



FROM EXECUTIVE DIRECTOR-KATE HOEPKE



Dear Members,

As you know, SF Village has been growing by leaps and bounds the last couple of years. We have over 350 members in 25 different neighborhoods and 120+ volunteers of all ages making life richer and a little easier for you. Nowhere is our growth more evident than in this newsletter, which boasts a flourishing program intended to support you in living your best life.

I'm thrilled to tell you that we have hired a new full-time Program Coordinator, Sarah Kent. If you haven't met her already, you'll want to make a point of it soon. Sarah is vivacious, heartfelt, and eager to contribute her talent to enriching our community. She is replacing Rachel Lanzerotti who has taken on a new role with SF Village, that of Aging Well Coordinator. For the next several months Rachel will be working with the Alzheimer's Association on a joint project called the Dementia Safety Net Program. Our goal is to support members who are experiencing memory problems, living alone, and needing some extra support.

This month we welcome back Elaine Elinson, facilitating the Writer's Workshop for a five-session series. Last session's participants have raved about Elaine's skillful leadership and the meaningful connections they've made. To paraphrase Robert Frost, the group will learn how to "surprise our readers, and ourselves, with our words." We've added a new group called the Longevity Explorers, led by Dr. Richard Caro, who is interested in the intersection of aging and technology. Group members will discuss how they can contribute to the emergence of novel solutions to some of the challenges of aging. It's groundbreaking and he would like you to be a part of it!

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New Members in September:

Marianne Clough

Gunilla Doremus

Jean Schnall

We hope you will join us on October 13th when speaker Joan Price will be “Talking Out Loud About Senior Sex.” Joan, who describes herself as an advocate for ageless sexuality, is an author of award-winning books on this life-affirming subject. Whether you’re partnered or single, I think you will come away feeling rejuvenated and uplifted.

In response to some member requests, we have invited Candiece Milford from the Sequoias San Francisco to speak to us about the complicated world of retirement communities on October 27th. What is a CCRC, and how is it different from Assisted Living? What are the eligibility requirements? When is the right time to research and the right time to move? Although most of us say we want to stay in our own home as we age, will there come a time when we need to consider other options? Candiece brings years of experience, knowledge and a commitment to providing unbiased information that supports individual choice.

As always, our doors are open. Drop by, send us a note or give us a call. We’d love to hear from you!

Warm wishes,
Kate

DID YOU KNOW?

You can use Lyft or Uber without a smartphone to book a ride. With **Lift Hero Concierge: Ridesharing for Seniors**, you can now call (888) 606-4654 and a friendly Lift Hero will book the ride for you. You can preschedule rides or call right when you need them, and a car will show up within 15 minutes or less. Fares are typically 20% cheaper than a taxi service. It's simple!



TALKING OUT LOUD ABOUT SENIOR SEX



Tuesday October 13th 1:00 - 2:30 PM
Sequoia Room, IOA 3575 Geary Blvd.
RSVP to Info@sfvillage.org or (415) 387-1375

Yes, there are challenges to satisfying sex after 50, 60, 70 and beyond – but for every problem, there is a solution -- with the right information, creativity, and a sense of humor. Learn tips and new information to put a zing in your sex life, partnered or solo. You’ll take home new tools, techniques, and maybe a new attitude. It’s never too late for arousal and satisfaction – whether you’re partnered, dating, or on your own. Bring your questions!

Joan Price (www.joanprice.com) calls herself an advocate for ageless sexuality. She has been called other things by the media: "senior sexpert," "the beautiful face of senior sex," and—her favorite—"wrinkly sex kitten." She is the author of the new *Ultimate Guide to Sex After 50: How to Maintain - or Regain! - a Spicy, Satisfying Sex Life*; the award-winning self-help book, *Naked at Our Age: Talking Out Loud about Senior Sex*; and the sexy memoir, *Better Than I*

Ever Expected: Straight Talk about Sex After Sixty. Joan continues to talk out loud about senior sex - partnered or solo - in speeches and workshops, and on her zesty blog about sex and aging - www.NakedAtOurAge.com.

WHAT ARE MY HOUSING OPTIONS IN THE BAY AREA AS I AGE?

Tuesday, October 27th 1:30-3:30
IOA Auditorium, 3575 Geary Blvd
RSVP to (415) 387-1375 or info@sfvillage.org

Most people would like to stay in their homes as they age, yet sometimes that is not the optimal solution for socialization, mobility, or coping with physical limitations. If one chooses to move from one's home, it's hard to sort out all the information on the internet in a comparative manner to understand what the options are, the costs, service offerings, and the right questions to ask.



In this seminar, we're going to tackle those very questions and provide handouts for you to take home and study.

Candiece Milford is the Lead Director of Marketing for the three Continuing Care Retirement Communities of NCPHS and for The Sequoias San Francisco. She has spent 10 years in increasingly responsible roles, addressing questions from adult children and older adults considering a move. She is a member of the Commonwealth Club's *Grown Ups Forum*, contributed to a university level textbook published by Springer Publishing on Effective Practices and Quality Programs in Eldercare, and is currently organizing a Housing Symposium for 2016 to open this discussion to a larger public forum. Her goal is to provide information to help people make informed decisions wherever they choose to live.

WRITER'S WORKSHOP



Five Wednesdays
Oct 7, Oct 28, Nov 11, Nov 25, Dec 9
3:30 to 5:00 PM
Sequoia Room, IOA 3575 Geary Blvd.
RSVP to Info@sfvillage.org or (415) 387-1375

Have you always wanted to write your memoir but don't know where to start? Have you got some poems tucked away in a drawer? Do you have an idea for a gripping novel? Or do you just want to put pen to paper -- wondering if poetry, an essay or a short story will emerge?

If you answered "yes" to any of these questions, we invite you to the San Francisco Village Writers Workshop. We welcome writers of all levels and will try different writing styles - from memoir, to

poetry to short and long fiction. All are welcome — no writing experience necessary! A pen, a pad of paper and a wild imagination are all you need.

The Writers Workshop is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and former editor of the ACLU News. Elinson, who holds an MFA in Creative Writing, has taught writing at several senior centers in San Francisco as well as San Francisco Village.

COMMUNITY MEETINGS

You Know this Neighborhood Like the Back of Your Hand

Please invite your friends and neighbors to attend any of these upcoming community meetings designed to inform prospective members about the benefits of belonging to SF Village.

Nob Hill Community Meeting

Sunday October 18th from 2:30 PM to 4:00 PM
Grace Cathedral (Gresham Hall)
1100 California Street

Cole Valley/Haight Community Meeting

Sunday October 25th from 2:30 PM to 4:00 PM
Park Branch Library
1833 Page Street

Eureka Valley Community Meeting

Saturday November 7th from 2:30 PM to 4:00 PM
Harvey Milk Memorial Library
1 Jose Sarria Court

Glen Park/Diamond Heights Community Meeting

Sunday November 15th from 2:30 PM to 4:00 PM
Sunnyside Conservatory
236 Monterey Blvd.

LONGEVITY EXPLORER CIRCLE

Tuesday Oct. 6th, 3:00 - 5:00PM

Ongoing: First Tuesday of Each Month

Sequoia Room, IOA 3575 Geary Blvd.

RSVP to (415) 387-1375 or info@sfvillage.org

Join an intimate group of your peers to discuss new & emerging solutions to the challenges of growing older.



- Find out about new products that can help postpone the day when growing older starts to get in the way of living life to the fullest.
- Share your ideas about what works and what does not work well with others from your community and members of other circles.
- Add your ideas for “solutions someone needs to develop” to the Longevity Explorer’s growing list of new product ideas.
- Hear what your peers from other circles of older adults have to say.

Example Topics:

Brain fitness: What are the best tools and techniques to stay mentally sharp?

Fall avoidance: How to be safer and prevent falls?

Hearing: Hearing aid improvements? Hearing better in group settings?

Everyday objects: Which “jar opener” works best? Better nail clippers?

Arthritis widgets: New tools to help do up buttons or put on socks?

Mobility: Which canes work best for me? How to choose the “walker for me”?

Apps for 80 year olds: Which smartphone Apps are useful for me?

Activity trackers: Which activity trackers (Fitbits, etc.) do my peers like best?

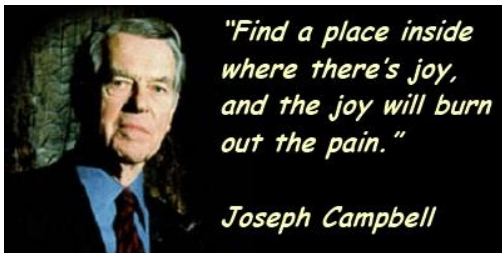
Facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers. **In case you missed Dr. Caro’s presentation in September, please join him for a Q & A on Wednesday October 21 at 1:30 PM in the Boardroom at IOA. RSVP to Key at 415-387-1375 or key@sfvillage.org**

About Dr. Richard Caro

Dr. Caro’s work focuses on the intersection of healthcare, aging and technology. He is co-founder of Tech-enhanced Life; has broad experience in high tech companies in Boston and Silicon Valley; and is a former member of the research staff at Stanford University. Dr. Caro has a Ph.D. in Physics from Oxford University and is the co-author of *Caring from Afar: A Guide to Home Sensor Systems*.



POWER OF MYTH: Six Conversations between Joseph Campbell and Bill Moyers



Tuesdays, Oct 6 & 20, Nov 3 & 17
From 11:00 AM to 1:00 PM
Ponderosa Room, IOA 3575 Geary Blvd.
RSVP to Bill Haskell at:
bhaskell@sonic.net or (415) 661-2670

This group, a continuation of Exploring Elderhood, will watch *The Power of Myth*, the fascinating series of interviews of the renowned scholar Joseph Campbell by journalist Bill Moyers, recorded in 1990. These two men discuss myths as metaphors for human experience and the path to transcendence, touching on topics as diverse as world religion, heroic figures, and pop culture. This series became one of the most enduringly popular programs ever aired on PBS.

The group has met twice already and will continue with four more meetings. During the first hour we will view one of the six sections of the series and in the second hour there will be a discussion of the material. A study guide provides the focus for the discussions. Participants are encouraged to bring lunch to enjoy during the second hour of each meeting.

OCTOBER MENTORING EXCHANGE

Wednesday October 28th

From 10:00 AM to noon

****Note venue change**:**

Congregation Emanu-El

2 Lake Street (corner of Arguello)

RSVP to Key at (415) 387-1375 or

Info@sfvillage.org for more information



This program, in its third year, brings together Village members and 9th grade students from City Arts & Technology High School to engage in deep and meaningful conversations about what matters in life. Members and students meet one-on-one so that the students can gain perspective on your career paths, life choices and much more. Members will also have the opportunity to get to know the students—asking questions about their families, goals and interests. Students will come prepared with a list of questions to help frame the conversation. At the end of each session, both students and members will have the opportunity to share what they learned from the experience.

AGING WELL with Movement, Breath & Mindfulness Informational Open House



Sunday October 18th 1:00 -3:00 PM

Five Rivers Yoga Therapy Office, in Noe Valley

RSVP to Rachel@fiveriversyoga.com

or (415) 710-7407

What does "aging well" mean to you? At any age it's possible to learn new ways to face change and life transitions with greater ease, and to focus on what matters most. The practices of Yoga Therapy offer ways to meet the fullness of our experience of aging -- all the joys, sorrows, challenges, and opportunities. These mind-body practices include contemplation, movement, breathing, and mindfulness. We can work with common aches and pains, support the body's stability and flexibility, address chronic conditions, and support emotional health.

At her Noe Valley office, Rachel Lanzerotti, Certified Yoga Therapist, offers a **20% discount** on personalized therapeutic yoga sessions for SF Village Members. Also for SFV members and their friends, she teaches small classes (maximum 4 people) focused on Aging Well with Yoga. To learn more, visit **www.fiveriversyoga.com**. Make sure to mention the SFV discount.

MEET OUR NEW PROGRAM COORDINATOR

Sarah Bridgid Newsham Kent



I moved to San Francisco from Juneau, Alaska three years ago seeking fresh produce, diversity, and to learn more about the city of my birth. I grew up in St. Louis MO and have lived in Pasadena, Chicago, and Baltimore before Juneau.

I have worked in non-profits for over a decade, with people of all ages, abilities and widely diverse life experiences. I've enjoyed working in accessible and inclusive community art studio settings, believing firmly that creative expression allows each of us to be seen and heard, making individuals and communities stronger. Most recently, I taught fine arts in the Community Arts Program at Hospitality House, a free studio in the Tenderloin.

I enjoy riding my bike around the city, as well as heading out into the wilderness to hike and camp. I'm an avid reader, especially books about women and other cultures, love farmer's markets, and cooking with the pounds and pounds of fresh produce I lug home. My art forms are usually painting and drawing, although I also enjoy photography, spoken word, music, and dance. A just world where all are valued and have their needs met is mighty important to me.

I'm so excited to be here and share stories and experiences, to continue and expand on the thoughtful and engaging programs already in place. I am all ears for your suggestions!

VOLUNTEER OF THE MONTH-Luis Bustamante

By Keyatta Shade

Volunteer Luis Bustamante hasn't missed a beat since joining SFV as a volunteer just over a month ago. Luis, who works a full time job during the week, is helping members with odd jobs on weekends when he is available. So far, he's worked with members Denis Wade, Peg Kaplan and Jean Marie Campbell on a variety of projects.



Denis Wade needed help trimming the overgrown ivy on his retaining wall. "Luis used my electric trimmer, mostly from a ladder, something I don't feel steady enough to do any more," Denis said.

Peg Kaplan needed Luis's help to order groceries online from both Safeway and Whole Foods. "He was a delightful young man and even offered to come back and help me with future projects," Peg said.

Jean-Marie Campbell was wrestling with trying to downsize and get organized. Luis helped her by sorting through discarded items and then driving them to the Community Thrift Store in the Mission District. "Getting rid of so much stuff was like taking a good shower," Jean-Marie said. "Luis earns my heartfelt appreciation for his help."



Luis enjoys helping others, but he especially enjoys hearing their stories. “It’s really about spending time to get to know people in the community,” Luis said. “I just moved here in April so it has been great to hear stories from people who have lived here for a long time,” he said.

Luis, who had a very close relationship with his grandmother in Colombia, recognizes that young people are increasingly disconnected from older generations and he wants to do his part to make sure that changes. “It’s important for us to learn from seniors, and to share experiences and knowledge between generations,” he said. “That’s what my grandmother did for me back home.”

Luis says the benefits of volunteering are rewarding for him. “I’ve made new friends and learned new skills. It feels so good to have a positive impact on the community, and to get to know people I otherwise wouldn’t have the chance to meet.”

Denis Wade summed up Luis’s qualities nicely. “Luis is a wonderful, energetic, engaging, industrious, interesting young person who is a pleasure to know, and a credit to the Village’s volunteer corps.”

AT THE MOVIES with Ralph Beren **PHOENIX**

Phoenix is a fascinating movie about a woman in a Nazi camp whose face is disfigured. When the war ends, she wants to look like she used to when she was a cabaret singer at the Club Phoenix, in order to reunite with her husband Johnnie who played the piano at the same bar. In addition she needs to calm her suspicions that Johnnie turned her over to the Nazis. If you are in search of a Hitchcock-like film, then this is it.



After recovering from her wounds and getting a new face, she goes to work for Johnnie helping him with a nefarious search of his former wife. It is not clear whether Johnnie recognizes her or not. Even in close quarters Johnnie somehow does not put two and two together.

The film works quite well as an allegory for a defeated and decimated Germany. Here is a country trying to put itself back together without coming to terms with its horrifying past. This might explain Johnnie's unwillingness to recognize Nellie. The world, after all, is struck dumb by the atrocities that Germany committed during the war -- its atrocities, deception, cruelty, and duplicity.

IN MEMORIAM

JAMES AUSTIN AMDUR



SFV Member James Austin Amdur passed away peacefully at his home in San Francisco on September 20th after a long struggle with Parkinson's disease.

James spent his career in federal, state and local tax planning and proceedings, emphasizing telecommunications and regulated utilities. He practiced law in Cleveland and Washington D.C. and was an advisor to the U.S. Tax Court.

James is survived by his wife, SFV member Patricia Amdur and his daughters Iris and Bonnie. James and Pat have been members of SFV since 2012. He will be missed.

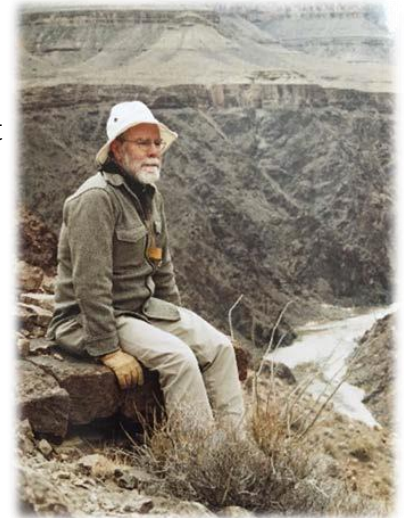
DAN SULLIVAN

SFV member, and long-time San Francisco resident and Sierra Club activist, Dan Sullivan, died peacefully at home from lymphoma on August 27, 2015.

Born in 1941, Dan graduated from Princeton University in 1963 and from Harvard University Law School in 1966. After law school he spent a year in Denver with VISTA. In 1968 he moved to Trenton, New Jersey to work in the New Jersey office of Community Affairs. In 1970 he moved to San Francisco because he was attracted to the rich cultural life and the wonderful opportunities for hiking and exploration.

During the 1980's Dan was a key player in pulling together 13 chapters to develop a California statewide legislative advocacy program, called Sierra Club California. Over the years he has also been involved in various local, state and national efforts with the Sierra Club, with much of his emphasis on water policy.

Dan was a quiet, modest man who avoided the limelight but he was a hard worker behind the scenes who took much satisfaction in making things run smoothly. He had a great impact on many people's lives and will be fondly remembered for his generosity, integrity and sharp mind. He is survived by his wife, SFV member Kathleen Wesner, his sister, Nancy, and thirteen nieces and nephews.



MEMBER TO MEMBER

Mary Moore Gaines invites you to take part in a SFV Mobility, Balance and Strength Class offered by Irina Nosova of Impact Pilates. Irina is a certified instructor in both physical therapy and Pilates and has been Mary Moore's teacher for years. The class will take place at Impact Pilates, 3150 California St. Parking is available. The time, day and duration of the class will be determined by those who wish to join. Please contact Mary Moore at mmg@sonic.net or (415) 387-7774 or Irina at inosova@pacbell.net or (415) 775-2319 for more information. Class size is limited. No experience necessary.



NEIGHBORHOOD CIRCLES

94102



The group will continue to explore a journey of living in gratitude, using reflections and practices from internationally respected cultural anthropologist Angeles Arrien's book *Living in Gratitude*. October's discussion is "Letting Be and Letting Go." The group will meet on Wednesday October 7 from 2:00 - 3:00 PM at Books Inc. at Opera Plaza, 601 Van Ness Avenue. "Letting be and letting go are two processes that challenge us every day to accept things as they are, especially during times of change," writes Angeles Arrien.

Discussions will also focus on involvement in community and harvesting what matters. Open to all SF Village members, but space is limited. E-mail Lynn Davis at treebarque@aol.com or Call (415) 826-5416.

94123 & 94115

The group is gathering for drinks and nibbles at the home of Josie Brownback on Thursday October 15th at 6:00 PM. Interested members should call Eva Auchincloss at (415) 563-7519. This event is reserved for circle members only and is limited to ten participants.

94131

The group will meet for a social gathering with snacks and drinks on Saturday October 17th from 2:00 PM to 4:00 PM in the club house at 43 Ora Way. Interested members should contact Demetri Polites at atpolitesd@yahoo.com or (415) 826-3666.

West of Twin Peaks Circle
RSVP to Elaine Mannon for all WTP events
at (415) 469-9832

Movie Group

Thursday, October 8, 2015 - Afternoon Matinee
 Stonestown Theatre or Empire Theatre on West Portal
 Details to follow, once we know what movies are showing
 Movie discussion following the film at the Mannon home.

Discussion of November Ballot Issues

Bring your Voter Handbooks and Campaign Literature
 Wednesday, October 14, 2015 at 7:00 PM
 Home of Elaine and Joe Mannon

Stow Lake Stroll and Lunch

Friday, October 23, 2015 at 11:30 AM
 Meet at Boat House Picnic Tables

Lunch Bunch

Wednesday, October 28, 2015
 Place and Time to be decided



VOLUNTEER TRAINING WITH KEYATTA SHADE



Saturday October 24th 10:00 AM to noon

Location: IOA, 3575 Geary Blvd

RSVP to Key at (415) 387-1375 or Key@sfvillage.org

Individuals with little or no experience working with seniors can get volunteer training at one of the Village monthly training programs.

Led by Key and our community partner, Home Instead Senior Care, the training includes a discussion of important issues facing seniors, myths and facts about aging, active listening techniques, identifying hazards in the home and more.

SAVE THE DATES!

New Member Orientation

November 18th 3:00 – 4:30 PM

IOA Auditorium 3575 Geary Blvd.

RSVP at (415) 387-1375 or Info@sfvillage.org.



If you've joined the Village in the past six months or have not yet attended a new member orientation, we'd love to see you at this welcoming event. Learn about programs and services, become familiar with the office and staff, meet other members and discover how you can become more involved.

Poetry Workshop with Annice Jacoby

Friday, November 6th, 1-3pm

IOA, 3575 Geary Blvd

RSVP to Info@sfvillage.org or (415) 387-1375



"A poem is the shortest distance between two people." Lawrence Ferhlinghetti, First Poet Laureate of San Francisco

Poetry not only allows us to connect with a deeper piece of ourselves, but through the sharing, we build intimacy and community. In this 2 hour workshop, we will dig into several styles of poetry, then leap into our own creative expression. All that is needed is attentive ears, willing minds, a pencil and paper, and a desire to converse in a slightly different way. All are welcomed to tap into and engage their poetic being. We'd like to make this a regular series, depending on the interest of the group.

Annice Jacoby has produced a body of groundbreaking public art work and contributed to the discourse on the place of art in public life. Her subject has been the landscape of language and community and she employs visual arts, literature, theater and media. Her work includes *Saving Grace* with Appalshop and the Interfaith Center of New York, *Gossipgospel*, with the United Nations Conference on Women, *City of Poets*, for the San Francisco Public Library, *Watershed & River of Words*, national literature and environmental programs with Poet Laureate Robert Hass. With support from the National Endowment for the Arts, the California Arts Council, she has developed the book *Street Art San Francisco: Mission Murals*, a collection of photography and over 25 scholarly, poetic, testimonial essays on the San Francisco Mission District muralism movement, commissioned by Precita Eyes Mural Arts Center.

Embrace the Journey: End of Life Resource Fair



The JCCSF, in partnership with the Jewish Home of San Francisco, invite you to Embrace the Journey—our first annual End of Life Resource Fair on November 15th at the JCCSF, 3200 California Street.

Learn compassionate and dignified ways to navigate the pathways that we and our loved ones will all travel. Hear speakers on the spiritual wisdom embodied in Jewish and other traditions concerning the end-of-life journey. Engage with businesses and organizations offering a wealth of end-of-life resources. Experience a yoga class and a mediation session.

To register call (415) 292-1200 or visit jccsf.org/EOL for more details. The event is free.

OCTOBER EVENTS

SFV Meditation Group Wednesdays October 7 & October 28 11:30 AM to 12:30 PM

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation—paying attention purposefully and non-judgmentally in the present moment— is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. So why not give it a try? The meditation group is led by Rachel Lanzerotti, a long-time practitioner and teacher of yoga, mindfulness, and vipassana meditation.



Contact: RSVP to Info@sfvillage.org or (415) 387-1375
Location: IOA Sequoia room, 3575 Geary Blvd

Play Reading Group II Thursday October 8th from 4:00 to 6:00 PM

The SF Village one-act play reading group will read two plays, *Our Man in Madras* by Gert Hoffman and *Teeth* by Tina Howe. These plays can be found in the collection *Plays in One Act* edited by Daniel Halpern.

Contact: RSVP to Midge Fox at (415) 984-0613
Location: Telegraph Landing Club Room at 150 Lombard Street

Discussion Group
Friday October 16th at 3:00 PM

The group will research and discuss two proposed constitutional amendments: the one that would undo Citizens United and the one that would undo all the special privileges that Congress has given itself.



Contact: RSVP to Eva Auchincloss at (415) 563-7519
 Location: Eva's home (Contact SFV for info)

The Film Group
Wednesday October 21st 4:00 to 6:00 PM

The Movie group will watch *The Visitor*. Although it was never nominated for an award it is a real crowd pleaser and a bit of mystery. It's about a man with a pied a terre in New York and on one of his visits to his apartment, finds two strangers living there.

Contact: Ralph Beren at (415) 929-8309
 Location: Barbara Hancock's home (Contact SFV for address info)

Donate to Community Thrift Store and Support the Village at the Same Time!

San Francisco Village has a unique opportunity to receive cash donations from
 Community Thrift Store

623 Valencia Street-SF 94110-Ph: (415) 861-4910

www.communitythrifthsf.org

Take your old but usable items to the store and provide the SF Village code #122.

They will deduct their operating costs and give us the rest in cash. They welcome donations of clean clothing, jewelry and accessories, costumes, leather goods, shoes and boots that are still wearable, art and decorations, sports equipment, house wares, lamps, luggage and much more. For large amounts (over 20 bags of goods) they will pick up at your house.

If you are unable to take your things to the Thrift Store, please call the office to coordinate a pick-up. This is a wonderful way to bring in funds that will help us improve our programs, offer reduced fee memberships and update our office systems to better serve our members. So, gather your usable goods and drop them off at Community Thrift. Be sure to mention SF Village account # 122.

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|www.sfvillage.org| *|Aging-In-Place|*

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