

## AROUND THE VILLAGE

January 2019

**THANK YOU** for helping us celebrate our 9<sup>th</sup> Birthday! With your support, we are able to provide continued services for low-income and vulnerable seniors in northeast San Francisco. We look forward to a wonderful year with lots of opportunities to connect and engage.

If you haven't already, please join NEXT this year. (Sustaining members can join for \$600, and that membership is tax deductible!). Folks with limited resources can join for as little as \$120.

If you know of someone who would benefit from the help of our volunteers or who might be looking for something new to do and new friends to do it with, please tell them about NEXT. The more the merrier!

Information is available on our website at [www.nextvillagesf.org](http://www.nextvillagesf.org) or by phone at 415-888-2868.

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### IMPORTANT EVENTS COMING UP!

#### MARK YOUR CALENDAR!

Columbarium Tour – Wed. January 16<sup>th</sup>. See inside for details!

Holiday Lunch Party rescheduled – now, we'll celebrate **Valentine's Day** together! Join us Friday, February 8<sup>th</sup>. Be a sweetie and join us for a delicious lunch, Valentine-making, fun & games.

Joe DiMaggio Clubhouse, 660 Lombard St.  
RSVP required: [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) 415-888-2868.

#### Spring Fling!

Friday, March 22<sup>nd</sup>. 6:30pm, University Club. Special guests; the divine Kim Nalley and Tammy Hall performing a tribute to Aretha! Tickets will be on sale soon! Sponsor this event and get tickets for you and your friends or business associates!

# NEXTVillageSF

At home, right where you are.

## Monthly Events Around the Village

Join us for these fun monthly activities!

### Drink and Draw -

**Friday, January 4, 1-2:45pm**

North Beach Library, 850 Columbus Avenue

Bring your watercolor supplies! **(Bring landscape/fruit/vegetables/flowers to paint.)**

### Writing with Meg O

**Monday, January 14, 1-2:45 pm**

North Beach Library, 850 Columbus Avenue

### Lunch with The Bunch –

**Wednesday, January 9, 11:30am**

Tacolicious! 1548 Stockton

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

Alphaville, A Noir Science Fiction Film

**Wednesday, January 16, 6:15pm**

Jane Winslow's home. **RSVP for details.**

### Happy Hour – Monday, Jan 21, 4-6 pm

**Café Zoetrope 916 Kearny St.**

### Death Café -Tuesday, January 15, 1-3pm

North Beach Library, 850 Columbus Avenue

Free-form conversation about end of life.

### Technology Teach-in with Hope

**Friday, January 18<sup>th</sup> 1-2:30pm**

North Beach Library, 850 Columbus Avenue

**RSVP required.**

### Reading Circle- Calling all readers!

Books, Magazines, Journals

**Wednesday, January 23<sup>rd</sup>. 4-5pm**

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

## Molly's Volunteer Corner

### Volunteer Corner- Molly's minute

As we welcome in this new year, I'd like to begin with a shout-out to all our AWESOME volunteers! Whether you've been with us for years, or are new to NEXT Village, you are the key to making our organization work. We are so very grateful for the time and love you share with NEXT members throughout the year. Whether you're a wheelchair pusher, walking partner, reader, friendly visitor, phone caller, driver, computer guru, envelope stuffer, event helper, or any of the other wonderful, caring roles assumed by our volunteer pool, we couldn't continue to help our neighborhood seniors without your kindness and dedication.

We look forward to a New Year full of new friendships and fun times together!



*Members and volunteers enjoying the latest exhibit at the Legion of Honor.*

**Want to help out?** If you'd like to help and aren't sure what you can offer, please give me a call at **(858) 245-5575, 8:30 am-5pm, M-F, or by email at: [molly@nextvillagesf.org](mailto:molly@nextvillagesf.org)**. We'll talk about your talents and interests to figure out the perfect way for you to get involved. There are always opportunities to help individuals, as well as the organization. Next month's volunteer opportunities include helping with an event, conversational calls to members who can't get out as much anymore, in-home computer support, and as always, transportation for errands and for pleasure.

### Activities in January – Please join us.

**You are welcome to suggest an activity that interests you, as well.**

## Drink & Draw



**This class is open to anyone at any skill level.**

**Led by the lovely and talented Lucia Gonnella**

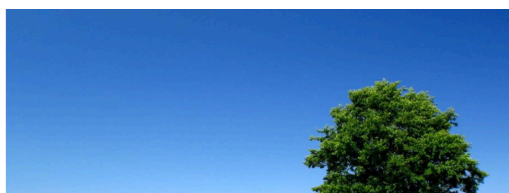
**Friday, January 4<sup>th</sup>, 1-2:45pm**

**North Beach Library, 850 Columbus Avenue**

**Bring your watercolor supplies and fruit & vegetables to paint!**

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

## Genealogy Research Class at the North Beach Library



**Tuesday, January 8<sup>th</sup> 6:15-7:45pm North Beach Library, 850 Columbus Avenue**

Learn how to conduct genealogical research and find people using billions of records of U.S. census data, vital records, directories, photos and records. Access and use the Library's genealogy databases and resources. This class is ideal for beginners, students, and researchers. Free to everyone.



## **NEXT Village's Monthly Writing Group- featuring Meg O'Shaughnessy – Open to everyone!**

**Monday, January 14. 1-2:45pm**

**North Beach Library, 850 Columbus Avenue**

We are an informal, facilitated writing group that meets once a month for the sheer joy of getting to know ourselves and each other.

Participants respond when asked why they keep coming:

- *"The welcome of familiar faces."*
- *"The 'not writing'! Writing is the added dimension. We become freer and inspired through our conversation, more able to write."*
- *"What feels great is being with each other, sharing and caring, feeling our common humanity."*
- *"True Magic happens here!"*

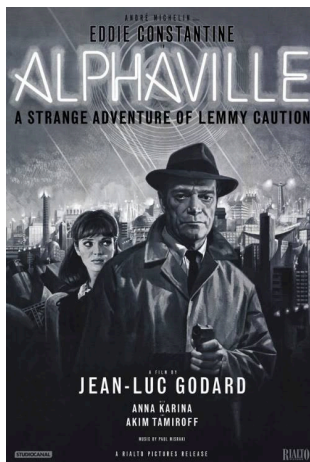
**RSVP not required: [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) 415-888-2868**



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

**Alphaville, A Noir Science Fiction Film — France Jean-Luc Godard**

**1965 1hr 40 min Black and White 1/16/19**



*Sid Says...*

Lemmy Caution (the expatriate American actor, Eddie Constantine) enters Alphaville, a totalitarian state on a planet in another galaxy, by posing as a journalist. Its absolute ruler is Professor Von Braun, inventor of the powerful computer, Alpha 60, which he uses to control the state. Unlike other sci-fi movies, Kubrick's 2001, for example, Godard forgoes any special effects, instead using an everyday setting, in this case, nocturnal Paris and the city's new steel and glass curtain architecture. With high-contrast lighting and marvelous camera movement, cinematographer Raoul Coutard turns the City of Light into a city of darkness and murderous intrigue, as Caution tries to assassinate von Braun and destroy the devilish computer. His guide is Natacha von Braun (Anna Karina), daughter of the evil genius, who proudly shows him executions of

people who have behaved irrationally, any expression of feelings being a flaw punishable by death.

As Natacha spends more time with this spy from the "outerlands," a reincarnation of a B-movie hero, he gradually teaches her words like "conscience" and "love" that long ago were redacted from Alphaville's

dictionary, like all words dealing with emotion. Through it all, Caution acts the part of the hard-boiled detective, deftly flicking open his Zippo lighter, clicking away with his Kodak Instamatic, and sporting the obligatory tough guy trench coat and fedora. Whenever necessary, he deftly dispatches his foes with knuckles or gat, but in true comic book style—no blood here. Exactly how Caution intends to drive his 1960s car into the interstellar world of his home planet is at film's end unexplained, but the story and characters are so engaging, you won't much care. This strange adventure of Lemmy Caution will, however, get you thinking about our tech-gadget dominated world of today. Godard was on to something, as he often is.

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

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



## LUNCH IS SERVED!

**Lunch with the Bunch!– Tacolicious** – Can't get more local than this! Not your ordinary taco restaurant!

Wednesday, January 9th 11:30-12:30 or so.

**Tacolicious 1548 Stockton @ Union Sts. 415-649-6077**

<https://www.tacolicious.com/menu/t-lish-loncheria/>

RSVP not required, but requested: [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) 415-888-2868.



## Cheers! Happy Hour

**Monday, January 21, 4-6pm**

Everyone is welcome!

**Zoetrope Bar – 916 Kearney Street.**

RSVP not required: [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) 415-888-2868.



## Death Café – Circle of Sharing

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

**Tuesday, January 15, 1-2:45pm North Beach Library, 850 Columbus Avenue**

**Death Café's** (<http://deathcafe.com/what/>) have been steadily gaining fans. At 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 not required but recommended: [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) 415-888-2868.**



**JOIN US FOR THIS SPECIAL OUTING!**

### **Docent Tour - SF Columbarium! Wednesday,**

**January 16<sup>th</sup>, 11:00am-12:00pm**

**1 Loraine Ct. @ Anza**

**RSVP recommended: [rsvp@nextvillagesf.org](mailto:rsvp@nextvillagesf.org) 415-888-2868. Transportation available.**

Built in 1898, the San Francisco Columbarium is a stunning final resting place and a landmark in the city. In 2016, San Francisco Funeral Home was built on the grounds of the columbarium, allowing families to make funeral arrangements at a location convenient to the columbarium.



### **Technology Teach-in with Hope —Friday, January 18<sup>th</sup>, 1-2:30pm**

**Technology Support - phones, i-Pads, tablets, email, etc.**

North Beach Library, 850 Columbus Avenue, Downstairs Teen Room. Bring your devices and passwords.

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



### **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 12:45-1:45pm in Rm. 11

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

RSVP not required. **\*Jan 2, no Group.**

*Thank you, Alex & Leslie for all that you do for this group. We appreciate you!*

### **Reading Circle –**

**Wednesday, January 23, 4–5pm, Fior D'Italia. 2237 Mason**

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. What are you reading? If you can't attend but want to share your recommendations, please send them to us!

**RSVP requested but not required: [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. Men are welcome, too! **NO WALK JANUARY 5<sup>TH</sup>.**

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.)

Feel free to contact Martha directly with any questions and **RSVP at**

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



**LGBTQ News: SF makes LGBT band official. (From SF Bay Times)**

For its first performance as the city's official band, the San Francisco Lesbian/Gay Freedom Band played the city's official ballad "I Left My Heart in San Francisco," written by a deceased gay couple, and the official city song "San Francisco." Twenty-two members of the 40-year-old band performed on the steps under City Hall's rotunda shortly after Mayor London Breed signed into law the ordinance designating the musical group as the city's official band for perpetuity. "Today we make the unofficial official band official," said Breed, a French horn player in the Benjamin Franklin Middle School Band that performed at various public events during Dianne Feinstein's mayoral administration.

Breed presented the pen she used at the December 18 signing ceremony to gay District 8 Supervisor Rafael Mandelman, who introduced the ordinance on behalf of the band. It was his first piece of legislation to be signed into law since joining the Board of Supervisors in July.

"The arts have played such an important role for the LGBT community and the larger San Francisco community," said Mandelman, noting that the band in particular has helped with "getting us through the tragedies of the last 40 years."

If you are an LGBT senior in northeast SF, please give us a call. We're happy to have you as a member!



**老人最在意的那些事**

步入晚年，老人生活重心慢慢转移，关注点也有所改变，有些事，老人确实越来越在意了。

身心健康。随着年纪的增长，老人越来越觉得健康最重要。老人家一方面注意身体健康，积极锻炼；另一方面还要保持乐观心境，遇事劝自己看开点。

子女平安。“平安是福”是很多老人挂在嘴边的话。人至暮年，自身事务减少，老人自然会将焦点放在子女身上。

家庭团聚。尤其是独守“空巢”的老人，他们特别期待“儿孙绕膝”的快乐。作为儿女，应尽可能常回家看看。

出行旅游。“世界那么大，我想去看看。”大部分身体健康的老人都希望能趁着身子骨还硬朗的时候出去走走。大量研究表明，常出去旅游、接触自然的老人，身体更健康，而总宅在家里，不愿多走动的老人易患各种疾病。

勤俭节约。勤俭是种美德，但如果这些观念不利健康，子女们就应该多开导，平时多从小处着手，从行为上帮助老人改变。例如老人认为抹布破了烂了才要换，但这不利于健康，子女可以定期更换，长此以往，老人就能养成习惯。

形象与价值。人都希望被认同，老人更是如此。年岁渐大，保持形象和成就感对维持老人健康的心态十分重要。

疾病与死亡。上了年纪的人总爱念叨“健健康康活着，死时别受罪”。老年人在听闻某些疾病后，往往是下意识把病往自己身上套。要想办法帮老人排遣消极情绪，比如营造更加温暖的家庭氛围，帮助老人回忆过去有趣的事，将老人身心向积极方向转化。

### From the Director:

We had a bang-up year at NEXT Village. In spite of our issues with the Department of Aging and their new rule that everyone must pay at least \$120 to belong to NEXT, with your support, we held fast to commitment to serve as many seniors as we could regardless of income. We pushed back many times, but so far have not gotten them to change their position. We also worked extremely hard to have some funds from the Board of Supervisors to cover those low-income members, but in the end, the funds went to another non-profit. Tough break for us. We'll be back in 2019 seeking funds that bring our city-funds more in line with the other two Villages in SF. In the meantime, we are grateful for the support of people like you that recognize the value of our work.

That's it for now. Happy New Year, and I'll see you in January, and Around The Village.

*Jacqueline*

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## NEXT'ra

Some fun photos from our visit to the Conservatory of Flowers. We followed our tour with hot chocolate and sunset in Golden Gate Park.







NEXTVillageSF

At home, right where you are.

Post Office Box 330278

San Francisco, CA 9413

Your **January** newsletter is here!