



We're All in This Together

As the pandemic and stay at home order continue on, we have friends for you to meet (safely), good neighbors to celebrate, new things to learn, and useful information to keep you secure and healthy.



FREE Virtual Activities by Phone, Tablet, or Computer

Be Creative. Art Classes, Rock History, and Virtual Art Tours

Get Around Safely. Transportation During Covid-19

Share Stories. Writing Classes, Playreadings, and Storytelling

Stay Connected. Get Computer, Phone, and Tablet Tech Help

Stay Active. Dance For Strength, Chair Yoga, Always Active, and Quigong

Stay Healthy. Coronavirus Updates, Medication Safety, Telehealth, and Better Sleep

Keep Learning. San Francisco History, Job Interviews, World Religions, and More!

Calendars by Postal Mail or Email?

If you'd prefer to receive this monthly activity calendar by email, please send your **Full Name**, **Email Address**, and **Zip Code** to info@sfccommunityliving.org.



New
Meeting ID
& Link

CALL IN BY PHONE: Dial 888-475-4499 (toll free) or 669-900-6833
Enter the **Meeting ID: 865 6747 4200**, then press # #.

JOIN ONLINE: <https://zoom.us/j/86567474200>, register (once!),
then wait in the "waiting room" until the meeting starts.

Follow us on Facebook at: <https://www.facebook.com/CommunityLivingCampaign/>

www.sfccommunityliving.org • 415.821.1003 • info@sfccommunityliving.org


12 Ways to Be A Good Neighbor

- ☐ Dance, sing, or play a song with your neighbors
 - ☐ Decorate your sidewalk with chalk
 - ☐ Learn something new from a friend or neighbor
 - ☐ Mail a card or a nice note to someone who is isolated at home
 - ☐ Make sure you (and your friends) have completed your Census.
 - ☐ Register to Vote!
- ☐ Plant some seeds or share a few plant cuttings
 - ☐ Share something you've made
 - ☐ Support a local business
 - ☐ Teach something to a child, friend, or family member
 - ☐ Thank essential workers and volunteers
 - ☐ Out for a walk? Wave to homebound neighbors. At home? Wave from your window to people walking by.

We want to hear from you! Have you helped a neighbor or has a neighbor helped you? How else can we all bring more joy and resilience to our communities this summer? Send stories, photos, drawings, and ideas to us and we'll share them on our Facebook page. You can also email us at: neighbors@sfcommunityliving.com

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www.sfcommunityliving.org • 415.821.1003 • info@sfcommunityliving.org
1663 Mission Street, Suite 525 • San Francisco, CA 94103

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00
 Always Active * (OnLok/30th St.)	 Dance for Strength with Kyra	 Always Active * (OnLok/30th St.)	 Dance for Strength with Kyra	 Always Active * (OnLok/30th St.)
11:30-12:30	11:00-12:00	11:30-12:30	11:00-12:00	11:00-1:00
Writing for Remembering with MG	<ul style="list-style-type: none"> Eating Well Books & Movies (Alternate Weeks) 	 Chair Yoga with Kyra	<ul style="list-style-type: none"> Creative Spark Pet Social Hour Gardening (see full calendar) 	Virtual Tech Help Desk * 
<div>  <h2>July 2020 Event Calendar</h2> <h3>CLC Virtual Community Connector Network</h3> <p>Stay connected with your neighbors from the safety of your own home! Find our calendar at www.sfcommunityliving.org/events.</p> <p>Unless otherwise noted, you can join all activities as follows:</p> <p>Call In by Phone: Dial 888-475-4499 (toll free) or 669-900-6833</p> <p>Enter the Meeting ID: 865 6747 4200, then press # #.</p> <p>Join Online: https://zoom.us/j/86567474200, register (once!), then wait in the "waiting room" until the meeting starts.</p> </div>				2 Choices
<p>*12:00 – 1:00 Coronavirus Chat and Update with Dr. Chodos (UCSF)</p> <p>12:15 – 1:15 Memoir Writing with Melanie Graysmith</p> 				
1:00-2:30		1:00-2:30	1:00-2:30	
<ul style="list-style-type: none"> Various Topics (see full calendar) Community Chat (2:00-2:30) 		 Writing for Remembering with Marina	<ul style="list-style-type: none"> Various Topics (see full calendar) Community Chat (2:00-2:30) 	
2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30
 Cook with Chef Lorraine	 Virtual Tech Help Desk	<ul style="list-style-type: none"> Meditate/Move (1st week) Kitchen Wisdom (2nd / 5th week) Senior Stories (4th week) 	<ul style="list-style-type: none"> Various Topics: <ul style="list-style-type: none"> Home Organizing Managing Emotions Transportation Community Tales Elders in Religion 	Qigong with David Wei (bilingual English & Chinese) 
	3:30-4:30			
	July 21: Resilient Neighborhoods			
		6:00-7:30		
		LitQuake Writing Project 		

Boomer Talk
 July 6 & 20, 6:00-7:30
Drama with Friends
 July 20, 7:00-8:30

* See page 2 for special link and call-in information for these events

Updated: 6/28/2020

How to Join a Zoom Call

Zoom is a service we use to hold group calls by phone and online video. CLC uses Zoom for presentations and facilitated group conversations to stay connected during “social distancing.”



If You're New to Zoom, Start with a Phone Call: Use your home phone or cellphone to call the provided phone number, type in your event's Meeting ID, press # (twice) and join the conversation. Almost all activities will work by phone. Exercise and Art Classes are the only ones where video is highly recommended. Use our toll free number where you can and be sure to check your phone plan if you have limited minutes!



If You Want to Video Chat: Each event will have a special link. When you type the link into your web browser (or click the link at sfcommunityliving.org/events) it will launch a request to download Zoom onto your PC, Mac, iPad, or Android tablet. You can download Zoom or open the call directly in your Mac or PC web browser (Chrome works best). **The first time you join, you'll need to answer a few registration questions.** Try out the Zoom link before the call! We're here to help if you need it.



Handouts. We can provide most content displayed during presentations as handouts by email or postal mail. Allow at least 3 to 5 days for any handouts sent by postal mail. Contact peter@sfcommunityliving.org for help.



Virtual Event Details

Except as noted below, activities are hosted on CLC's main Activity line.

Phone: Dial **888-475-4499** (toll free) or **669-900-6833** (local). **Meeting ID: 865 6747 4200 # #.**

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" until the activity starts.

You can open the link in a Mac or PC browser if you don't want to download the Zoom software.

* Always Active Classes

Please contact **Genny at 415-550-2291** or gpinzon@onlok.org for the link, password, and instructions you need to access the classes on OnLok Always Active's Zoom line.

* Tuesday Sidewalk Search Party

Phone: Dial **888-475-4499** (toll free) or **669-900-6833** (local). **Meeting ID: 843 0592 8582##**

Video: <https://us02web.zoom.us/j/84305928582>

* Thursday Traveling Safely During COVID-19

Phone: Contact Peter at **415-821-1003, extension 118** to register and get call-in instructions.

Video: <https://us02web.zoom.us/j/86386598084>. You'll be asked to register when you join.

If you need help registering, please email cathy@sfcommunityliving.org.

* Friday Chat with Dr. Chodos: Coronavirus & Older Adults

Phone: Dial **669-900-6833** or **646-558-8656**. Enter Meeting ID: **298 110 801 #**, then **671492 ##**

Video: <https://ucsf.zoom.us/j/298110801>. Meeting ID: **298 110 801**. Password: **671492**

* Friday Tech Help Desk with Molly and Liz

Phone: Dial **888-475-4499** (toll free) or **669-900-6833** (local). **Meeting ID: 898 1047 9808 ##**

Video: <https://us02web.zoom.us/j/89810479808>

www.sfcommunityliving.org • **415.821.1003** • info@sfcommunityliving.org

CLC Virtual Activity Calendar for July 2020

Stay connected during this time of social distancing! Join us by phone or video for a variety of activities. Visit our online calendar at www.sfcommunityliving.org/events for more details on virtual social hours, exercise classes, arts and writing groups, healthy aging workshops, and more.

To request disability-related accommodations, or to obtain a printed or digital version of activity materials (when relevant), please contact us at info@sfcommunityliving.org or **415.821.1003**. Please give at least 72 hours' notice to help us make accommodations to the greatest extent we can.

WEDNESDAY, JULY 1

- 10:00-11:00** Always Active (OnLok/30th Street) *
- 11:30-12:30** Chair Yoga with Kyra
- 1:00-2:30** Writing for Remembering with Marina
- 2:30-3:30** Meditation & Movement (bilingual English & Spanish)
Enjoy a perfect combination of gentle movement and meditation to find balance and calm in these troubled times.

THURSDAY, JULY 2

- 10:00-11:00** Dance for Strength with Kyra
- 11:00-12:00** Ruth's Table Creative Spark: Enduring Inspiration
Join Ruth's Table director Jessie McCracken to review previous creative projects, share our work, and discuss ways to prepare pieces for display.
- 1:00-2:00** Let's Make Stuff: Collage Portraits
Join artist d'Arci Bruno for an fun hour of creating collage portraits, a great way to say "You are Loved" to that special someone... or to everyone!
- 2:30-3:30** We're Staying Home, So Let's Reorganize!
Are you ready to sort through your things? Learn simple ways to make organizing a little easier. Come join us, share your thoughts, and make a plan!

FRIDAY, JULY 3

NATIONAL HOLIDAY

Closed in honor of July 4th



Art Adventures

Embrace your sense of play with opportunities to create and enjoy art while staying safe at home.

RUTH'S TABLE: CREATIVE SPARK

Thursdays July 2, 16, & 30, 11:00-12:00 with Jessica McCracken

Class participants can get a **FREE Art Kit** with watercolors, paper, colored pencils, and glue. Please email contact@ruthstable.org or call **415-505-3269**.

LET'S MAKE STUFF!

Thursdays July 2 & 16, 1:00-2:00 with d'Arci Bruno

ART VIEWING ADVENTURES

Mondays July 13 & 27, 1:00-2:00 with Rodney Paul

Join Us! All activities use the following phone number and link unless noted

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MONDAY, JULY 6

10:00-11:00

Always Active *

11:30-12:30

Writing for Remembering with MG

1:00-2:00

Interviews: Telling Your Story

Join SF ReServe's John Edmiston and Jamie Goddard to learn how to shape and share your accomplishments in a way that helps the interviewer see how you can contribute to their organization.

2:30-3:30

Cooking with Chef Lorraine

TUESDAY, JULY 7

10:00-11:00

Dance for Strength with Kyra

11:00-12:00

Favorite Books & Movies

What are you reading and viewing while at home? Share your favorites and get recommendations from your neighbors.

2:30-3:30

Virtual Tech Help Desk

2:30-3:30

Sidewalk Search Party *

Join our bi-weekly meeting to help keep our sidewalks safe for everyone.

WEDNESDAY, JULY 8

10:00-11:00

Always Active *

11:30-12:30

Chair Yoga with Kyra

1:00-2:30

Writing for Remembering with Marina

2:30-3:30

Kitchen Wisdom: Your Herbal First Aid Kit

Learn what plants, herbs, and spices work topically for insect bites, burns, abrasions, and other ailments. Led by Marina Lazzara, CLC Connector, Health Educator, and passionate gardener.

6:00-7:30

LitQuake Elder Writing Project

THURSDAY, JULY 9

10:00-11:00

Dance for Strength with Kyra

11:00-12:00

Pet Social Hour

Join MG and your neighbors to introduce your favorite animal friends and share stories and tips. Great for both those of us with pets and those who miss having animal friends around.

Stay Active!

Weekly exercise classes can help you with balance, strength, and more.

ALWAYS ACTIVE

Mon./Wed./Fri. 10:00-11:00

* email gpinzon@onlok.org

DANCE FOR STRENGTH

Tues. & Thurs. 10:00-11:00

With Kyra Boprie

CHAIR YOGA

Wednesdays 11:30-12:30

With Kyra Boprie

MEDITATION & MOVEMENT (ENGLISH & SPANISH)

Wednesday July 1,
2:30-3:30 with Brigitte

QIGONG WITH DAVID WEI (ENGLISH & CHINESE)

Fridays 2:30-3:30



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THURSDAY, JULY 9 (CONTINUED)

1:00-2:00 **Medication Safety During COVID-19**
Join Dr. Anjana Sharma from UCSF to find out about high-risk prescription medications, drug interactions with over-the-counter medications, and how to make sure your medications aren't affecting your liver or kidneys.

2:30-3:30 **Managing Intense Emotions**
What can you do when you suddenly feel scared, anxious, panicked, or angry? Learn how to recognize your feelings. Find tools to respond and take care of yourself in a healing and loving way. With Vanessa Alfaro.

FRIDAY, JULY 10

10:00-12:00 **Always Active ***
11:30-1:00PM **Virtual Tech Help Desk ***
12:00-1:00 **Coronavirus Chat with Dr. Chodos ***
Join Senior Power and Dr. Anna Chodos, UCSF Dept of Geriatrics, to learn the latest about the virus. Bring your questions!

12:15-1:15 **Memoir Writing with Melanie**
2:30-3:30 **Qigong: Chinese Yoga**
(bilingual English & Chinese)

MONDAY, JULY 13

10:00-11:00 **Always Active ***
11:30-12:30 **Writing for Remembering with MG**
1:00-2:00 **Art Viewing Adventures:
Contemplating Abstraction**
Join museum guide Rodney Paul for an educational and fun hour featuring works by and conversation with Philadelphia abstract artist Tremain Smith. We'll view her works and talk with her about her artistic process and career.

Stay Healthy

Taking care of ourselves can feel a little challenging these days! Join these great teachers for tips and techniques to stay healthy and happy.



KITCHEN WISDOM

Wednesdays July 8 & 29
2:30-3:30 with Marina Lazzara

MEDICATION SAFETY DURING SHELTER IN PLACE

Thursday July 9 1:00-2:00
With Dr. Anjana Sharma

MANAGING INTENSE EMOTIONS

Thursday July 9 2:30-3:30
With Vanessa Alfaro

CHAT WITH DR. CHODOS: CORONAVIRUS & SENIORS *

Fridays 12:00-1:00
With Dr. Anna Chodos

EASTING WELL: NUTRITION FOR BETTER AGING

Tuesdays July 14 & 28
11:00-12:00 with Darlene Ramlose

MAKING THE MOST OF TELEHEALTH

Thursday July 23 1:00-2:00
With Dr. Victoria Hamman

GET A GOOD NIGHT'S SLEEP

Thursday July 30 1:00-2:00
With Nancy Smietana

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MONDAY, JULY 13 (CONTINUED)

2:30-3:30

Cooking with Chef Lorraine

6:00-7:30

Boomer Talk: African American Musical Activism in the Age of Soul
Rock and soul author and historian Richie Unterberger presents *People Get Ready*, featuring songs of protest and social commentary from soul stars of the 1960s and 1970s, including Aretha Franklin, Marvin Gaye, Nina Simone, Stevie Wonder, Curtis Mayfield, and others.

TUESDAY, JULY 14

10:00-11:00

Dance for Strength with Kyra

11:00-12:00

Eating Well: Nutrition for Better Aging with Darlene

Learn how our nutrition needs change as we age, foods to choose, and more. Bring your questions!

2:30-3:30

Virtual Tech Help Desk

WEDNESDAY, JULY 15

10:00-11:00

Always Active *

11:30-12:30

Chair Yoga with Kyra

1:00-2:30

Writing for Remembering with Marina

6:00-7:30

LitQuake Elder Writing Project

Thursday, July 16

10:00-11:00

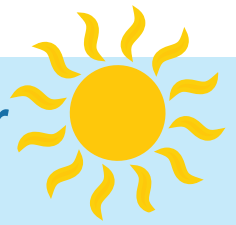
Dance for Strength with Kyra

11:00-12:00

Creative Spark: Postcards

Join Ruth's Table director, Jessie McCracken to learn how to make postcards with a punch using clippings, collage, and mental maps. Using the Creative Spark worksheet Postcards, participants will gain skills to create mail art that can help us stay connected.

Good Neighbor Summer Fun



Help celebrate the many things each of us can do to build joyous, caring, and resilient communities.

JOIN THE FUN! Call **415-821-1003, ext. 113** or visit **sfcommunityliving.org/neighbors** for updates and a Good Neighbor Summer Guide!

LEARN SOMETHING / TEACH SOMETHING



Stay engaged and active.

Learn something new from a friend. Help keep friends, grandchildren, and neighbors learning by teaching them something you know how to do.

SEND SOME CHEER

We all could use a kind note these days! Find make a card. Add a quick note and send it to someone you admire.



SHARE A TALENT



Are you a Dancer? Baker? Musician? Crafter? Cook? Storyteller? Gardener?

Find a way to share your talent with those around you.

BE A GOOD CITIZEN

Make your voice heard!

Complete your census form and register to vote. Join your neighborhood association, attend a (virtual) meeting with your Supervisor, and learn the issues.



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1:00–2:00

Let's Make Stuff: Altered Books

Join artist d'Arci Bruno for a fun hour of creating altered books. Cut, chop, paint, glue, stamp and draw - give an old book a new life and make an Art Journal! We will learn about redacted poetry, simple paper pop-ups, secret hidey-holes, book themes and more.

2:30–4:00

Traveling Safely During COVID-19 *

Join Cathy DeLuca to hear the latest about all your transportation options, including Muni, Paratransit, driving, taxis and Uber/Lyft, and even how to have fun on your local walks! The talk is FREE, but registration is required.



Storytelling for All

Bring your ideas and stories to our writing groups. Weekly prompts provided. Beginners welcome!

WRITING FOR REMEMBERING

With MG, Mon. 11:30–12:30

With Marina, Wed. 1:00–2:30

MEMOIR WRITING

With Melanie, Fri. 12:15–1:15

LITQUAKE ELDER WRITING PROJECT

Wed. 6:00–7:30 PM

(now on CLC's main Zoom line)

DRAMA WITH FRIENDS

With playwright Jonathan Luskin. For readers & listeners!
Mon. July 20, 7:00–8:30 PM

SF SENIOR BEAT

With Editor Robin Evans
Thurs. July 22, 2:30–3:30

COMMUNITY TALES: HELP! I'M STUCK AT HOME

Share or listen to stories about what makes a good neighbor.
Thursday July 21, 3:30–4:30

FRIDAY, JULY 17

10:00–12:00

Always Active *

11:30–1:00PM

Virtual Tech Help Desk *

12:00–1:00

Coronavirus Chat with Dr. Chodos *

12:15–1:15

Memoir Writing with Melanie

2:30–3:30

Qigong: Chinese Yoga
(bilingual English & Chinese)

MONDAY, JULY 20

10:00–11:00

Always Active *

11:30–12:30

Writing for Remembering with MG

1:00–2:00

Virtual History Tour: Westside

How did Westside San Francisco, once dismissed as "The Great Sand Waste," grow into a vibrant part of our City? Find out about Golden Gate Park, the Sutro Baths, the Sunset District and the Richmond.

2:30–3:30

Cooking with Chef Lorraine

7:00–8:30

Drama with Friends: Jonathan Ruskin

Join us for readings of three short, thoughtful and humorous plays by Jonathan Luskin, producer, director and co-founder of Flying Moose Productions. The playwright will join us for the reading and discussion. *If you want to read a part, email judygoddess@gmail.com by Friday, July 17 so that you'll have time to practice!*

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TUESDAY, JULY 21

- 10:00-11:00 Dance for Strength with Kyra
- 11:00-12:00 Favorite Books & Movies Social Hour
- 2:30-3:30 Virtual Tech Help Desk
- 2:30-3:30 Sidewalk Search Party *
- 3:30-4:30 Resilient Neighborhoods:
Cayuga and Crocker Amazon
We all need some good news right now, and we can find it right here in our own neighborhoods! Come listen to community leaders share stories of neighborhood resilience, kindness, and joy while we shelter in place.

WEDNESDAY, JULY 22

- 10:00-11:00 Always Active *
- 11:30-12:30 Chair Yoga with Kyra
- 1:00-2:30 Writing for Remembering with Marina
- 2:30-3:30 Senior Beat Stories
Join Editor Robin Evans of SF Senior Beat (sfseniorbeat.org), a dynamic online news source written and edited by older adults. Learn about stories that are in the works and share your stories and ideas. How are you coping with shelter in place? Do you have an interesting story to share?
- 6:00-7:30 LitQuake Elder Writing Project

THURSDAY, JULY 23

- 10:00-11:00 Dance for Strength with Kyra
- 11:00-12:00 Wellness with Arete: How to Create Stunning Container Gardens
Create a gorgeous container garden that will carry you through summer, fall, and early winter. Learn how to use the filler, spiller, thriller method of container planting. This workshop, presented by Master Gardener Arete Nicholas, is perfect for gardeners of all levels.
- 1:00-2:00 Making the Most of TeleHealth in the Age of COVID-19
Join Dr. Victoria Hamman in a discussion about safely accessing the healthcare you need; how to decide if TeleHealth is appropriate or if you need to see your provider in person; and how to make the most of your virtual visit.

Virtual Tech Help

Not sure how to use Zoom?
Need tips on how to use social media? Our friendly and patient tech trainers can help!

TUESDAYS

2:30-3:30 by
phone or video

FRIDAYS

11:00-1:00
by phone or
video * Use Fri. Tech Zoom

BY APPOINTMENT

Call **415-821-1003 x109** or email
tech@sfcommunityliving.org

One-on-one and group tutoring
also available in Spanish and
Cantonese.



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THURSDAY, JULY 23 (CONTINUED)

2:30–4:00 **Community Tales: The Joy of Good Neighbors**
Help! We're stuck at home! Join emcees Sherri Sawyer and Laura Atkins for a fun hour of storytelling. This month, read or tell us what you're doing to be a good neighbor or what your neighbors have done for you. Please limit your story to five minutes.

FRIDAY, JULY 24

10:00–12:00 **Always Active ***
11:30–1:00PM **Virtual Tech Help Desk ***
12:00–1:00 **Chat with Dr. Chodos: Coronavirus & Seniors ***
12:15–1:15 **Memoir Writing with Melanie**
2:30–3:30 **Qigong: Chinese Yoga (bilingual English & Chinese)**

MONDAY, JULY 27

10:00–11:00 **Always Active ***
11:30–12:30 **Writing for Remembering with MG**
1:00–2:00 **Art Viewing Adventures: Abstract Extravaganza**
Join Rodney Paul and fellow museum guide Bernice Iwamoto to discuss works of abstract art. Neither will know what the other has chosen. They'll ask each other about the works and invite members of the audience to also share their thoughts. Explore new ways to meaning and have fun with art.
2:30–3:30 **Cooking with Chef Lorraine**
6:00–7:30 **Boomer Talk: The Velvet Underground**
Rock author and historian Richie Unterberger presents a program on the Velvet Underground, the legendary band of the 1960s led by singer-songwriter Lou Reed. He will also cover the early careers of Reed and fellow Velvet Undergrounders John Cale and Nico. Richie is the author of *White Light/White Heat: The Velvet Underground Day-By-Day*, published by Jawbone Press.

TUESDAY, JULY 28

10:00–11:00 **Dance for Strength with Kyra**
11:00–12:00 **Eating Well: Nutrition for Better Aging with Darlene**
2:30–3:30 **Virtual Tech Help Desk**

WEDNESDAY, JULY 29

10:00–11:00 **Always Active ***
11:30–12:30 **Chair Yoga with Kyra**
1:00–2:30 **Writing for Remembering with Marina**

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WEDNESDAY, JULY 29 (CONTINUED)

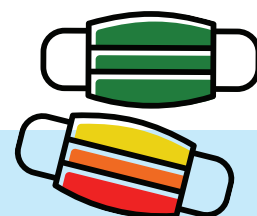
- 2:30–3:30 **Kitchen Wisdom: Keeping Our Digestion Healthy and Soothed**
Learn about the basics of the digestive system and how it changes in function and structure as we age. We'll discuss the basics of keeping this system healthy and soothed with food as well as herbal teas. Led by Marina Lazzara.
- 6:00–7:30 **LitQuake Elder Writing Project**

THURSDAY, JULY 30

- 10:00–11:00 **Dance for Strength with Kyra**
- 11:00–12:00 **Ruth's Table Creative Spark: Ode to Joy**
What lessons have we learned during this pandemic? What do we want to take with us and what will we leave behind? Focusing on joy, we will plant seeds for a new garden. This session will discuss ways we can use creative projects to strengthen positive connections within our community.
- 1:00–2:00 **How to Get a Good Night's Sleep**
Are you having trouble sleeping? Good sleep is vital for our health and well-being, now more than ever. Learn tips to help you sleep better! By Nancy Smietana, Master Trainer/Facilitator for those with chronic health conditions.
- 2:30–4:00 **World Religions: Wisdom and Aging**
Unlike much of modern culture, the world's religious traditions see aging as a meaningful, even joyful phase in human life. Learn about the important roles elders play in Buddhism, Confucianism, Native American traditions, and more.

FRIDAY, JULY 31

- 10:00–12:00 **Always Active ***
- 11:30–1:00 **Virtual Tech Help Desk ***
- 12:00–1:00 **Chat with Dr. Chodos: Coronavirus & Seniors ***
- 12:15–1:15 **Memoir Writing with Melanie**
- 2:30–3:30 **Qigong: Chinese Yoga (bilingual English & Chinese)**



Walk & Wave and Other Outdoor Groups

We are starting to hold small (12 people or fewer) activities outdoors where neighbors can meet in person. To keep everyone safe, we ask that each participant agree to:

- Register with contact information
- Answer a few questions to make sure you and your household are unlikely to have COVID-19
- Agree to wear a mask, maintain social distancing, and sanitize your hands

Please **contact your Community Connector**, info@sfcommunityliving.org or **415-821-1003** for information about upcoming outdoor activities in your San Francisco neighborhood.

Join Us! All activities use the following phone number and link unless noted

Phone: Dial **888-475-4499** (toll free) or **669-900-6833** (local). Enter **Meeting ID: 865 6747 4200 ##**

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" for us to start

*For activities marked with * see page 2 for phone and link information*

www.sfcommunityliving.org • **415.821.1003** • info@sfcommunityliving.org





HAPPY JULY!



We are all in this together! Here is this month's page to color in.
Post in your window to let neighbors know you are thinking of them.