

**AROUND THE VILLAGE &
District 2 University
July 2020**

NEXTVillageSF
At home, right where you are.

Please help us create a Happy Halloween!

We are four months out from our annual Halloween bash, and this year, we are on the lookout for fun-loving members and volunteers to help us plan a great, virtual party. If you'd like to help, please reach out to Jacqueline at info@nextvillagesf.org or call 415-888-2868, with your ideas, and consider joining us by Zoom on Tuesday's at 5pm to be part of the planning committee.

Great Board Members wanted:

NEXT is recruiting for new board members who would like to help guide the organization into its next decade. Even if you've never served on a board before, everyone has something to offer. Members and volunteers are especially welcome. The board meets the fourth Tuesday of the month. If you're interested, please reach out to us at info@nextvillagesf.org or call 415-888-2868.

Handy & Helpful numbers:

Dept. of Aging (DAS) Benefits and Resource Hub helpline: (415) 355-6700

Your one-stop-shop for information and access to services from the SF Department of Aging.

Sage LGBT Elder Hotline: 877-360-5428

Talk and be heard at the SAGE LGBT Elder Hotline. We connect LGBT older people who want to talk with friendly responders who are ready to listen.

Friendship Line: 800-971-0016

The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls.

BEWARE of COVID scams: If anyone calls/emails you for personal information, don't give it to them. If you're not sure if it's a legitimate inquiry, please let us know and we will check it out with you.

NEXT Village is an inclusive organization and welcomes everyone to be a part of our Village.

From the Director: Shelter in Place, Indefinitely?

How are you doing, NEXT'ers? Is it really July?

Each week I participate in a weekly briefing hosted by The City pertaining to the Coronavirus. On a recent call, we were informed that we are to Shelter in-Place indefinitely. If people would wear masks, that could make a huge difference. As of print-time, there are almost 3,000 cases in SF, with an average of 23 new cases per day. And while that update is not the most encouraging, we hope that between our great lineup of Zoom events, and our ace volunteers providing help with groceries and check-in calls, we are doing our part to soften the news that we are still safer at home, indefinitely.

Until we are all together again, take care, join us for Zoom events, stay inside, wear your mask if you go out, and wash your hands. We'll see you Around the Village and at District 2 University! Jacqueline

jjones@nextvillagesf.org * 415-888-2868. *
www.nextvillagesf.org

If you feel like you've been exposed to the virus, or are displaying any symptoms; most notably a fever of 100.4 or more, contact your doctor. You can also follow the following link to register for a time to be tested at the Embarcadero Test Site
<https://home.color.com/covid/sign-up/start?partner=sfdph>

Walk-thru and drive-thru
Pier 30/32

- 7 days a week, 8 am to 5 pm
- 415-672-7694

The Rachel Report



Volunteer Corner

I'm a month into my new position as Volunteer Coordinator, and I'm very much enjoying meeting members and volunteers. I've received such great feedback from volunteers, and I thought I would share some with you:

"I love delivering meals for the NEXT Village Food Runners program! I had no idea when I volunteered that I'd be the one feeling grateful for the connection to my community." - Laura Mancuso, NEXT Village Volunteer since April 2020



Laura making another Food Runners Run!

"My volunteer experience with NEXT Village has been very rewarding so far! I've really enjoyed the opportunity to be of service to those more vulnerable (but still very valuable and essential) members of our community, so that they can continue to safely shelter in place." - Alicia Hwang, NEXT Village Volunteer since September 2017



Alicia & Geraldine, all masked up and nowhere to go!

All of the NEXT Village volunteers delivering food, prescriptions, and other essential items as well as regularly calling to check in are making it possible for members to stay safe. Thank you!

This month, we need more people who are able to deliver groceries, as this service is currently in high demand, as are drivers to help with the Food Runners program from 11-12, MWF's. Please call or email me if you are able to help, or if you need assistance from a volunteer: **415-574-0156** or rachel@nextvillagesf.org



NEED A RIDE? – The Offer Still Stands: Take a free ride with 'ONWARD'!

This bears repeating! Onward supported our 2019 Halloween Party, and now, they're supporting our Village again:

All Next Village SF members, get a free ride to your next appointment with Onward Rides! Onward's highly-vetted drivers are certified in First Aid and CPR and will make sure you get to your appointment safely.

Safety is always Onward's top priority, so our drivers take extra precautions to ensure that both our riders and drivers stay healthy. All drivers will wear masks during the ride, and they will have masks available for riders who aren't wearing one. Drivers will also use and have hand sanitizer available for all trips.

Find out more about Onward and your free ride! **CLICK HERE TO: CLAIM YOUR RIDE** (<https://www.onwardrides.com/freeRides/>)

Link for article: <https://www.onwardrides.com/freeRides/>

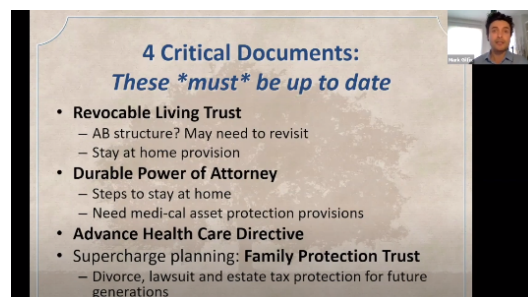
No smart phone? No problem. Call them at: 510-771-7171

Thank you, Onward!



Legal, Health, & Long Term Care Planning Videos

If you missed any of the NEXT Village and Stanford Club of SF three part series on legal, health and long-term care planning issues presented by attorneys from Gilfix and LaPoll Associates in May, you are in luck. The videos have been posted on YouTube so you can watch or share them on a digital device.



- **May 7: Legal Planning for a Crisis --Making Sure You and Your Family Are Covered**

Coronavirus has raised our awareness of the importance of understanding the steps we must all take to ensure that we and our families are legally covered, however many people have not written down their wishes or communicated them to their families. This session discusses ways to communicate with your family to plan for these situations.

View video at <https://youtu.be/zPUb8NoeZrg>

- **May 14: Medical Decision Making and Patient Advocacy in a Crisis: Being Prepared**

Are you and your family prepared if you must go to the hospital? This timely discussion is focused on critical legal and patient advocacy issues. It also explores the importance of properly drafted Advance Health Care Directives.

View video at <https://youtu.be/RmTrUF8Zck>

- **May 21: Multi-Generational Planning for Quality Long Term Care**

This webinar explains the “spectrum of long-term care,” which includes everything from home-based care to skilled nursing facilities (SNFs). It will describe the alternative approaches to paying for the cost of care. This will include self-funding, smart use of home equity, LTC insurance, and government-based programs. Emphasis is placed on multi-generational planning steps to protect the family home and other assets while qualifying for Medi-Cal, which can pay for skilled nursing care. Planning to “stay at home” will include the under-utilized PACE and the VA Aid and Attendance programs.

View video at <https://youtu.be/SOhY2rISG6Q>

Special thanks to our presenters Mike, Mark and Myra of Gilfix & La Poll Associates, LLP - www.gilfix.com
To contact Gilfix & La Poll Associates, LLP, email Ashleigh.dec@gilfix.com or (650) 493-8070.



***ACTIVITIES IN JULY**

All events are open to all – This includes new events at NEXT Village & District 2 University.

PLEASE WATCH FOR UPDATES OR CHECK OUR WEBSITE: WWW.NEXTVILLAGESF.ORG

***RSVP for any and all activities at bit.ly/NEXT-Reg,
RSVP@NEXTVILLAGESF.ORG, OR 415-888-2868**

Many of you ask how you can help us as we put on so many great events. Besides joining your fellow Villagers, please consider using our new bit.ly/NEXT-Reg registration form. It offers you a chance to select ALL of the programs you are interested in at once, allows us to include you in the auto-reminder, and makes managing our database much easier. If you need help at any time, please let us know.



Women's Conversation Group (D2U)

Featuring Ace Volunteers Alex & Leslie Pellegrini

Weekly on Wednesdays, 1 – 2 pm: July 1, 8, 15, 22 and 29th



TALK. LISTEN. SHARE

Alex and Leslie facilitate a weekly women's conversation group to help get you through the pandemic. Thank you, Alex and Leslie for stepping out of retirement to lead this weekly gathering so people can talk about what is going on and share with each other in an informal and welcoming community. We hope you'll join the conversation!

Register for this event at: <https://bit.ly/NEXT-Reg>

Join Zoom Meeting: <https://us02web.zoom.us/j/82314435227>

Password: 700918

By phone: +1 669-900-6833 (San Jose, CA)

Meeting ID: 823 1443 5227



Buon Giorno! Italian Conversation Group (D2U)



Weekly Thursdays, 11am – Noon on July 2, 9, 16, 23 and 30th

Join other Italians, Italian-Americans, and non-native Italian speakers who want to practice Italian in an informal and welcoming environment. This is a fun, casual Zoom gathering where people can use and practice their Italian. No judgement, no pressure!

Register for this event at: <https://bit.ly/NEXT-Reg>

Join Zoom Meeting: <https://us02web.zoom.us/j/83048739594>

Password: 691384

By phone: +1 669-900-6833 (San Jose, CA)

Meeting ID: 830 4873 9594





DRINK AND DRAW with Lucia Gonnella

Friday, July 3, 1-3pm

No experience with watercolor required. You may also use pencils.

Lucia is a world-class artist and she'll make you one, too!

Register for this event at: <https://bit.ly/NEXT-Reg>

Join Zoom Meeting: <https://us02web.zoom.us/j/81358369888>

Meeting ID: 813 5836 9888

Password: 286875

By phone: +1 669-900-6833 US (San Jose)



NEXT Village's Monthly Writing Group – TWICE Monthly!

Featuring JACKIE HEWITT

Monday, July 6 and 20th, 1:00 – 2:45pm

Online and Open to everyone!

We are an informal, facilitated writing group.

Join Zoom Meeting: <https://us02web.zoom.us/j/87122467685>

Meeting ID: 871 2246 7685

Or Join by phone: 669-900-9128 PLUS Meeting ID 871 2246 7685

Register: <https://bit.ly/NEXT-Reg>



Death Café - Circle of Sharing

Tuesday, July 7 and 21, 1:00 – 2:45 PM



Many of the Death Café attendees asked for a little more connection during this crazy time. Kudos to our fearless leader, Meg, for agreeing to facilitate two times per month. A unique opportunity to share what's on your mind regarding this often-unspoken subject. It's not morbid, we promise! If ever we needed a place to talk about death, this is it!

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. Even though you will all be in your homes, please enjoy some tea and cake during the call!

Register for this event at: <https://bit.ly/NEXT-Reg>

Join Zoom Meeting: <https://us02web.zoom.us/j/222243886>

By phone: 1 669-900-6833

Meeting ID: 222 243 886



Stress Busters – 5 Steps to Deal with Stress (D2U)

Weekly on Tuesdays, 3-4 pm - July 7, 14, 21 and 28th



Stress comes in many ways. It's that uneasy feeling we get when we're upset -- whether it's because we're angry, worried, depressed or disturbed for other reasons. For many of us, it's hard not to be stressed and anxious in the midst of challenging times.

In Tuesday Stress Buster workshops, we'll learn how stress starts and a simple effective method to handle your reaction to situations. You'll learn a five step process to reduce stress and help you better respond to any situation in a helpful way, instead of getting upset. Stress Busters (also known as Ding Sum) has been serving seniors in

San Francisco for over 30 years.

This weekly series will be fun and practical. Leave each session with new practical insights on how to better handle whatever life throws at you.

***Speaker** - Eileen Chan is a native San Franciscan, trained as an optometrist and married with three grown children. She has volunteered with Stress Busters since the organization was founded over 30 years ago.*

Register for this event at: <https://bit.ly/NEXT-Reg>

Join Zoom Meeting: <https://us02web.zoom.us/j/81571643120>

Password: 2345

By phone: +1 669-900-6833 US (San Jose)

Meeting ID: 815 7164 3120



LUNCH IS SERVED! Lunch with the Bunch!



Wednesday, July 8, 11:30-12:30 or so.

Get some take out and meet us at Zoom!

(Phone or computer)

Join Zoom Meeting: <https://us02web.zoom.us/j/85481910246>

Meeting ID: 854 8191 0246

By phone: 669-900-9128 US (San Jose)

RSVP@nextvillagesf.org



Armchair Travel: African Safari -- Animals, Cute and Ferocious (D2U)

Thursday July 9, 3 – 4 pm

While your Bucket List travel adventures may be on hold for now, NEXT Village SF invites you to join us for our next virtual trip. This month we are “going” to Africa on a photographic glimpse of Africa’s culture, nature and wildlife, journeying to Botswana, Zambia, Zimbabwe and South Africa, including beautiful Cape Town. We’ll search for the Big Five, the elephant, lion, leopard, rhinoceros and African buffalo, with sightings of a multitude of



birds and creatures. Surprising Africa has vast arable land, water reserves, resources and industrious people, poised to be a major global economic power.

Speaker: Howard Wong, AIA, is an architect and a founding board member of NEXT Village.

Register for this event at: <https://bit.ly/NEXT-Reg>

Join Zoom Meeting: <https://us02web.zoom.us/j/88217152243>

Password: 2345

By phone: +1 669-900-6833 US (San Jose)

Meeting ID: 882 1715 2243



Trivial Pursuit with Teddy!

Friday, July 10 4:00 PM –

Test your knowledge of Broadway shows!

Mark your calendar and join your neighbors for some fun trivia questions!

Challenge last month's first winner, Janet Crane!



Register for this event at: <https://bit.ly/NEXT-Reg>

Join Zoom Meeting: <https://us02web.zoom.us/j/81535601423>

Meeting ID: 815 3560 1423

By phone: +1 669-900-6833 US (San Jose)



cHeeRS! hAPPY hOUR, with Ms. Kim

Come mix and mingle with other NEXT members

Monday, July 13, 4-5pm

Everyone is welcome! By Zoom or by Phone!

Join Zoom Meeting: <https://us02web.zoom.us/j/76329624836>

By phone: 1-669-900-9128

Meeting ID: 763 2962 4836

RSVP: <https://bit.ly/NEXT-Reg>



Senior Housing Options 101 (D2U)

Thursday, July 16, 1:30 – 2:30pm

In this session on residential and care options for seniors, Staci will provide an overview of options available -- from aging in place to senior living communities. She'll explain the differences between senior living types including independent living, assisted living, memory care, skilled nursing facility/SNF, CCRCs and monthly rentals. She'll cover different services, financial models and considerations in decision making to familiarize you with the range of options. If you're confused about options, services or costs of various senior living options, you are not alone. Make sure to join us to better understand senior living choices available today.

Speaker: Staci Chang has over 20 years of experience in real estate development and senior housing. Her tenure includes The Peninsula Regent, Moldaw Residences and Sequoias San Francisco. She is currently the Director of Marketing and Communications at the San Francisco Campus for Jewish Living, formerly known as the Jewish Home.

Register for this event at: <https://bit.ly/NEXT-Reg>

Join Zoom Meeting: <https://us02web.zoom.us/j/86098356935>

Password: 2345

By phone: +1 669-900-6833 US (San Jose)

Meeting ID: 860 9835 6935



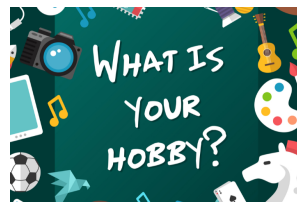
Show and Tell – for Grown Ups! Travel Trinkets + Crafts & Hobbies (D2U)

Fridays July 17 and 31, 11:30am – 1pm

Why should kids have all the fun? We're taking over the tradition of "Show and Tell" to give you a chance to share or listen to stories. Every other week we'll have a different theme. You can choose to tell a story, or simply enjoy the tales others share. Each story teller will get 3 minutes to "Show and Tell." This is amateur hour, so no need to prepare anything. Simply look around your home and find something you want to share a story about, whether it's an object, a photo, or simply a memory. The important thing is to have fun with it!

- **July 17 – TRAVEL TRINKETS AND TALES:** We have all picked up a souvenir that has special meaning, a funny story behind it, or that brings back memories of a journey, near or far. This is your chance to dust off an item from your adventures and share a story with us.
- **July 31 -- ARTS, CRAFTS & HOBBIES:** Show off a project you've been working on during shelter in place! Whether you've been quilting, woodworking, puzzling, knitting, planting a garden, fixing up a car, cooking or anything else -- show it off! Brag, tell us why you enjoy it, share tips or explain why we should consider taking up a new hobby!

*BONUS - we'd love for everyone on the Zoom to show off what they wear on their face these days for our first **NEXT Village Zoom Face Mask Fashion Show!** This is a chance for all of us to share a moment of laughter on Zoom as we model our latest fashion statement!!!*



When you register for Show and Tell, let us know if you want to share a story or if you just want to listen in (or if you'll decide later). This is a lunchtime event – you can eat lunch while watching, if you like!

Register for either or both events at: <https://bit.ly/NEXT-Reg>

Join Zoom Meeting: <https://us02web.zoom.us/j/87061403444>

Password: 8765

By phone: +1 669-900-6833 US (San Jose)

Meeting ID: 870 6140 3444

Reading Circle with Ms. Kim * Read what you like and tell us about it!

Wednesday, July 22, 4-5 pm

Register at: <https://bit.ly/NEXT-Reg>

Join Zoom Meeting: <https://us02web.zoom.us/j/88205552803>

Meeting ID: 882 0555 2803 **By phone:** 1-669-900-9128



Creating Stunning Containers using Flowers and Herbs (D2U)

Wednesday, July 22, 10 – 11:15 AM

Whether you have a green or a brown thumb right now is the time for gardening and nurseries are open for business! In this workshop you will learn how to create stunning garden containers using flowers and herbs.

Presenter: Arete Nicholas, a certified Master Gardener in San Francisco and San Mateo County, will share tips on how to use the thriller, spiller, filler method of container planting. This workshop is geared for all levels of garden experience - from the beginner to the experienced

gardener.

Register for this event at: <https://bit.ly/NEXT-Reg> **Join Zoom**

Meeting: <https://us02web.zoom.us/j/83920971500> **Password:** 7654

By phone: +1 669-900-6833 US (San Jose)

Meeting ID: 839 2097 1500



Please join us for a very special Live & Learn:

Internment of Japanese Americans during World War II—a personal story.

Thursday, July 30, 1-2:30pm.

Nearly 120,000 people of Japanese ancestry were incarcerated in concentration camps in the western interior of the United States during World War II. Their forced relocation and internment were ordered by President Franklin D. Roosevelt shortly after Japan attacked Pearl Harbor on December 7, 1941. Sixty-two percent of the internees were U.S. citizens, including the parents of our speaker, Mr. John H. Suzukida

Suzukida will speak about his parents' experiences during WWII. His talk will include historical context and quotes from his parents describing their time of internment, post-war resettlement, and assimilation back into society. He will share pictures, artifacts, and the story of how his parents chose to live with this challenge—being imprisoned while in their early 20s, what they experienced, and how they went on with their lives, leaving the camps with just \$25 and a train ticket to a destination of their choice.

Register for this event:

<https://bit.ly/NEXT-Reg>, RSVP@NEXTVILLAGESF.ORG, Or 415-888-2868

Join Zoom Meeting

<https://us02web.zoom.us/j/87963216354?pwd=SytpN2tVTjl0cHNOwTFGNtMcndaQT09>

Meeting ID: 879 6321 6354 **Password:** 307636 **By phone:** +1-669-900-6833



Mr. Suzukida



Technology Teach-in – by Phone!



Technology Teach-in's. Featuring Harrison Ravazzolo!

Let us know what you need and we'll connect you with Harrison or another great volunteer who can help you by phone.

Phones, i-Pads, tablets, email, Zoom.

Members only. RSVP@nextvillagesf.org or 415-888-2868.



LGBT News: Smart Money Coaching

Are you looking for help managing your money? The SF LGBT Center's Smart Money Coaching program, offered in partnership with SF's Office of Financial Empowerment, offers free, confidential, one-on-one coaching to on topics such as budgeting, saving, debt, credit and more.

Schedule a meeting today by calling 415.865.5652 or emailing andreac@sfcenter.org



适合中老年人运动的五大方式 年龄大了，最注重的就是身体健康。而运动多多，身体就能棒棒。可是老人该选择什么运动才适合呢？下面请看。

- 1、散步 对于身体条件稍差的老人来说，剧烈点的运动有可能无法去做，那就去散步吧，最容易了，在马路，公园上随便走走，走的时候前后甩甩双手，抖擻一下腿，也是可以让身体放松下来达到运动的目的。
- 2、气功、理疗锻炼要循序渐进，运动强度及量要适当。如果运动时感到发热、微汗，运动后轻松、舒畅，说明运动适当。运动时出现头昏、胸闷、心悸，运动后食欲减退、睡眠不好、明显疲劳，说明运动量过大，需及时调整运动量。
- 3、象棋、健身操 各种棋类活动，唱歌；跳舞；运动要适当，要有规律和计划老年人应当在作晨练注意早晨要到走可以促进小脑晚饭后要在 1-2 小时后散步有助于消化。
- 4、广场舞 广场舞适合身体灵巧有体力的老人。随着音乐，身体舞起来，全身都动起来，身体全部的细胞都得到运动，大汗淋漓一场，是运动后的畅快。广场舞还能陶冶情操哦，让老人们热爱音乐，重展生活热情。
- 5、太极拳 太极拳是我国传统的健身运动项目，具有健身和延年益寿的功效，对防治慢性疾病有较好的效果，是非常适合于老年人的一种锻炼项目。首先，打太极拳时全神贯注，注意力高度集中。眼随手转，步随身换，动作圆滑、连贯、稳健、协调，动中取静，有利于大脑的休息；其次，有助于延缓肌力衰退，保持和改善关节运动的灵活性。

PG&E discount program:

Struggling financially? If you have recently lost your job or part of your income, even if you are receiving unemployment benefits, you may qualify for a reduced energy rate through our California Alternate Rates for Energy (CARE). You can save at least 20% **if your household meets the [current income qualifications](#) or someone in your household participates in a [qualified public assistance program](#).** **Have questions or need assistance? Email at CAREandFERA@pge.com or call [1-866-743-2273](tel:1-866-743-2273).**

[Claim your discount »](#)

Discounted phone service:

You may qualify for discounted phone service based on your income level or program participation. The [California LifeLine program](#) provides a discount on either home phone or cell phone service for eligible households. Additionally, participants in PG&E's CARE program can save \$15 each month on their Boost Mobile prepaid cell phone plans through the [CARE and Boost Mobile pilot program](#)

NEXT Village SF & District 2 University July 2020 Calendar At a Glance

RSVP for activities you want to attend at bit.ly/NEXT-Reg, RSVP@NEXTVILLAGESF.ORG, OR 415-888-2868

**** Mark your calendar & post this page where you'll see it so you won't miss out on anything & have Zoom info handy!! ****

July 1, 1 PM — Women's Conversation Group (D2U)

Zoom: <https://us02web.zoom.us/j/82314435227>

Password: 700918

Phone: 1-669-900-6833,* Meeting ID: 823 1443 5227

July 2, 11 AM — Italian Conversation Group (D2U)

Zoom: <https://us02web.zoom.us/j/83048739594>

Password: 691384

Phone: 1-669-900-6833,* Meeting ID: 830 4873 9594

July 3, 1-3 PM — Drink & Draw with Lucia

Zoom: <https://us02web.zoom.us/j/81358369888>

Password: 286875

Phone: 1-669-900-6833,* Meeting ID: 813 5836 9888

July 6, 1 - 2:45 PM — NEXT Village's Writing Group

Zoom: <https://us02web.zoom.us/j/87122467685>

Phone: 1-669-900-9128, Meeting ID 871 2246 7685

July 7th 21, 1:00 - 2:45 PM —Death Café

Zoom: <https://us02web.zoom.us/j/222243886>

Phone: 1-669-900-6833,* Meeting ID: 222 243 886

July 7, 3PM—Stress Busters/5 Steps Deal with Stress

Zoom: <https://us02web.zoom.us/j/81571643120>

Password: 2345

Phone: 1-669-900-6833,* Meeting ID: 815 7164 3120

July 8, 11:30 AM — Lunch with the Bunch!

Zoom: <https://us02web.zoom.us/j/85481910246>

Meeting ID: 854 8191 0246, Phone: 1-669-900-9128

July 8, 1 PM — Women's Conversation - See July 1

July 9, 11 AM — Italian Conversation - See July 2

July 9, 3 PM — Armchair Travel: African Safari -- Animals, Cute and Ferocious (D2U)

Zoom: <https://us02web.zoom.us/j/88217152243>

Password: 2345

Phone: 1-669-900-6833,* Meeting ID: 882 1715 2243

July 10, 4 PM —Trivial Pursuit with Teddy!

Zoom: <https://us02web.zoom.us/j/81535601423>

Phone: 1-669-900-6833,* Meeting ID: 815 3560 1423

July 13, 4-5 PM —cHeeRS! hAPPY hOUR w/ Kim

Zoom: <https://us02web.zoom.us/j/76329624836>

Meeting ID: 763 2962 4836, Phone: 1-669-900-9128

July 14, 3 PM — Stress Busters - See July 7

July 15, 1 PM — Women's Conversation - See July 1

July 16, 11 AM — Italian Conversation - See July 2

July 16, 1:30 PM —Senior Housing Options 101 (D2U)

Zoom: <https://us02web.zoom.us/j/86098356935>

Password: 2345

Phone: 1-669-900-6833,* Meeting ID: 860 9835 6935

July 17, 11:30am - 1PM —Show and Tell - for Grown Ups! Travel Trinkets & Tales (D2U)

Zoom: <https://us02web.zoom.us/j/87061403444>

Password: 8765

Phone: 1-669-900-6833,* Meeting ID: 870 6140 3444

July 20, 1 - 2:45 PM — Writing Group - See July 6

July 21, 1:00 - 2:45 PM —Death Café

Zoom: <https://us02web.zoom.us/j/222243886>

Phone: 1-669-900-6833,* Meeting ID: 222 243 886

July 21, 3 PM — Stress Busters - See July 7

July 22, 10 – 11:15 AM Creating Stunning Containers using Flowers and Herbs

Zoom: <https://us02web.zoom.us/j/83920971500>

Password: 7654

1-669-900-9128, Meeting ID: 839 2097 1500

July 22, 1 PM — Women's Conversation - See July 1

July 22, 4-5 PM — Reading Circle with Ms. Kim

Zoom: <https://us02web.zoom.us/j/88205552803>

Phone: 1-669-900-9128, Meeting ID: 882 0555 2803

July 23, 11 AM — Italian Conversation - See July 2

July 28, 3 PM — Stress Busters - See July 7

July 29, 1 PM — Women's Conversation - See July 1

July 30, 11 AM — Italian Conversation - See July 2

July 30, 1-2:30 PM —Internment of Japanese Americans during World War II-a personal story.

Zoom: <https://us02web.zoom.us/j/87963216354>

Password: 307636

Phone: 1-669-900-6833,* Meeting ID: 879 6321 6354

July 31, 11:30am - 1PM —Show and Tell - for Grown Ups! Arts, Crafts & Hobbies (D2U)

Zoom: <https://us02web.zoom.us/j/87061403444>

Password: 8765

Phone: 1-669-900-6833,* Meeting ID: 870 6140 3444

RSVP for activities you want to attend at bit.ly/NEXT-Reg, RSVP@NEXTVILLAGESF.ORG, OR 415-888-2868

***Note: the dial in Zoom phone # 1-669-900-6833 is in San Jose, CA. Check with your carrier to ensure you won't incur toll charges.**

Would you like to thank a NEXT Village Volunteer?

NEXT Village Volunteers are amazing. We know it. You know it. Let's show them some LOVE!

In this socially distanced era, volunteers are dropping off groceries, making calls, bringing lunch, delivering masks and other essentials on doorsteps without actually getting to see you and have a conversation which we know they (and you) would love. They're also leading online events, like Trivial Pursuit, Women's Conversation Groups, Death Café's, Writing classes, Financial classes, Legal Classes, Italian Conversation, and on and on. It's all so amazing.

If you'd like to show your appreciation, please write a note for any and all volunteers you want to recognize and thank. We'll forward it to them so that they know that their efforts have made a difference. We appreciate your taking a moment to inspire them to continue helping you and us.

You can handwrite a note for volunteers and send it to our office: NEXT Village SF, PO Box 330278, San Francisco, CA 94133

For those more digitally inclined, you can fill in an online option and we'll forward your volunteers an email bit.ly/TY-NEXT (You can fill out one for every volunteer you would like to acknowledge)

Or, if you so desire, just send us an email and we'll take it from there: info@nextvillagesf.org

Don't know the name of a volunteer? Give us as much info as you can (your name, date, what they did) and we'll do our best to track them down to forward your gratitude to them.

We are all blessed to have so many wonderful volunteers in our Village, and we are in awe of their commitment to community-building during the shelter-in-place order. One of the best things that has come out of this virus is all of these new relationships. And we are so happy that so many of you see the value of requesting support when you need it through your Village.

Thank you!

NEXTVillageSF

At home, right where you are.

Post Office Box 330278

San Francisco, CA 9413

Your JULY newsletter is here!
Happy 4th of July!