

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS |
|--|---|---|---|--|
| 10:00-11:00 | 10:00-11:00 | 10:00-12:30 | 10:00-11:00 | 10:00-11:00 |
|  Always Active * (OnLok/30th St.) |  Dance for Strength with Kyra | 10:00-11:00 Always Active * 10:00-12:00 Tech Help Desk * 11:30-12:30 Chair Yoga with Kyra  |  Dance for Strength with Kyra 11:15-12:45 • Various Topics - Art with Elders - Kitchen Wisdom - Community Tales |  Always Active * (OnLok/30th St.) 11:00-1:00 Intro to Gmail &  Tech Help Desk * |
| 11:30-12:30 Writing for Remembering with MG | 11:15-12:15 • Various Topics: - Let's Make Stuff - Eating Well - Keep Us Connected | | | |



January 2021 Events

CLC Virtual Community Connector Network

Stay connected with your neighbors from the safety of your own home! Find our calendar at www.sfcommunityliving.org/events.

Unless noted with an asterisk (*), you can join all activities as follows:

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, then wait in the "waiting room" until the meeting starts.

2 Choices

* **12:00 – 1:00**
Coronavirus Chat with Dr. Chodos



12:15 – 1:45
Memoir Writing with Melanie

| | | | | |
|---|--|---|--|---|
| 1:00-2:00 | | 1:00-2:30 | 1:00-2:00 | |
| • Various Topics - Leah's Pantry - Art Viewing Adventures | |  Writing for Remembering with Marina | • Various Topics - Musical Theater Dance Class - Prop 19 Impact * - Living Trusts | |
| 2:30-3:30 | 2:00-3:30 | 2:45-3:45 | 2:30-3:30 | 2:30-3:30 |
|  Cook with Chef Lorraine |  * Zoom Help Desk | • Various Topics - Line Dancing - Resource Centers: Access to Help - Gender Identity | Yoga Nidra with Pearl Howell | Qigong with David  (bilingual English & Chinese) |
| 4:00-5:00 | 3:45 - 4:45 | | | |
| Qigong with David Wei  (bilingual) | Jan. 5-ReServe Jobs Jan. 19-Neighborhoods Jan. 26-Zoom Hosting | | | |
| 6:00-7:30 | | 6:00-7:45 | | |
|  Boomer Music Talks Jan. 11 & 25 |  Drama with Friends * Jan. 19, 6:45-8:30 | LitQuake Writing Project  | | |

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

Updated: 12/28/2020

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 the pandemic.



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. Most 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 telephone billing plan if you have limited minutes.



If You Want to Join by Video: 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). When you join, you'll need to answer a few registration questions.



Printed Handouts: We can provide most content displayed during presentations as handouts by email or postal mail. Allow at least 5 days for any handouts sent by postal mail. Contact amy@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.

* Computer Classes and Tech Help Desks

Phone: Dial 888-475-4499 (toll free). Enter Meeting ID: 860 5577 1933 ##.

Video: <https://us02web.zoom.us/j/86055771933>.

* Always Active Classes

Please contact Luz at 415-550-2265 or lvillaneuva@onlok.org for the link, password, and instructions you need to access the classes on OnLok Always Active's Zoom line.

* 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.

* Tuesday Sidewalk Search Party

Phone: Dial 888-475-4499 (toll free). Enter Meeting ID: 843 0592 8582 ##.

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

* Tuesday Drama with Friends

Phone: Dial 888-475-4499 (toll free). Enter Meeting ID: 851 4426 8263 ##.

Video: <https://us02web.zoom.us/j/85144268263>. You'll be asked to register when you join.

* Thursday Prop 19 Impact with Assessor Carmen Chiu

Phone: Dial 888-475-4499 (toll free). Enter Meeting ID: 822 3789 7073 and passcode 655908.

Video: <https://us02web.zoom.us/j/82237897073>. You'll be asked to register when you join.

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

CLC Virtual Activity Calendar for January 2021

Stay connected during this time of physical distancing! Join us by phone or video for a variety of activities. Visit our online calendar at www.sfcommunityliving.org/events for more details.

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. Give at least 72 hours' notice to help us make accommodations to the greatest extent we can.

FRIDAY, JAN. 1 NEW YEAR'S DAY

- 12:00–1:00 **Qigong with David Wei**
Special time: David's Qigong class will meet early today.
- 1:00–2:00 **Social Hour**
Regular classes are canceled today, but join us for an hour of social time as we welcome the new year.

SATURDAY, JAN. 2

- 10:00–11:00 **Movement for Memory with Kyra**
Exercise your body while sparking creativity and memories.

MONDAY, JAN. 4

- 10:00–11:00 **Always Active ***
- 11:30–12:30 **Writing for Remembering with MG**
- 1:00–2:00 **Leah's Pantry: Setting the Stage for Healthy Choices**
Explore ways to set yourself up for success when making healthy choices this new year!
- 2:30–3:30 **Cooking with Chef Lorraine: Back to Kitchen Basics**
Learn kitchen safety, knife cuts, kitchen & cooking terms, and how to sharpen your own knives.
- 4:00–5:00 **Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)**

TUESDAY, JAN. 5

- 10:00–11:00 **Dance for Strength with Kyra**

Let's Get Moving!



ALWAYS ACTIVE

* Mondays-Fridays, 10:00-11:00

QIGONG WITH DAVID WEI

Mondays, 4:00-5:00

Fridays, 2:30-3:30

Bilingual English and Chinese

DANCE FOR STRENGTH WITH KYRA

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

CHAIR YOGA WITH KYRA

Wednesdays, 11:30-12:30

LINE DANCING WITH LANAY

Wed. Jan. 6 & 20, 2:45-3:45

Low impact line dances to a variety of music and rhythms!

YOGA NIDRA FOR SLEEPLESSNESS

Thursdays, 2:30-3:30

Join Pearl Howell, MS, CYT for guided meditation that can aid in releasing the stress that may be robbing you of a good night's sleep.

New!

MUSICAL THEATER DANCE CLASS

Thursday Jan. 7, 1:00-2:00

Join Broadway veteran Carolyn Goor Hutchinson for a fun, low impact class that explores different styles of Theater Dance.

New!

MOVEMENT FOR MEMORY

Saturdays, 10:00-11:00

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

TUESDAY, JAN. 5 (CONTINUED)

- 11:15–12:15 **Healthy Aging and Nutrition**
Join Darlene to learn about our body systems, how our lifestyle determines our health, and what we can do to make the best of our senior years.
- 2:00–3:30 **Zoom Help Desk: Hosting Basics ***
- 2:30–3:30 **Sidewalk Search Party ***
- 3:45–4:45 **First Impressions: Finding Work**
Find out how SF ReServe can help you secure meaningful, part-time work in the nonprofit and public sectors that offers flexibility and a modest stipend.

WEDNESDAY, JAN. 6

- 10:00–11:00 **Always Active ***
- 10:00–12:00 **NEW! Tech Help Desk ***
- 11:30–12:30 **Chair Yoga with Kyra**
- 1:00–2:30 **Writing for Remembering with Marina**
- 2:45–3:45 **Line Dancing with LaNay**
Enjoy low impact, easy-to-learn line dances to a variety of music and rhythms! Participate standing or seated.
- 6:00–7:45 **LitQuake Elder Writing Project**

THURSDAY, JAN. 7

- 10:00–11:00 **Dance for Strength with Kyra**
- 11:15–12:45 **Art with Elders: Drawing & Painting**
Express your creativity! Bring color pencils, paper, cotton balls & pencil sharpener. Paint and brushes optional.
- 1:00–2:00 **ODC Musical Theater Dance Class**
Join Broadway veteran Carolyn Goor Hutchinson for a fun, low impact class that explores different styles of Theater Dance. All levels welcome.
- 2:30–3:30 **Yoga Nidra for Sleeplessness**
Pearl Howell, MS, CYT, will introduce you to Yoga Nidra, a guided meditation for deep relaxation that can aid in getting a good night's sleep.

Stay Connected from Home



*** New Zoom Line for all English-Language Tech classes!** Phone: 888-475-4499, Meeting ID: 860 5577 1933 ##. Video: <https://us02web.zoom.us/j/86055771933>.

ALL ABOUT ZOOM

* Tuesdays, 2:00-3:30

Jan. 5: Zoom Hosting Basics
Jan. 12: Zoom & Internet Safety
Jan. 19: Getting Started
Jan. 26: Basic Meeting Controls

ZOOM HOSTING 101

* Tuesday, Jan. 26: 3:45-5:45

VIRTUAL TECH HELP DESK

* Wednesdays, 10:00-12:00

New!

GET STARTED WITH GMAIL

* Fridays, 11:00-12:00

New!

VIRTUAL TECH HELP DESK

* Fridays, 12:00-1:00

CHINESE TECH HELP DESK

Mondays - Fridays, 10-12 & 1-3

Wednesdays, 3:00-5:00

Saturdays, 10:00-12:00

* for info or to sign up, email wanda@sfcommunityliving.org or call 415-371-8119.

INDIVIDUAL HELP DESK APPOINTMENTS

Call 415-821-1003 x109 or email tech@sfcommunityliving.org to schedule a phone or video appointment in English, Spanish, Cantonese, or Mandarin.



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

FRIDAY, JAN. 8

10:00–11:00

Always Active *

11:00–1:00

**Get Started with Gmail /
General Tech Help Desk ***

Join Molly and Liz by video or phone to learn the basics about Gmail and to get general help with your computer, tablet, and phone tech questions.

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, treatment, and new vaccines.

12:15–1:45

Memoir Writing with Melanie

Please note we're moving to the main Zoom line: Meeting ID 865 6747 4200

2:30–3:30

Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)

SATURDAY, JAN. 9

10:00–11:00

Movement for Memory with Kyra

Exercise your body while sparking creativity and memories.

MONDAY, JAN. 11

10:00–11:00

Always Active *

11:30–12:30

Writing for Remembering with MG

1:00–2:00

Art Viewing Adventures - Flo Allen: A Favorite Model for Bay Area Artists

Join museum guide Rodney and guest Bernice Iwamoto to learn about Florence “Flo” Allen, a much sought-after Bay Area model who was the subject of artworks by David Park, Joan Brown, Wayne Thiebaud and many others.

2:30–3:30

Cooking with Chef Lorraine: National Cassoulet Day

Celebrate with make ahead crock pot ideas & techniques. And let's make a sweet rice dessert too.

4:00–5:00

Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)

6:00–7:30

Boomer Music Talk: Phil Spector

Join rock historian and author Richie Unterberger for a program spotlighting the peak achievements of Phil Spector, the most famous rock record producer of the 1960s.

TUESDAY, JAN. 12

10:00–11:00

Dance for Strength with Kyra

11:15–12:15

Let's Make Stuff with D'Arci: Into the Shadows

Join local artist d'Arci Bruno to explore how light and shadow magically add depth to your drawings and paintings. See the listing on our online calendar for a full materials list or call us at 415-821-1003.

2:00–3:30

Zoom Help Desk: Zoom and Internet Safety *

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

WEDNESDAY, JAN. 13

- 10:00–11:00 Always Active *
- 10:00–12:00 **NEW!** Tech Help Desk *
- 11:30–12:30 Chair Yoga with Kyra
- 1:00–2:30 Writing for Remembering with Marina
- 2:45–3:45 **Finding Help and Information: Aging & Disability Resource Centers**
Come find out how to connect to free information and assistance through San Francisco's Adult and Disability Resource Centers (ADRCs), a program of the San Francisco Department of Disability and Aging Services.
- 6:00–7:45 LitQuake Elder Writing Project

THURSDAY, JAN. 14

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:15 **Kitchen Wisdom: Marvelous Mint**
Come begin the New Year by meeting the clear headed, warm yet cooling, varieties of species known as Mint.
- 1:00–2:00 **How Proposition 19 Impacts Your Family**
Home & Property Taxes with Assessor Carmen Chiu *
Join San Francisco Assessor Carmen Chu to learn more about the impacts of Proposition 19: The Home Protection for Seniors, Severely Disabled, Families and Victims of Wildfire or Natural Disasters Act on on your family home and your property taxes. **The new law includes provisions which significantly limit tax benefits for families who plan to pass property from parents to children.** Don't miss this important presentation! Zoom Link: <https://us02web.zoom.us/j/82237897073>. See page 2 for full Zoom information.
- 2:30–3:30 Yoga Nidra for Sleeplessness

FRIDAY, JAN. 15

- 10:00–11:00 Always Active *
- 11:00–1:00 Get Started with Gmail / General Tech Help Desk *
- 12:00–1:00 Coronavirus Chat with Dr. Chodos *
- 12:15–1:45 Memoir Writing with Melanie
- 2:30–3:30 Qigong: Chinese Yoga (bilingual English & Chinese)

SATURDAY, JAN. 16

- 10:00–11:00 Movement for Memory with Kyra

MONDAY, JAN. 18 **MARTIN LUTHER KING JR. DAY: NO CLASSES**

TUESDAY, JAN. 19

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:15 Healthy Aging and Nutrition

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

2:00–3:30
2:30–3:30
3:45–4:45

Zoom Help Desk: Get Started*

Sidewalk Search Party *

Resilient Neighborhoods:
Little Libraries

Have you ever seen those little community libraries as you're walking through your neighborhood? Come hear heartwarming stories about how residents have come together to bring libraries to their neighborhoods!

6:45–8:30



Drama with Friends:

Plays of Garret Groenveld *

Exercise your acting chops or just listen to three short plays by this Bay Area playwright. *If you want to read a part, email judygoddess@gmail.com by Jan. 11 and plan on attending rehearsal on Jan. 19 from 4:30–6:00.*

WEDNESDAY, JAN. 20

10:00–11:00

Always Active *

10:00–12:00

NEW! Tech Help Desk *

11:30–12:30

Chair Yoga with Kyra

1:00–2:30

Writing for Remembering with Marina

2:45–3:45

Line Dancing with LaNay

6:00–7:45

LitQuake Elder Writing Project

THURSDAY, JAN. 21

10:00–11:00

Dance for Strength with Kyra

11:15–12:45

Art with Elders: Painting and Drawing

1:00–2:00

Living Trusts: Protecting You and Your Family

Join Al McLeod of Legal Document Services to learn about revocable living trusts, wills, and how they protect your family and assets.

2:30–3:30

Yoga Nidra for Sleeplessness

FRIDAY, JAN. 22

10:00–11:00

Always Active *

11:00–1:00

Get Started with Gmail / General Tech Help Desk *

12:00–1:00

Coronavirus Chat with Dr. Chodos *

12:15–1:45

Memoir Writing with Melanie

2:30–3:30

Qigong: Chinese Yoga (bilingual English & Chinese)

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

Celebrate Creativity

Embrace your sense of play with opportunities to enjoy and create art from the safety of your home.

LET'S MAKE STUFF!

with local artist d'Arci Bruno
Alternate Tuesdays,
11:15-12:15



Jan. 12: Into the
Shadows

Jan. 26: Mountains, Rocks,
Trees & Foliage

ART WITH ELDERS:

DRAWING AND PAINTING

Thursday Jan. 7, 11:15-12:45

Thursday Jan. 21, 11:15-12:45

MUSICAL THEATER DANCE CLASS

Thursday Jan. 7, 1:00-2:00

ART VIEWING ADVENTURES

Flo Allen: A Favorite Model
for Bay Area Artists

Monday Jan. 11, 1:00-2:00

Stories Photographs Tell

Monday Jan. 25, 1:00-2:00

DRAMA WITH FRIENDS

Plays of Garret Groenveld

Tuesday Jan. 19, 6:45-8:30

SATURDAY, JAN. 23

10:00–11:00 Movement for Memory with Kyra

MONDAY, JAN. 25

10:00–11:00 Always Active *

11:30–12:30 Writing for Remembering with MG

MONDAY, JAN. 25 (CONTINUED)

1:00–2:00 **Art Viewing Adventures - Stories Photographs Tell**

Museum guide Rodney Paul will be joined by Robert Tat, who will show a selection of famous photographs and tell us about how these pictures came to be made.

2:30–3:30 **Cooking with Chef Lorraine: Shortbread**

In honor of Scottish poet Robert Burns' birthday, let's make buttery Scottish Shortbread Cookies and decadent Millionaire's Shortbread.

4:00–5:00 **Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)**

6:00–7:30 **Boomer Music Talk with Richie Unterberger: Democracy is Coming to the USA**

Commemorating a new era in government, this talk will feature rock, folk, soul, and reggae devoted to people's voices in social and political affairs, from Bob Marley and Buffy Sainte-Marie to Leonard Cohen, Curtis Mayfield, and Peter, Paul & Mary.

TUESDAY, JAN. 26

10:00–11:00 **Dance for Strength with Kyra**

11:15–12:15 **Let's Make Stuff with D'Arci: Mountains, Rocks, Trees & Foliage**

Join local artist d'Arci Bruno to look at various ways to tackle Mother Nature's exterior decor and grow your skills to fit your individual style into the artistic landscape. See the listing on our online calendar for a full materials list or call us at 415-821-1003.

2:00–3:30 **Zoom Help Desk: Basic Meeting Controls ***

3:45–5:30 **Zoom Hosting 101 ***

WEDNESDAY, JAN. 27

10:00–11:00 Always Active *

10:00–12:00 **NEW! Tech Help Desk ***

11:30–12:30 **Chair Yoga with Kyra**

1:00–2:30 **Writing for Remembering with Marina**

2:45–3:45 **Beyond Male & Female: Understanding Gender Identity**

Maybe you have children or grandchildren who are transgender. Maybe you've met people who use "they" and "them" as their personal pronouns. Maybe you identify outside the binary of male and female and want to learn more. Better understand gender identities and engage with those outside the gender binary.

6:00–7:45 **LitQuake Elder Writing Project**

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

THURSDAY, JAN. 28

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:45 **Community Tales: Rituals and Traditions for a Happy New Year**
Join emcees Sherri Sawyer and Laura Atkins for an hour of sharing stories about our intentions for the new year. Who or what do you want to bring into your life in 2021? Join us to share your ideas/hopes/plans for 2021.
- 1:00–2:00 **Keep Us Connected: Access to Home Internet, Devices & Training**
CLC, the SF Tech Council, and the Dept. of Disability and Aging Services are working to close the digital divide. Learn about current initiatives, what you can do, and options for low cost and free Internet and devices.
- 2:30–3:30 Yoga Nidra for Sleeplessness

FRIDAY, JAN. 29

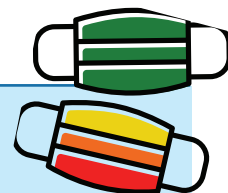
- 10:00–11:00 Always Active *
- 11:00–1:00 Get Started with Gmail / General Tech Help Desk *
- 12:00–1:00 Coronavirus Chat with Dr. Chodos *
- 12:15–1:45 Memoir Writing with Melanie
- 2:30–3:30 Qigong: Chinese Yoga (bilingual English & Chinese)

SATURDAY, JAN. 30

- 10:00–11:00 Movement for Memory with Kyra

MONDAY, FEB. 1

- 10:00–11:00 Always Active *
- 11:30–12:30 Writing for Remembering with MG
- 1:00–2:00 Leah's Pantry
- 2:30–3:30 Cooking with Chef Lorraine:
- 4:00–5:00 Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)



Walk & Wave and Other Outdoor Groups

When we can, we are holding some small (12 people or fewer) activities outdoors where neighbors can meet in person. To keep everyone safe, each participant must 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@sfccommunityliving.org or **415-821-1003** for information about upcoming outdoor activities in your San Francisco neighborhood.

All activities are subject to cancellation depending on San Francisco's Public Health orders.

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