



Beyond Bingo: Activities to Enhance Your Life

Who doesn't love a good game of bingo? But there is more to life. If you want to expand your activities and your horizons, try one of the following:

Hiking or Walking Clubs Whether through the Sierra Club or the local Parks and Recreation Department, walking can offer not only great exercise but also the opportunity to socialize, find like-minded people and perhaps learn something new. Can't find one to join, invite a friend and start your own.

Gardening Clubs Whether you want to be affiliated with the gardens at Yerba Buena or in Golden Gate Park, to specialize in palm trees, begonias or cacti, there is a group just waiting for you.

Volunteer Your help is needed! Both here at Saint Ignatius and in the community. Find an organization that sparks your interest and can use your help.

Take a class A variety of organizations offer FREE or low-cost classes for your edification and enjoyment. Learn something new!

Book Clubs Check your local library for suggestions.

Online Games I never thought I would say this, but I play online games with my grandchildren who live across country. We all enjoy the interaction, even if Grandma stumbles around a bit. But you could also challenge a friend to play scrabble, chess, "Words with Friends" or some of the other games listed at (<https://www.seniorsguide.com/lifestyle/5-online-multiplayer-games-for-seniors/>).

Art Classes Use some of the links below listed under "Take a class" to explore your artistic side. OR you can just visit one of our local museums using a Discover and Go Pass (<https://sfpl.discoverandgo.net>), grab a bench or borrow a stool and sketch in the galleries.

And don't forget...

Spa Day/Self-Care Take care of yourself. You deserve it!

Adapted from <https://www.arborcompany.com/blog/14-activities-for-elderly-people-that-arent-boring>

Walking Clubs

SF City Guides (<https://sfcityguides.org>) Learn about the city while you wander a neighborhood. Free

Crissy Field (<https://www.ioaging.org/aging/walking-bay-area-cultivate-well-being-older-adults-body-soul/>) Not a club but a destination; mostly level, it is recommended by the Institute on Aging.

Gardening Clubs

SF Begonia Society (<https://sfbegonia.org>)

SF Garden Club (<https://sfgardenclub.com/about/>)

SF Orchid Society (<https://www.orchidsanfrancisco.org/membership-options.html>)

Classes

The Golden Gate Senior Center (https://anc.apm.activecommunities.com/sfrecpark/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list) offers classes on everything from ballroom dancing, jewelry making, karaoke, knitting/crocheting, etc. FREE

Yerba Buena Gardens (https://ybgfestival.org/outdoor-classes/?gclid=CjwKCAjw-bkBhB-EiwA4fvKrAPI4QrBte8IbbIMfr8vkVLAGmxtdJ0-ladMrJtUmnguvgVTXfdhoCezcQAvD_BwE) offers outdoor yoga and dance/motion classes in the garden! FREE

City College of San Francisco (<https://www.ccsf.edu/academics/schools/allied-health-physical-education-social-services/older-adults-department>) Everything from writing to ceramics to stitchery to arts/crafts to figure drawing to even more. Classes are located throughout the city. FREE

Elder College (affiliated with San Francisco State University) (<https://cpage.sfsu.edu/eldercollege>) allows anyone over 50 to sit-in on regular classes on a space-available basis with permission from the instructor. Cost: \$55/semester

You Don't Want to Miss These Upcoming Programs

Fri, July 14, 11:30 AM Join us at our annual summer potluck picnic. **Bring a dish to share** with your fellow OWLS.

August We are taking a summer break. See you at the September meeting.

Do you have a program suggestion for an upcoming OWLS meeting? We need your ideas; please contact Barbara St. Marie (bstmarie2000@yahoo.com.) or Marsha Holm (marsha.callholm@gmail.com).

Happy Birthday to You



Melinda Gould	July 3
Alejandro Bartning	July 11
Rebecca Hogenhuis	July 25
John Terry	July 29
Emmanuel Anylam	Aug 10
Robyn Torres	Aug 15
Charles Walker	Aug 15
Vladimir Hogenhuis	Aug 18



Let Us Pray

From the OWLS

Maria Boden (healing)
Mila Cwiklinski (healing)
John Stoner (repose)
Jay Davies (healing)
Elsa Mederas (healing)

From the Parish

For the sick and infirm of SI Parish
For the intentions of the Pastor

From Pope Francis

That we place the Eucharist at the center of our lives.
That World Youth Day helps young people to live and witness the Gospel.

Do YOU know of someone who needs our prayers? Please let us know; contact Marsha (marsha.callholm@gmail.com) .

Announcements

We want to thank Maddy Davies, Tony Hayward and Bob Holm for contributing to the newsletter.

We are always looking for book or movie reviews. This is your opportunity to see your name in print! Anyone interested? Contact Marsha (see above for email address)

Look for Barbara's email on the Wednesday before our regular Friday program. That will give you the latest information about the meeting.

Do you want to contribute to the success of the St. Ignatius OWLS? Ask a friend to join us at one of our fun, informative meetings. There is always room for more older, wiser, livelier seniors.



Deacon Chuck McNeil offered great advice to the SI OWLS at our June meeting, including a series of tasks that might prove helpful as we move through the grieving process:

1. Accept the reality of the death.
2. Let yourself feel the pain.
3. Develop a new identity without the person who died.
4. Search for meaning and purpose without the person who died.
5. Always remember the person.
6. Let others help you. Your grief needs to be witnessed.

From our June meeting...

Deacon Chuck invited us to contact him at deaconchuck@stdominics.org should assistance be needed.

Tech Corner: Have you been seeing more QR Codes?

They are everywhere – in restaurants, museums, your doctor's office and the grocery store. You can use them to read a menu, check in for an appointment or get more information. The instructions below appeared in the last issue of the *Catholic San Francisco*. Try them out to enrich your technical skills.

Book Corner *Foster* by Claire Keegan (Grove Press, 2022)

Foster is a thought-provoking novella about a little girl from a farm family with too many mouths to feed who was sent off one summer to live with distant relatives. It contrasts the dysfunctional environment where she was raised with that of the loving couple who took her in, how their love and care impact her, and how the summer comes to an end.

This award-winning book, listed as one of the top 50 novels of the 21st century by the Times of London, provides us with a window to view a bit of rural Ireland in the 1980s. Here we meet realistic characters and hear about their lives and beliefs through the first-person narrative of the little unnamed girl.

Claire Keegan is a truly gifted writer. Deborah Treisman, the fiction editor at *The New Yorker*, said "She is able to tell a story in a paragraph, or to compress a novel into a few thousand words."

I highly recommend *Foster*. I believe you'll find it to be an extremely well-written story that is hard to put down.

Submitted by Bob Holm

csf Catholic San Francisco

QR CODE BASIC STEPS

DISCOVER QR CODE SCAN QR CODE ACCESS INFORMATION USE INFORMATION

Some of our readers may not be familiar with using QR codes. It's simple. If you know how to use the camera on your smart phone, you're all set! Just turn on your camera phone and point it at the QR code.

Make sure you allow the camera to focus on the QR code's black and white square icon. When your phone clearly captures the QR code, you will see a prompt on your phone's screen that will allow you to open a new window to access the content. That's it!

Thoughts From Later In Life

I used to be able to do cartwheels. Now I tip over putting on my underwear.

I told my wife she should embrace her mistakes ... so she hugged me.

My wife says I only have 2 faults. I don't listen and something else.

I thought growing old would take longer.

I came, I saw, I forgot what I was doing. Retraced my steps, got lost on the way back, now I have no idea what's going on.

Life is too short to waste time matching socks.

Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice people.

I really don't mind getting old, but my body is having a major fit.

I've reached the age where my train of thought often leaves the station without me.

If you see me talking to myself, just move along. I'm self-employed and we're having a staff meeting.

Submitted by Maddy Davies

Want to take a break from the OWLS Newsletter? To opt out, contact us [here](#) and we will remove you from the mailing list. We will miss you!

Check out the OWLS on the Saint Ignatius website (<https://stignatiussf.org/senior-ministry-owls>). You can access the full SI website at <https://stignatiussf.org>.

It Bears Repeating...

We recently received the following information from our bank:

“These days, it seems difficult to go online or watch TV without seeing bad news. Guess who’s also keeping a close eye on current events and using them to prey on innocent victims? Scammers.

Scammers take advantage of these current events – especially tragedies or economic issues – to try and trick you into giving up your money or personal information.

Recently, scammers contacted people pretending to be the Federal Deposit Insurance Corporation (FDIC). They asked for personal information such as bank account information, credit and debit card numbers, Social Security numbers and passwords. The FDIC will never do this.

Thankfully, you can protect yourself from current-event scams and many other scams by:

- **Being wary of unsolicited messages via text, email, and social media**
If you receive a message unexpectedly from someone you don’t recognize, especially if it’s asking for money or personal information, delete it without clicking any links!
- **Confirming the legitimacy of a website or organization**
Before giving your money or personal information to a website or organization, do an online search. Enter the company’s name plus keywords like “complaints” or “scam” into a search engine. The results should give you a sense of whether you’re dealing with a trustworthy group.
- **Not responding in fear of a recent event**
Preying on fear is one of the primary ways that scammers work – including with current events. If the message makes you feel extra fear, pause before responding or taking action.
- **Never sharing personal information!**
Keep Your Personal Information Private (KYPIP) and don’t share your:
 - Social Security number
 - online banking User ID and password
 - one-time passcodes for transactions, registrations, or logins
 - your card PIN, security code, or full card number”

Adapted from Patelco Credit Union, Submitted by Bob Holm

Childhood Memories

I was born on May 29, 1945, in my grandmother’s bed in Kilmarnock, Scotland. My mother was Scottish having gone to London for work, where she met and married my father, a “Londoner”. She told both my older brother Colin and me, that we were born in Scotland so that we would be able to represent Scotland rather than England in the World Cup. That never quite worked out.

We lived in a prefabricated house with a corrugated iron roof that rattled terribly when it rained. The street was built on a cleared bomb site. The back yards were mostly weeds and rubble, perfect for two wild boys to dig underground forts and nettle and water filled traps to snare the neighborhood kids.

It was a convivial neighborhood with street parties, group charabanc (bus) outings to the seaside not to mention Queen Elizabeth’s coronation celebration. We had the first TV on our street and all the neighbors used to crowd in to watch, much to the sometime annoyance of my parents.

Times were still tight with rationing and bleak economic horizons. My dad and two uncles decided to emigrate to Canada in 1954. My mother was apprehensive since her vision of the Americas was cowboys and Indians in the movies. They upped stakes and sailed for Canada while my mother, brother and I returned to Scotland to await our summons.

Some months later we set sail out of Liverpool into a grey stormy Atlantic on the RMS Franconia on its final voyage. After a rough late December voyage, we sailed into New York harbor past the Statue of Liberty, docked and took a taxi through Times Square to Grand Central Station where a choir was singing the Halleluiahs Chorus to welcome us or so it seemed. I remember the porter looking down at me and saying, “how ya doing bub?”

We boarded a train to Toronto Canada. My mother rented pillows to help us sleep sitting up. She was understandably chuffed when they took them back at the border. Still, we reunited with my father who was bemused to hear our London accents had morphed into Scottish brogues. “And so it goes”....

Submitted by Tony Hayward

