

NEXTVillageSF



Halloween is around the corner!

This year's theme is People, Pets, and Produce, and some HaHa! (and we all need some HaHa right now). Purchase your tickets and join us for some holiday fun:

Murder Mystery Mondays – October 12 and 19, 6:30pm . Interactive Zoom 'whodunnit' game moderated by NEXT Village. Get into character and help solve the mystery!

Spooky Film, plus Q & A – October 17, 11:30am.

Watch Alfred Hitchcock's "The Birds" on your own, then join us for a Q & A with film expert Alexandre Philippe.

People, Pets, and Produce Contest –

Dress up yourself, your pet, or some produce (a pumpkin if you have it, but a pepper or apple work just fine as well!). Take a photo and send it to us by **October 9th**. We'll judge the winners for each category and share our favorites during our finale on October 24th. (We can help you submit your photo)

Halloween Finale!

Join us for a fun grand finale Halloween celebration! We'll showcase the contest winners, laugh with local comedian [Josh Kornbluth](#), and share some love from some NEXT Village members and volunteers.

Tickets start at \$100 and get you in to every event! Grab some friends (virtually) and join us! <https://www.universe.com/next-halloween-2020>

Thank you to all of our sponsors!

Giant Pumpkins (\$5,000)

Tom Layton and Gyongy Laký

Full-Size Candy Bars (\$2,500)

Sutter Health Foundation

Claudine Cheng

Candy Corn (\$2,000)

Harvey Hacker and Jane Winslow

Good Witches (\$1,000)

Ann Ludwig

Mike and Judy O'Shea

Mary and Lew Reid

Friends of Jacqueline Zimmer Jones

Kim Rotchy

Paul and Gail Switzer

Janet Crane and Rod Freebairn-Smith

Skeletons (\$500+)

Patricia Franks

Dick Grosboll

Dale Fehringer

Maud Hallin

[North Beach Neighbors](#)

Phil and Patricia Williams

Robert and Mia Morrill

Dorothea Preus

[Russian Hill Neighbors](#)

Contest Prize Donors

[Tony's Pizza Napoletana](#)

[Capos Restaurant](#)

[Giovanni's Deli](#)

[Dry Creek Vineyard](#)

Portofino Seafood

[Giovanni Italian Specialties](#)

[Soto Mare's Seafood Restaurant](#)

[Yarsa Nepalese Cuisine Restaurant](#)

[Cole Hardware](#)

[Original Joes](#)

[Piazza Pelligrini](#)

[North Beach Gyros](#)

[Mario's Bohemian Cigar Store Cafe](#)

[Cafe Greco](#)

Message from the Director

Staying Happy in Challenging Times

I don't know about you, but I lean heavily on humor in challenging times. Some of you might have had a mother similar to mine... you know - the one that says she'll "bop you into next year if you don't knock it off"? I sure miss my mother these days. I'd like to take her up on her offer ;)



My plan to stay in Oregon until the smoke in The Bay Area cleared sure backfired BIG time! On a positive note, I enjoyed seeing more of this little cutie who is learning to walk by pushing a box around the house. No fancy toys for this kid!

Speaking of things that spark joy, I'm looking forward to the smart humor of Josh Kornbluth for the Halloween finale on October 24th. That will be great for our funny bones as will seeing the clever costumes y'all come up with. Get ready to have your hearts warmed with some lovely sentiments from member and volunteers, too.

We're all used to adversity of some kind or another, and we are impressed with how you all are coping with the 1-2 punch of Covid-19 and the dangerous smoke. Don't let boredom get the best of you; stop by the office on Friday's between 11:15 and 12:00 for our Entertainment Swap; books, puzzles, etc. are yours for the taking.

Until we are all together again, stay upright, stay happy, stay healthy. And if you have any requests for us and/or our ace volunteers, please reach out.

Jacqueline Zimmer Jones

Executive Director

jjones@nextvillagesf.org

[415-888-2868](tel:415-888-2868)

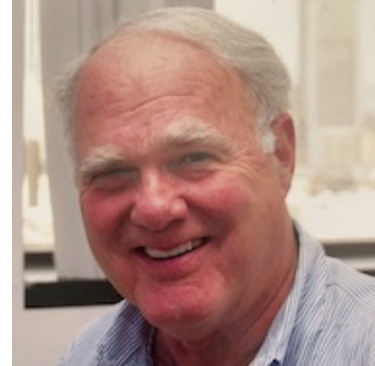
What's new around the village

Village News

Long-time friend and supporter of NEXT Village, John Stewart, has passed.

John Stewart 1934 - 2020

NEXT Village is saddened to announce the passing of John Stewart, September 5th. John and his wife Gussie Stewart have been enthusiastic supporters of NEXT Village for the last 10 years.



John was a nationally recognized pioneer in the creative development and financing of affordable housing; and in 1978, founded the very successful San Francisco based John Stewart Company to develop and manage thousands of housing units State-wide. Most recently, his company was part of the team that is building the 88 Broadway/735 Davis affordable housing complex in San Francisco, which includes 53 units of affordable senior housing.

NEXT Village sends its deepest condolences to Gussie Stewart, John's long list of friends and admirers, and offers any support that they may need.

(<https://tinyurl.com/y4dpvorc>)

Volunteer Update

This month, volunteers can support NEXT Village while having some spooky holiday fun with friends and family! As part of our Halloween celebration, we invite volunteers to host their own virtual Murder Mystery fundraising party.

You can choose one of the many murder mystery games online, invite attendees to contribute to NEXT Village, and get together to figure out 'whodunnit'! If you are interested, please email info@nextvillagesf.org and we will provide you with more details.



Please call or email Rachel if you need assistance from a volunteer: [415-574-0156](tel:415-574-0156), rachel@nextvillagesf.org

Join us on Zoom!

October Events and Details

How to register for events at NEXT Village & D2U

Please use the link provided for each event you are interested in attending. If you need help registering, please contact rsvp@nextvillagesf.org or call [415-888-2868](tel:415-888-2868). You can also register here: <https://bit.ly/NEXT-Reg>

FREE FLU CLINIC – (A "Members only" benefit)

Friday, 10/2 | 10:00 AM – 2:00 PM

This Flu Clinic is Sponsored by Walgreens and NEXT Village. This clinic will serve up the 65+ Flu dose. Please register by emailing rsvp@nextvillagesf.org and bring your Medicare Card and mask with you. Once you have registered, we will follow up with you about your specific time slot. Salud!

ITALIAN CONVERSATION GROUP (D2U)

Every Thursday | 11:00 AM – 12:00 PM

Join other Italians, Italian-Americans, and non-native Italian speakers who want to practice Italian in an informal and welcoming environment. This is a casual Zoom gathering where people can use and practice Italian in conversation. No judgment, no pressure! Join us every week, or whenever you can.



10/01 Register: <https://nextsf.helpfulvillage.com/events/1471>

10/08 Register: <https://nextsf.helpfulvillage.com/events/1510>

10/15 Register: <https://nextsf.helpfulvillage.com/events/1511>

10/22 Register: <https://nextsf.helpfulvillage.com/events/1512>

10/29 Register: <https://nextsf.helpfulvillage.com/events/1513>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [858 5310 0123](https://join.zoom.us/j/85853100123)

ENTERTAINMENT SWAP

Every Friday | 11:15 AM – 12:00 PM

Bring your used books, movies, Jigsaw puzzles and other entertainment to recycle and share with other NEXT'ers. Barbara, Lucille, and Kim will be at the NEXT Village office, **704 Filbert Street @ Columbus**, on Fridays to accept your donations and let you pick some new-to-you entertainment to help you pass the quarantine time.

No need to register. Just drop by!



DRINK & DRAW WITH LUCIA GONNELLA

Friday, 10/02 | 1:00 PM – 3:00 PM

Learn to paint with watercolors! No experience with watercolor required. You may also use pencils.



Register: <https://nextsf.helpfulvillage.com/events/1519>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [813 5836 9888](https://join.zoom.us/j/81358369888)

SPEED FRIENDING HAPPY HOUR

Monday, 10/05 | 5:30 PM – 6:30 PM

Meet friends, neighbors, and new people in small groups for conversation. Icebreaker questions make it simple to get conversations going. Don't miss this opportunity to expand your social circle from a safe social distance via Zoom! Whether you are a NEXT Village member, volunteer, supporter, or San Francisco resident, join us for an evening of fun and getting to know your neighbors. Consider this an excuse to get dressed up -- shave, put on make up, or wear a different Zoom outfit for a change! BYOB!



Register: <https://nextsf.helpfulvillage.com/events/1505>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [880 379 96511](https://join.zoom.us/j/88037996511)

MARINA LIBRARY Presents: SFPL TO GO AND BEHIND THE SCENES

Wednesday, 10/07 | 11:00 AM - 12:00 PM

You can now check out books and other library materials through the SFPL To Go program. Join us on Zoom to hear from Chieko Wealand (Marina Library Branch Manager) and Robert Carlson (Presidio Library Branch Manager) about how to use the SFPL to Go service as well as what has been going on at the public libraries since shelter in place began.

Register: <https://nextsf.helpfulvillage.com/events/1501>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [859 886 47089](https://join.zoom.us/j/85988647089)



WOMEN'S CONVERSATION GROUP (D2U)

Every Wednesday | 1:00 PM - 2:00 PM

Alex and Leslie Pellegrini continue their popular facilitated weekly women's conversation group.

This has become a highlight of the week for women wanting to have a weekly anchor event to keep them laughing and connected (via a socially distanced Zoom gathering!). You never know what questions will be asked as you learn more about each other's interests, values, and lives.

10/07 Register: <https://nextsf.helpfulvillage.com/events/1506>

10/14 Register: <https://nextsf.helpfulvillage.com/events/1507>

10/21 Register: <https://nextsf.helpfulvillage.com/events/1508>

10/28 Register: <https://nextsf.helpfulvillage.com/events/1509>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [857 7152 9969](https://join.zoom.us/j/85771529969)



STRESS BUSTERS – DISCUSSION GROUP (D2U)

Thursday, 10/08 | 3:00 PM – 4:00 PM

Stress Busters workshops or discussion groups will alternate every 2 weeks to help us get through the pandemic together! In our monthly Stress Busters workshop, Eileen and Gary provide lessons on 5 steps for reducing stress. In addition to workshops, each month they will offer an informal discussion group to provide a more interactive opportunity for us to share and discuss concepts from the workshops in more depth. Join us to get personalized tips as well as a more in-depth understanding of how to apply the steps learned in workshops to your life. The 5 steps can be found at: <http://www.123dingsum.org/how-to-ding-sum>

Register: <https://nextsf.helpfulvillage.com/events/1503>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [844 2183 0395](tel:844-2183-0395)



WRITING GROUP

Every Other Monday | 1:00 PM – 2:45 PM

We are an informal, facilitated writing group. Online and Open to everyone! Led by Jackie Hewitt.

10/12 Register: <https://nextsf.helpfulvillage.com/events/1514>

10/26 Register: <https://nextsf.helpfulvillage.com/events/1515>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [823 8394 5456](tel:823-8394-5456) Password: 951696



CHEERS HAPPY HOUR WITH MS. KIM

Monday, 10/12 | 4:00 PM – 5:00 PM

cHeeRS! hAPPY hOUR, with Ms. Kim. Come mix and mingle with other NEXT members. Everyone is welcome! By Zoom or by Phone!

Register: <https://nextsf.helpfulvillage.com/events/1516>

Phone: [1-669-900-9128](tel:1-669-900-9128), Meeting ID: [763 2962 4836](tel:763-2962-4836)



THEY CAME FOR THE GOLD, THEY STAYED FOR THE YACHTING: THE BIRTH OF RACING ON THE SF BAY (D2U)



Tuesday, 10/13 | 4:00 PM – 5:00 PM

Reimbursing NEXT Village volunteers or others who pick up your groceries is easy with mobile applications like Venmo, PayPal, and Apple Pay. Most major banks also have a service that allows you to securely send payments to individuals. Join us to learn how to use your smartphone or computer to securely send money while minimizing contact with other people.

Register: <https://nextsf.helpfulvillage.com/events/1495>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [940 724 23069](https://meet.google.com/94072423069), Password:

DISASTER PREPAREDNESS AND RESPONSE (D2U)

Wednesday, 10/14 | 3:00 PM – 4:00 PM

We all know we need to be prepared, but too often people put off planning for disasters until it's too late. If you had to evacuate your home immediately, are you ready? Join us to learn about the most important steps to be prepared for a disaster, and to better respond when it occurs. Presenter: Doug Mosher is the Program Manager for the Oakland Community Preparedness & Response program. Doug has helped neighborhoods organize and prepare for disasters for nearly 20 years.

Register: <https://nextsf.helpfulvillage.com/events/1500>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [883 590 00910](https://meet.google.com/88359000910)



LUNCH WITH THE BUNCH

Wednesday, 10/14 | 11:30 AM – 12:30 PM

Get some take out and meet us at Zoom! (Phone or computer). Hosted by board chair, Janet Crane.



Register: <https://nextsf.helpfulvillage.com/events/1517>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [854 8191 0246](https://meet.google.com/85481910246)

TRAVEL TALES WITH WORLD-TRAVELER AND AUTHOR, LISA ALPINE

Three Wednesdays | 1:00 PM – 2:00 PM

You do not want to miss this exciting author!

Join travel writer and author Lisa Alpine for this three-part series where she will read from her latest books:

Dance Life: Movin' & Groovin' Around the Globe

Wild Life: Travel Adventures of a Worldly Woman

Exotic Life: Travel Tales of an Adventurous Woman

She will infuse the stories with behind-the-scenes details that enrich the wonder and mystery of wandering the world with eyes and heart wide open. She's fascinating, was a crowd pleaser when she presented in the past.

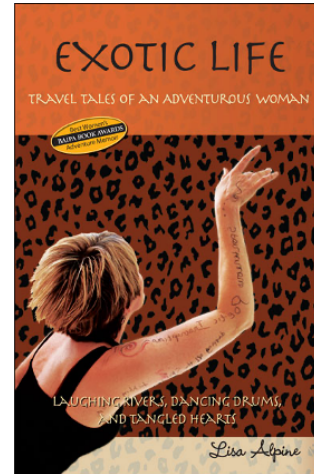
Read her monthly online magazine about travel, dance, writing, culture, and inspiration at <https://www.lisaalpine.com>

You may buy her books — [Dance Life](#), [Wild Life](#), and [Exotic Life](#) — in all formats on Amazon.

10/15 Register: <https://nextsf.helpfulvillage.com/events/1416>

10/22 Register: <https://nextsf.helpfulvillage.com/events/1417>

10/29 Register: <https://nextsf.helpfulvillage.com/events/1418>



TRIVIAL PURSUIT WITH TEDDY

Friday, 10/16 | 1:00 PM – 2:00 PM

Test your knowledge of the Food & Drink of SF!
Mark your calendar and join your neighbors for some fun trivia questions! Challenge last month's first winner, Janet Crane!



Register: <https://nextsf.helpfulvillage.com/events/1524>

Phone: [1-669-900-6833](tel:1-669-900-6833) , Meeting ID: [815 3560 1423](https://81535601423)

IMPROV THIS! IMPROVIZATION THEATER CLASS (D2U)

Monday, 10/19 | 1:00 PM – 2:30 PM

Beginners and veterans welcome to our monthly Improv class made up of games, exercises and techniques. Everyone is welcome. No prior experience is necessary. Have fun with others using your own imagination! Instructor Louise Vogel and her group create a very positive, non-judgmental atmosphere. If you haven't done it before, give Improv a try. You might be surprised at what you can do and how much fun you can have!

Register: <https://nextsf.helpfulvillage.com/events/1502>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [843 982 72159](https://join.zoom.us/j/84398272159)

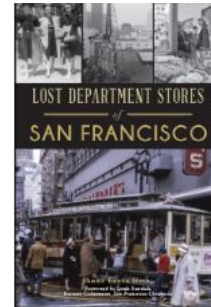


LOST DEPARTMENT STORES OF SF: SIX BYGONE STORES THAT DEFINED AN ERA (D2U)

Wednesday, 10/21 | 11:00 AM – 12:00 PM

San Francisco's Lost Department Stores looks back at the strong, colorful personalities who created six major stores that defined shopping in San Francisco in the late 19th century. This will be a fascinating glimpse at the grand stores of retail in SF long before the Internet came along:

- I. Magnin - catering to a selective upperclass clientele
- Emporium department store, with its Bargain Basement and Santa for the kids
- Gump's defined good taste
- City of Paris satisfied desires for anything French and edgy
- youth-oriented Joseph Magnin ensnared the younger shoppers with the latest trends.



Presenter: Anne Evers Hitz, author "Lost Department Stores of San Francisco," a 5th-generation San Franciscan and a great great granddaughter of one of the Emporium department store's founders, F.W. Dohrmann. Event Co-Sponsor: Stanford Women's Club of San Francisco.

Register: <https://nextsf.helpfulvillage.com/events/1447>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [99543271975](https://join.zoom.us/j/99543271975), Password:

DEATH CAFE

Wednesday, 10/21 | 2:00 PM – 3:00 PM

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!

Register: <https://nextsf.helpfulvillage.com/events/1497>

Phone: [1-669-900-6833](tel:1-669-900-6833) , Meeting ID: [899 9134 8936](https://join.zoom.us/j/89991348936)



STRESS BUSTERS WORKSHOP – 5 STEPS TO DEAL WITH STRESS (D2U)

Thursday, 10/22 | 3:00 PM – 4:00 PM

For many of us, it's hard not to be stressed and anxious in the midst of challenging times. In monthly Stress Buster workshops, we'll learn how stress starts and a simple, effective, five-step process to reduce stress and help you better respond to situations in a helpful way. Leave each session with new insights on how to better handle whatever life throws at you!!

Register: <https://nextsf.helpfulvillage.com/events/1504>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [844 218 30395](https://join.zoom.us/j/84421830395)



TALES FROM SAN FRANCISCO'S 1915 PANAMA PACIFIC INTERNATIONAL EXPOSITION (D2U)

Tuesday, 10/27 | 2:00 PM – 3:00 PM

The Panama Pacific International Exposition of 1915 was a stunning achievement that took more than a decade of planning, overcoming insurmountable odds, including civic corruption, the great earthquake and fire of 1906, intense competition from rival host cities and the outbreak of World War I. This is a fascinating and eye opening look behind the scenes at how San Francisco rose from the ashes to welcome the world. Join us for this glimpse at the world's fair that changed the landscape of the SF Marina and showed San Franciscan's could overcome disaster. Presented by Lee Bruno,



author of Panorama: Tales from San Francisco's 1915 Pan-Pacific International Exposition.

Register: <https://nextsf.helpfulvillage.com/events/1496>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [854 386 23779](https://join.zoom.us/j/85438623779)

READING CIRCLE WITH MS. KIM

Wednesday, 10/28 | 4:00 PM – 5:00 PM

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



Register: <https://nextsf.helpfulvillage.com/events/1518>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [882 0555 2803](https://join.zoom.us/j/88205552803)

Helpful tips about policies and services

News You Can Use

How to return your vote-by-mail ballot

On June 18, 2020, Governor Newsom signed [Assembly Bill 860](#), which requires California counties to mail ballots to all registered voters for the November 3, 2020, Consolidated General Election and permits all voters to use a remote accessible vote-by-mail (AVBM) system to access their ballots.

Accordingly, the Department of Elections will mail ballot packets and open its AVBM System to all registered San Francisco voters starting 29 days before the November 3 election. This means the vast majority of voters will not need to take any action to receive a ballot in the upcoming election and any registered voter may vote using a vote-by-mail ballot instead of going to the polls on Election Day.

Voters can also choose to receive automatic notifications on the status of their ballots via email, SMS (text), or voice call. Visit wheresmyballot.sos.ca.gov to sign up for this service.

How to return your vote-by-mail ballot:

After marking your choices on your vote-by-mail ballot, place it in the official envelope provided by your county elections office and seal it. Sign the envelope where directed.

You have multiple options for returning your ballot. To ensure your ballot arrives by the deadline, return it either:

- By mail—must be postmarked on or before November 3 and received by your county elections office no later than March 6. No postage is required!
- In person—drop off at your county elections office, any vote center or polling place in California, or any ballot drop off location before the polls close at 8:00 p.m. November 3.
- State law gives voters the freedom to designate anyone they choose to return their vote-by-mail ballots. However, we recommend that you only sign your completed ballot over to someone you trust. And never hand over your vote-by-mail ballot if you have not sealed and signed the back of the return envelope provided by your county elections office.
- Even if you receive your vote-by-mail ballot and envelope, you can still vote in person at your polling place on Election Day. Bring your vote-by-mail ballot to the polling place and give it to a poll worker to exchange for a polling place ballot. If you do not have your vote-by-mail ballot and envelope, you may have to vote using a provisional ballot. This ensures that you have not already cast a ballot. (See page 27 of this guide for more information about provisional ballots.)

Postage pre-paid ballots: ‘No Stamp, No Problem’ – Hooray!

All California vote-by-mail ballot return envelopes now have pre-paid postage, ensuring that voting is free and convenient for all California voters. After you have filled out your vote-by-mail ballot, place it in the return envelope, seal the envelope, sign on the designated line, and place it into the mailbox.

California Alliance for Retired Americans Ballot Initiatives Review

The Senior Vote Matters in 2020! CARA has researched and reviewed California ballot initiatives for the 2020 election. You can read their review at:

<https://californiaalliance.org/>

SF Transit Updates

- Residential Parking Permits began being enforced on Monday, September 14: <https://www.sfmta.com/blog/enforcement-residential-parking-permit-areas-resume-september-14th>
- Muni rail is out of service through the end of the year: <https://www.sfexaminer.com/new...> following buses will run in place of rail:

- J Church Bus (Shortened): From 5am to 10pm, the J Bus will operate between Balboa Park and Market Street. There is no service along Market Street.
- K Ingleside Bus: From 5am to 10pm, the K Bus will operate between Balboa Park and Embarcadero.
- L Taraval Bus: From 5am to 10pm, the L Bus will operate between the SF Zoo and Embarcadero.
- M Ocean View Bus (Shortened): From 5am to 10pm, the M Bus will operate a shortened route between Balboa Park and West Portal. There is no direct service to downtown.
- N Judah Bus: From 5am to 10pm, the N Bus will operate between Ocean Beach and Caltrain via Downtown.
- T Third Street Bus: From 5am to 10pm, the T Bus will operate between The Castro and Sunnydale via Downtown
- September 15: SFMTA Virtual Meeting on Routes 43 and 44 Transit Only Lanes: <https://www.sfmta.com/calendar/virtual-community-meeting-43-masonic-44-oshaughnessy-temporary-emergency-transit-lanes>
- September 24: SFMTA Public Hearing on 38 Geary Transit Only Lanes: <https://www.sfmta.com/calendar/virtual-public-hearing-38-geary-temporary-emergency-transit-lanes>

LGBTQ News

SF HIV cases fell by 19% in 2019

By Liz Highleyman – The Bay Area Reporter

New HIV diagnoses in San Francisco continue to fall but disparities remain, according to the latest HIV epidemiology report from the San Francisco Department of Public Health. While acknowledging last year's good news, health officials are concerned that the COVID-19 crisis could compromise the city's progress going forward.

"We're seeing declines in new diagnoses across most groups, and that means we're moving in the right direction," Health Director Dr. Grant Colfax, a gay man hired by Mayor London Breed last year, told the Bay Area Reporter in a Zoom interview. "But just like almost everything else in society, COVID-19 has disrupted our system of HIV prevention and care."

The new report, released September 10, summarizes new HIV diagnoses during 2019 and care metrics for 2018. The data show a 19% decline in new cases, from 204 in 2018 to 166 in 2019. This follows a 13% decline between 2017 and 2018.

老年人如何维护好心理健康呢？

老年人要将生活、家庭、健康、疾病以及业余生活与社会适应等方面的问题妥善解决，在实际生活中，要能够了解自身心理变化，对于出现的各种变化做到愉快接受，保持乐观心态。

学会安排规律的生活、作息时间，根据自己的兴趣、爱好、身体状况选择性地进行运动。包括慢跑、太极拳等体力运动和下棋、打牌等脑力运动，既能增强体质，还能延缓大脑功能的衰退。

除了得到外界的帮助外，老年人还要学会克服消极的不良情绪，改善社会心理状况。读书、看报，积极参与各种科学健康的文化活动和和其他社会活动，提高老年人自身的文化素养，增长见识、开阔眼界，“老有所为、老有所学、老有所乐”，可促进良好的心理建设，推迟老化，并保持身体健康。

积极参加体育活动和社区活动，若参加集体形式、较高强度、丰富多彩的体育锻炼，能更好地改善老年人的心理健康水平。广泛发展兴趣，积极参加社区的文娱活动，提高生活乐趣，结识更多的朋友，将自己的内心敞开，多与他人交流，扩大情感支持网络，从而实现“积极老龄化”的目标。



Here is a couple of pictures of our FOOD RUNNER volunteers. If you* would like to have some freshly prepared foods delivered to your home free of cost please contact us at info@nextvillagesf.org or phone us at 415-888-2868

**(Limited only to Members in District 2 and District 3.)*



NEXT Village SF
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San Francisco, CA 94133

*Your October
Newsletter is Here!*