

NEXTVillageSF



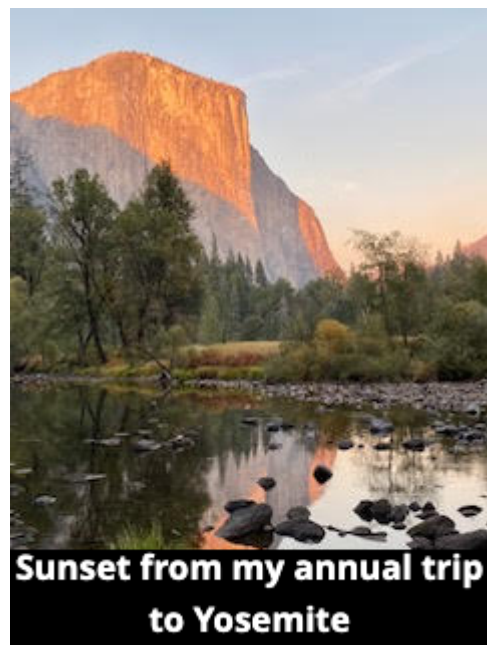
Message from the Director

Happy Birthday NEXT Village!

Thank you all for your outstanding support of Halloween In The Village! On to our next accomplishment...Our 10th Anniversary!

We are so fortunate to have your support for our mission and for the people we serve. Many thanks to the local businesses for their prize donations and other support, and to our fiscal sponsors. NEXT has been blessed with steadfast donors; many of whom have been with us since the beginning, and others who are new to our mission. Serving as a non-profit director is challenging enough without Covid, smoke, fire, heat, and locusts. Our volunteers have risen to the occasion, as well.

It has been a fabulous 10 years, and we look forward to the next 10. Stay tuned for our birthday plan. Covid or not, we know how to celebrate.



Jacqueline Zimmer Jones
Executive Director

jjones@nextvillagesf.org

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

What's new Around The Village:

Village News

Thank you to our Halloween sponsors, and congratulations to all of the finalists and winners in our "People, Pets, & Produce" contest!

Giant Pumpkins (\$5,000)

Tom Layton and Gyongy Laky

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

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

Please shop/dine at these friendly neighborhood businesses!

[Tony's Pizza Napoletana](#)

[Capos Restaurant](#)

[Giovanni's Deli](#)

[Dry Creek Vineyard](#)

Portofino Seafood

[Giovanni Italian Specialties](#)

[Sotto Mare's Seafood Restaurant](#)

[Yarsa Nepalese Cuisine Restaurant](#)

[Cole Hardware](#)

[Original Joes](#)

[Piazza Pelligrini](#)

[North Beach Gyros](#)

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

[Caffe Greco](#)

[Da Flora](#)

[Jeffrey's Natural Pet Foods](#)

[Little Vine](#)

[Petite Monstera](#)

Volunteer Corner

Thanksgiving Dessert Party!

This Thanksgiving will look a little different for many of our neighbors who may not have family and friends visiting for the holidays. NEXT Village is planning to bring some cheer (and pie) to our community and you can help!

On Tuesday, November 24th at 6:30pm, NEXT Village is hosting a virtual Friendsgiving celebration for members and volunteers. We will gather in small virtual groups to enjoy dessert and share our favorite memories of Thanksgiving.

Not all of our members will be able to bake a dessert or go out to buy one, so volunteers will deliver small holiday treats for members to enjoy during the event. This is where you come in!

We need volunteers to help deliver the desserts between 4-5pm on November 24, write Thanksgiving cards, and join the event. We also welcome small donations to sponsor the cost of a dessert for a member.

RSVP Here: <https://forms.gle/Pgxtaja3yGw4LBY77>

If you have any questions, please email rachel@nextvillagesf.org. Thank you!



Lin Moses, 1948–2020

We are sad to announce that Lin Moses died at her home following a brief battle with cancer. Lin adored living in San Francisco and always knew where to find the best croissants and macchiato. She enjoyed jazz concerts and walking along bluffs overhanging the Pacific Ocean. She was a regular at the weekly NEXT Village D2U Women's Conversation Group where her smile and positive energy and enthusiasm are missed. A Celebration of Life will be held when circumstances allow. Memorial donations can be made to The Women's Building of San Francisco. [Obituary](#).



Disaster Food Box (A member-only benefit.)



Dear Members,

We see you trying to prepare for any future catastrophic events, and we applaud your efforts.

NEXT has 25 boxes of nice food that you can store, and hope you never need!. No Army rations anywhere in the box! First come, first served, MEMBERS only.

Interested? Please send a note RSVP@nextvillagesf.org or call [415-888-2868](tel:415-888-2868) to let us know. We will deliver mid-November, or you can pick yours up at our office – details given with RSVP.

GRATITUDE: A SIMPLE WAY TO FEEL HAPPIER

Monday 11/2 | 3:00 PM – 4:00 PM

The simple act of recognizing that you have much to be grateful for can help your mood, attitude, and outlook. Gary Ow will help open our eyes to things we are grateful for to make us feel more at ease during challenging times and as we try to take our minds off waiting for the results of a divisive election. We'll also discuss ideas for things you can do to help or bring a smile to others -- which is a wonderful way to improve your own mood and happiness!

Phone: [1-669-900-6833](tel:1-669-900-6833) ID: [885 8709 9953](tel:885-8709-9953), Password 222

Member Registration: <https://nextsf.helpfulvillage.com/events/1562>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Join us on Zoom!

November Events & 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>

CALENDAR AT A GLANCE N O V E M B E R

MON	TUE	WED	THU	FRI
2 Gratitude Workshop	3 Election Day Posture & Alignment	4 Women's Conversation	5 Italian Conversation Stress Busters	6 Drink & Draw
9 Decluttering Writing Group Happy Hour	10 Digestive Health Medicare Presentation	11 *Veteran's Day Women's Conversation Lunch Bunch	12 Italian Conversation Armchair Travel	13
16 Improv This!	17 Healthful Food Demo	18 Death Cafe Book Club Women's Conversation	19 Italian Conversation Stress Busters	20 Trivial Pursuit Frida & Diego 21
23 Writing Group	24 Friendsgiving	25 Women's Conversation	26 *Thanksgiving Italian Conversation	27 *Day After Thanksgiving Sing Along
30				

*NEXT Village office is closed

Special Events



Tuesdays 11/3-11/17 | 11:00AM-12:00PM

HEALTHY AGING SERIES

Join our Healthy Aging series for:

- 11/03 Posture & Alignment Active Workshop
- 11/10 Digestive Health Seminar
- 11/17 Healthful Food Cooking Demonstration

Roxanna Benjamin is a fitness instructor focusing on POP Pilates and PIIT28. She also has a special interest in digestive health and nutrition from her personal journey toward a plant based diet.

Non-member registration: <https://bit.ly/NEXT-Reg>

Members Register Here!



Monday 11/9 | 3:00-4:00PM

YOU CAN DO IT: DECLUTTERING, ORGANIZING & RIGHTSIZING YOUR STUFF

As we spend more time at home, many people want to clean up unneeded stuff. Yet, there are now additional challenges to downsize or "rightsize". Move Manager Claudia Kraehe will give tips and suggest projects that can help you get started decluttering, organizing, and rightsizing. You CAN accomplish amazing things and enjoy the space you live in – even now!

Phone: [1-669-900-6833](tel:1-669-900-6833), ID: [837 1057 1137](https://bit.ly/83710571137), Password: 222

Non-member registration: <https://bit.ly/NEXT-Reg>

Members Register Here!



Tuesday 11/10 | 1:00PM-2:00PM

MEDICARE OPEN ENROLLMENT WORKSHOP

Open Enrollment is going on now. Learn about Eligibility and Enrollment. Supplementing Original Medicare – Medigap and Part D Rx coverage, and Medicare Advantage Plans.

Non-member registration: <https://bit.ly/NEXT-Reg>

Members Register Here!



Thursday 11/12 | 3:00-4:00PM

ARMCHAIR TRAVEL: LIFE ALONG THE SILK ROAD IN TURKMENISTAN AND UZBEKISTAN

Join us to learn about life along the Silk Road from Joanne Chow Winship who explored and photographed the people and architecture of Turkmenistan and Uzbekistan. Learn about the rich cultural history, architecture, archeological sites and the warmth and friendliness of the people along the Silk Road!

Phone: [1-669-900-6833](tel:1-669-900-6833), ID: [821 6446 9072](tel:821-6446-9072),

Password: 222

Non-member registration: <https://bit.ly/NEXT-Reg>

Members Register Here!



Wednesday 11/18 | 4:00–5:00PM

Special Reading Circle with Author Bronwyn Harris

Special Reading Circle with Ms Kim!
Hear from Bronwyn Harris about "Literally Unbelievable: Stories from an East Oakland Classroom" and "Letters From the Inside: Hope in the Journey Beyond Classroom and Cell"
www.bronwynharris.com

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [882 0555 2803](https://bit.ly/NEXT-Reg)

Non-member registration: <https://bit.ly/NEXT-Reg>

Members Register Here!



Saturday 11/21 | 4:00–5:00PM

DIEGO & FRIDA IN "GRINGOLANDIA"

Frida Kahlo and Diego Rivera traveled the world creating art, all the while living an intense romance. Barbara Blake, NEXT Board Member, and SFMOMA museum docent (now sustainer) takes you on a brief "spotlight tour" to look at a few works of art both Diego and Frida created while living here in San Francisco – twice – first in 1930, and then in 1940 – Frida and Diego lived in North Beach, where they painted known works of art that can still be seen in the city today.

Non-member registration: <https://bit.ly/NEXT-Reg>

Members Register Here!



Tuesday 11/24 & Friday 11/27

FRIENDSGIVING PIE PARTY (11/24 @ 6:30pm) & LIVE SING ALONG (11/27 @ 1pm)

This Thanksgiving will look a little different for most of us. Luckily, your NEXT Village community is here and looking forward to celebrating (virtually) with you for **Friendsgiving**! Join us November 24 at 6:30pm to share your favorite Thanksgiving memories over some delicious dessert. We can deliver a fresh pie to you

Wondering what to do the day after Thanksgiving? Join friends for a virtual **Sing Along** on November 27 at 1:00pm. Don't worry if you aren't musically inclined at all. Everyone except our pianist/singer Larry Ebert will be muted.

Phone: [1-669-900-6833](tel:1-669-900-6833)

Friendsgiving ID: [865 4705 4353](#)

Sing Along ID: [844 2304 2745](#), Password: 222

[Register Here!](#)

Ongoing Events

WRITING GROUP

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

We are an informal, facilitated writing group. Online and open to everyone!

Member Registration: <https://nextsf.helpfulvillage.com/events/1541>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

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

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. Learn more about each other's interests, values, and lives.

Member Registration: <https://nextsf.helpfulvillage.com/events/1554>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [849 5953 5749](#), Password: 222

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.

Member Registration: <https://nextsf.helpfulvillage.com/events/1547>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [834 7840 9357](#), Password: 222

ENTERTAINMENT SWAP

Every Friday | 11:15 AM – 12:00 PM

Exchange your used books, movies, puzzles, and other entertainment to recycle and share with other NEXT'ers.

No need to register. Just drop by **704 Filbert Street @ Columbus**

STRESS BUSTERS – DISCUSSION GROUP (D2U)

Thursday, 11/05 | 3:00 PM – 4:00 PM

Eileen and Gary offer five steps for reducing stress. Join us to get personalized tips and an in-depth understanding of how to apply the steps to your life.

Member Registration: <https://nextsf.helpfulvillage.com/events/1558>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [844 2183 0395](#), Password: 222

DRINK & DRAW WITH LUCIA GONNELLA

Friday, 11/06 | 1:00 PM – 3:00 PM

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1533>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

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

CHEERS HAPPY HOUR WITH MS. KIM

Monday, 11/09 | 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!

Member Registration: <https://nextsf.helpfulvillage.com/events/1534>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-9128](tel:1-669-900-9128), Meeting ID: [763 2962 4836](https://join.zoom.us/j/76329624836)

LUNCH WITH THE BUNCH

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

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

Member Registration: <https://nextsf.helpfulvillage.com/events/1537>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [854 8191 0246](https://join.zoom.us/j/85481910246)

IMPROV THIS! IMPROVIZATION THEATER CLASS (D2U)

Monday, 11/16 | 1:00 PM – 2:30 PM

Beginners and veterans are welcome to our improv games and exercises. Instructor Louise Vogel and her group create a positive atmosphere.

Member Registration: <https://nextsf.helpfulvillage.com/events/1563>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [879 1004 3376](https://join.zoom.us/j/87910043376), Password: 222

DEATH CAFE

Wednesday, 11/18 | 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!

Member Registration: <https://nextsf.helpfulvillage.com/events/1498>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

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

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

Thursday, 11/19 | 3:00 PM – 4:00 PM

It's hard not to be stressed and anxious in the midst of challenging times. Join us to learn how stress starts and a simple five-step process to reduce stress.

Member Registration: <https://nextsf.helpfulvillage.com/events/1560>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

Phone: [1-669-900-6833](tel:1-669-900-6833), Meeting ID: [889 8304 9005](https://www.zoom.us/j/88983049005), Password: 222

TRIVIAL PURSUIT WITH TEDDY

Friday, 11/20 | 4:00 PM – 5:00 PM

Test your knowledge of the 1960's and Thanksgiving! Join your neighbors for some fun trivia questions!

Member Registration: <https://nextsf.helpfulvillage.com/events/1567>

Non-Member Registration: <https://bit.ly/NEXT-Reg>

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

Helpful tips about policies and services

News You Can Use

Emergency Alerts & Preparedness

Everyone is encouraged to follow evacuation orders, even during COVID-19!

- Sign up for [alerts for your county](#) and [prepare an evacuation plan](#).
- Follow @Cal_OES & @ListosCA on Twitter for the latest emergency preparedness information.
- Register for Alert SF:
<https://member.everbridge.net/453003085612609/login>

AlertSF is San Francisco's emergency text message system. AlertSF will send alerts and instructions following a natural disaster, major police, fire, or health emergencies, or significant transportation disruptions to mobile subscribers. AlertSF is owned and operated by the City and County of San Francisco, powered by Everbridge, Inc. Click [here](#) for more information.

If you have questions and would like to speak with a representative at the San Francisco Department of Emergency Management, please, contact dem.alertsf@sfgov.org.

If you would like to stay up to date on the Public Safety Power Shutoff (PSPS) events please visit your utility provider websites:

- [Southern California Edison](#)
- [PG&E](#)
- [Sempra Energy Utility](#)

LGBTQ News

Click [here](#) to learn more about Open Hand or call them at [\(800\) 551-6325](tel:(800)551-6325). They received a contract from The City of SF to provide extra support during Covid.

SFPL To-Go – Pick Up Library Books at Select Locations

San Francisco Public Library's version of "curbside pickup" provides contact-free service where patrons can pick up requested materials at the Marina, Chinatown and Main branches.

SFPL To Go is simple:

1. **PLACE A HOLD:** Request a book, DVD, audiobook, LP or other materials by
 1. Go to sfpl.org and place a hold through your library account
 2. Email info@sfpl.org or
 3. Call [415-557-4400](tel:415-557-4400) and speak to library staff.
2. **WAIT TO HEAR ITEMS ARE READY FOR PICK UP:** Check your inbox, mailbox or phone for a notification when you can pick up the items
3. **PICK UP YOUR ITEMS:** Make sure to wear a mask and stand six feet apart. Bring your library card or know the last 4 digits of your card.

Note: For safety, library staff at branches will not be able to answer general reference or other library questions. For reference or other questions: Call [415-557-4400](tel:415-557-4400), Email info@sfpl.org or for in-depth research questions, you can email a librarian through <https://sfpl.org/services/ask-...> branches cannot accept book donations. Make an appointment to donate at Donation Center at 1630 17th St. at <https://www.friendssfpl.org/donatebooks.html>

The library also offers eBooks, audiobooks and movies you can check out to read or view on your digital devices.

General library information: <https://sfpl.org>

SFPL To Go Locations and more information, visit <https://sfpl.org/sfpl-to-go>

Chinese Community News

- • **2015-2050**年期间，世界**60**岁以上人口的比例将增加近一倍，从**12%**升至**22%**。
- • 到**2020**年，**60**岁以上人口的数量将超过**5**岁以下儿童的数量。
- • 所有国家都面临重大挑战，必须确保其卫生和社会系统做好准备，充分利用人口结构的这一转变。

寿命延长不仅能给老年人及其家庭，而且能给整个社会带来机会。寿命年数增加使得有机会从事新的活动，老年人还可以多种方式对其家庭和社区做出贡献。然而这些机会和贡献很大程度上取决于一个因素：健康。如果人们能够健康地度过这些额外的晚年岁月，并且能够生活在一种支持性环境中，则他们从事自己认为有价值活动的能力将与年轻人几乎没有差别。但如果增加的这些岁月基本是在身心能力衰退中度过，则对老年人和社会都具有更不利的影响。所以年长人一定要保护和照顾好自己！

Exercise For Your Mental Health

This article is brought to you by Nandini Joseph, MD, a UC Berkeley student volunteering for NEXT Village SF this fall!

The impact of COVID-19 on mental health has been called the “second wave” of the pandemic. COVID-19 has caused many people to experience new stress: financial from loss of income, emotional from loss of contact from friends and family. These new stresses can exacerbate pre-existing depression and anxiety, or lead to new symptoms in others.

There are many things we can do to support our emotional wellbeing, including increasing our exercise during this time. Exercise has been shown to improve mood by releasing endorphins, but it can also reduce inflammation in the brain and create new neural networks that increase feelings of calmness and well being. Regular exercise has also been shown to treat depression with some studies showing it is as effective as medications for mild depression. It can be challenging to walk outside with social distancing requirements, poor air quality, and other concerns about leaving the house, but there are many online options for exercise that can provide a diverse range of activity to help keep our bodies active and minds healthy.

Some of the online options are below. Please look at these and discuss if they are suitable for you with your physician. Most are free, but some require signing up for more options or newsletters with more information. One program, Silver Sneakers, is associated with Medicare and offers certain Medicare subscribers (usually Medicare Advantage) exercise classes, social forums, and online classes focusing on exercise and nutrition. Studies have shown that Medicare members who participate in Silver Sneakers have more good health days and better overall physical/mental health status than Medicare members who did not participate in the program.

Most of the programs require minimal equipment, usually just a chair, mat and lightweights (even water bottles or cans!)

- [Senior Exercise Programs & Classes](#)
- [How do I Start With Exercises For The Elderly And Seniors? – ELDERGYM®](#)
- [Low Impact Workout for Seniors](#)
- [15 Min Senior Workout – HASfit Exercise for Elderly – Seniors Exercises for Elderly – Seniors](#)
- [Yoga For Seniors | Slow and Gentle Yoga](#) (please be aware there is some head movement in this)

NEXT Village SF
PO Box 330278
San Francisco, CA 94133

**Your November
newsletter is here!**