his luck, is presented with the case of his life when he is approached by the family of a woman who has been left in a coma following an operation in a large Catholic hospital. Helped by his assistant Mickey (Jack Warden), he agrees to take the case, hoping for a fast settlement. When he visits the victim in

the hospital, he becomes emotionally involved, turns down a sizable settlement offer made by the hospital, and decides to bring the case to trial despite the formidable opposition of the Church and its lawyer, Newman (James Mason).

He is also assisted by his new girlfriend, Laura (Charlotte Rampling), a woman who turns out to have an unusual past. Oscar-nominated for "Best Picture" and "Best Director" (Lumet) as well as for "Best Adapted Screenplay" (David Mamet from a novel by Barry Reed), *The Verdict* is an outstanding, if not very legally accurate, courtroom drama; Frank's decision to try the case without telling the family of the victim of the settlement offer would probably lead to his real-life disbarment. Paul Newman and James Mason give fine, Oscar-nominated performances, and Charlotte Rampling is quite good as the deceitful Laura, who never seems to turn down a drink. ~

Telegraph Hill Neighborhood Center, 660 Lombard St.

RSVP: rsvp@nextvillagesf.org 415-888-2868.

Let us know if you need transportation. All are welcome. \$5 for non-members.

**Come see *your* Village friends at the
Holiday Luncheon, Cookie Decorating, and Game Day! Hosted by
Optimizely**

**Friday, December 15th, 11:45am-2:00 p.m. Lunch served at noon.
Cookie & cupcake decorating and games follow lunch.
Joe diMaggio Clubhouse, 651 Lombard St.**



Lovely volunteers from [Optimizely](#), a local technology startup, will serve a special luncheon and host a cupcake & cookie decorating activity. You can take your decorated cookies home for yourself, or give as a gift. [Optimizely](#), whose headquarters is South of Market Street, donates thousands of hours each year, working with seniors, low-income and homeless neighbors, and donating computer software to nonprofits."

Members and volunteers welcome.

Please RSVP@nextvillagesf.org or call 415-888-2858.

Let us know if you need transportation.

More about Optimizely: Born from the success of President Obama's 2008 campaign trail, Optimizely was founded to enable the world to turn data into action. Over the past seven years, Optimizely has evolved far beyond simple website A/B testing. We recently launched the world's leading Experimentation Platform to enable experimentation everywhere: across the entire customer experience, on any channel, for any device, in any application. Optimizely allows executives, marketers, product managers, and developers to be brave and make better business decisions.

Personally, I hope they tell us more about this. Sounds fascinating! Thank you, Optimizely.



**Access Day at the Legion of Honor
Monday, December 18, 2017. 1:30-2:30pm (meet at
1:15 at The Legion)**

Lincoln Park, 100 34th Avenue, San Francisco, CA 94121

Gods in Color: Polychromy of the Ancient World



Gods in Color: Polychromy in the Ancient World will offer an astonishing look at Classical sculpture swathed in their original vibrant colors questioning the perception of an all-white "classical" ideal. Ancient sculpture and architecture from Greece and Rome will be revealed as intended—garishly colorful, richly ornamented, and full of life—along with original sculpture from the Near East, Egypt, Greece, and Rome against the backdrop of the Legion of Honor's neoclassical building.

To find out more about the exhibition, explore this digital offering from the Liebieghaus in Frankfurt. <http://buntegoetter.liebieghaus.de/en>

Limit 10. Wheelchairs and headphones provided.

Please RSVP@nextvillagesf.org or call 415-888-2858.

Let us know if you need transportation.

Death Café – Circle of Sharing PLUS a special presentation:

“What is the California End of Life Option Act?” (The California End of Life Option Act authorizes medical aid in dying. The law allows terminally ill, mentally capable adults with six months or less to live to request a doctor’s prescription for medication that they could decide to take in their final days or weeks to end unbearable suffering and die peacefully.)

A unique opportunity to share what’s on your mind regarding this often unspoken subject. It’s not morbid, we promise!

Tuesday, December 19th, 1-2:45pm

North Beach Library, 850 Columbus Avenue

Death Café’s (<http://deathcafe.com/what/>) have been steadily gaining fans. At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death.

A Death Cafe is a group directed discussion of death with no agenda, objectives or themes.

Note: A Death Café is a discussion group rather than a grief support or counseling session.



rsvp@nextvillagesf.org or 415-888-2868.



Brain Fitness ~ Flex those neurons! All brain levels welcome!

Thursday, December 21, 1-2:30pm

North Beach Library in the Community Room (upstairs), 850 Columbus Avenue

This month we will play games, mind benders, and puzzles.

All are welcome. RSVP requested: rsvp@nextvillagesf.org or 415-888-2868.

Beginning in January, Brain Fitness is on break until more people can attend. If the program interests you, please let us know so we can decide if we should continue it next year. Thanks.

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TALK. LISTEN. SHARE. Men's Conversation Group ~ Women's Conversation Group

Led by Ace Volunteer, Alex Pellegrini @Aquatic Park - 890 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

Jacqueline attended the Women's Group in August and was so impressed with this group! Nineteen women came together to hear about NEXT Village and to connect with each other. It was impressive to see the friendships made as a result of this group and to see the support they offered. Thanks, Alex and Leslie. You've created something very special.



What's Happening at Grace Cathedral for the holidays?

Monday, December 18th, 7:30-9pm.

1100 California Street.

consortium of the finest musicians in the Bay Area pair the wonderful sound of brass with Grace Cathedral's 7,466-pipe organ for a spectacular holiday performance. Check their website for other holiday events: <https://www.gracecathedral.org/>

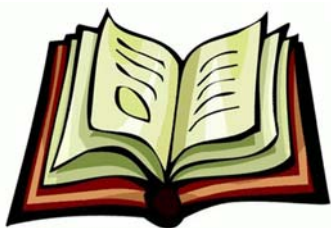
*Not a NEXT Village event, but highly recommended.

Tickets starting at \$15.

<https://www.cityboxoffice.com/ordertickets.asp?p=9481&src=eventperformances>



A



Reading Circle –

Thursday, December 21, 4–5pm, Fior D'Italia. 2237 Mason Street.

Calling all readers! No matter what you read, books, magazines, online articles... Share your recommendations with others. Notes are taken by the fabulous volunteer, Kimberlee Rotchy, and shared with the group,

so you can relax, listen, and enjoy.

RSVP requested but not required: rsvp@nextvillagesf.org or 415-888-2868.



San Francisco's LGBT Welcoming Senior Housing and Longevity/Senior Activity Center Construction has begun adjacent to the Openhouse Community building at 55 Laguna on what will be the center of Openhouse's hub of LGBT welcoming affordable senior housing and community services. The new Openhouse building at 95 Laguna will be home to 79 apartments and an activity center of 7000 square feet welcoming to all LGBT people, and especially LGBT older adults and people living with disabilities. The new activity center will be used for senior and inter-generational events and a wide array of what I call longevity enhancing classes and activities.

For more information call 415.296.8995, ext. 306 or send an email to michelle@openhouse-sf.org



Technology Support – phones, i-Pads, tablets, email, etc. [Technology Teach-in with Hope.](#) Holiday Break in December. In the meantime, you can call us if you have any questions!

North Beach Library, 850 Columbus Avenue, Downstairs Teen Room.

Bring your devices and passwords.

Members only. RSVP required.



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 is led by personal trainer, Martha Hughes.

This is a great opportunity, so please take advantage of it! (Rain cancels.) **No walk December 23 or January 6th.**

Feel free to contact Martha directly with any questions and **RSVP at 415 -271-0717 or thebullsheet@hotmail.com.**



[Martha, Nancy, & Sheila took part in Pier-to-Pier walk on September 16th.](#)



Tai Chi class

从本月起，我们在 227 bay 老人公寓开始 12 堂太极训练课程。于第周二下午 3:30 开课。12 节太极课会一直持续到一月份。有兴趣的老人朋友可以参加。

们谢谢大家对旧金山又一村的支持，我们将继续奉献爱心，真诚服务，关爱老人。愿健康和快乐与老人常伴，愿所有的老人健康长寿，晚年幸福！欢迎更多的老

年朋友加入我们的大家庭！如果您希望得到更多的关于我们的信息，请致电：415-888-2868



Volunteer Corner- Molly's minute

Thank you, SF Evening Rotary volunteers.

Once again, community partner volunteer teams provide great support to NEXT members.

“JZ, The Rotary volunteers did a fantastic job !!! Great people, really thorough makeover on my platform bed - tore it apart and rebuilt it - both of them. Thanks so much.” - - Brent.

Thanks to the spirit of caring that these young people possess! Clocks and smoke detector batteries were changed, internets were re-connected, pictures were hung, mattresses were flipped, unwanted items were boxed up, heavy things were lifted, and many other good deeds were performed at members' homes in our Village. We will see these good volunteers again on March 11, 2018.



Molly, Kim, and Nancy saying goodbye to Sheila following Reading Circle.

NEXT Village said goodbye to a special member, Sheila Noyk, last month. Sheila has been a fixture at Reading Circle, Brain Fitness, Saturday walks, and social events. Sheila moved to Canada to be closer to her son and grandchildren, and we will miss her smile and friendship.

We wish you well, Sheila! Come back and visit us.

Holiday Hours – Important FYI. The “office” will be closed from December 18th – January 2nd, 2018. Please make all requests for December and early January service by Friday, December 15th. We will be on light duty and checking emails sporadically, but this is a time for us to relax and recharge, so we can't guarantee that we will see your request. Thank you.

Email or phone your requests to us at: **Molly at (858) 245-5575, 8:30 am-5pm, M-F, or by email at: molly@nextvillagesf.org**

P.S. The more advance notice, the better. Wishing you and yours a healthy and happy December and 2018!

From the Director:

I just became a California voter, and I look forward to voting in my first California election next year. It's my nature to track and share information about issues that will impact seniors, but I feel like a flag in a windstorm. Try as I might, I cannot stay on top of the proposed changes at the Federal Level by Congress, the Senate, or by the President. If I used this newsletter to inform you of threats to Medicare/Medicaid/Social Security/ Taxes, the information would be out of date by the time I print this. Quite frankly, if we are going to preserve precious benefits for ourselves and children, and the environment, and.. and .. and... we need to be making daily calls. I think it's safe to say that every program seniors depend on is at risk.

Call congressional offices directly or through the switchboard. If you do not have the direct number, you can reach US representatives by calling 202-225-3121, and US senators by calling 202-224-3121. Ask the operator to connect you to the individual office. Even if you think your elected official is on the same page as you, they are keeping a tally and they do need to hear from you. I often post legislative updates on our Facebook page:

www.facebook.com/NEXTVillageSF/

Be sure to join us for the Holiday Lunch on December 15th, 11:45 -2 pm at Joe di Maggio Clubhouse, generously sponsored by Optimizely. They're providing all of the food and treats! We can decorate some cookies and you can eat them yourself, or share them with someone. Board games will be available, too.

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 Village.

I'll see you in December, and Around The Village.

Jacqueline

jjones@nextvillagesf.org

415-888-2868

www.nextvillagesf.org

Exciting new program coming January 8, 2018, 1-3pm. North Beach Library.

Writing into Legacy; The Journal and the *William Book*

Materials: One composition book, one small book, pencil or pen, colored pencils optional

These two-hour hands on, experiential writing workshop will focus on the art of journaling for those who wish to memorialize and honor particular memories, insights, questions and moments close to the heart. Journaling provides a way to wrap words around us and is both a personal outlet and a creative endeavor. *And its fun.*

Throughout history people have had a need to write down what is most important to them, and through the act of journaling we come to a place of introspection and deeper self-knowledge.

What is of great importance?

What makes us wonder?

What do we endow with meaning in our lives?

What captures our attention and brings delight?

These are some of the questions we will explore and connect to the writing of journals, with particular attention to the little *William Book*, a tiny journal carried in a purse or bag that allows us to ‘capture’ life as we live it. In addition to the larger journal, the *William Book* allows the writer/carrier to capture life on the run and is itself a work of art and bit of legacy for the future.

There is no prior writing experience necessary for this workshop; you need only bring your unique, interesting, creative self.

The Instructor: Susan Stauter is the Artistic Director Emeritus of the San Francisco Unified School District. She currently consults with the San Francisco Symphony, Leadership, San Ramon and the Leonard Bernstein Artful Learning Program as a presenter and teacher. Ms. Stauter is the former Conservatory Director of the American Conservatory Theater and founded the Department of Theater of the Los Angeles County High School for the Arts. A writer, director and performer, Ms. Stauter has worked for Disney Entertainment, the New World Symphony, and the Grammy Foundation, among others. She has presented nationally and internationally, and is particularly interested these days in writing, legacy, and the valorization of individuals of all ages through acts of meaningful creativity. The *William Book* is a project she developed to capture what is most important to her for her grandson William, now nine years old and living in Decatur, Georgia.

If response is strong, Ms. Stauter will lead this class monthly.

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Post Office Box 330278
San Francisco, CA 94133

Your **December** newsletter is here!