

HIGHLIGHTS



For the latest event information, visit www.sfcommunityliving.org/events.

Author Talk: Lost Treasures of San Francisco

Thurs. Aug 6

3-4 pm

Join us on Zoom for a conversation with award-winning travel writer and journalist Maria Lenhart, author of the forthcoming **Lost Treasures of San Francisco** (Reedy Press), a look back at the city's vanished landmarks, businesses, and beloved bygone places.

Lenhart has spent decades writing about travel and culture for more than 100 publications, including Travel+Leisure, the Los Angeles Times, the Christian Science Monitor, and Skift.

Hear stories about San Francisco landmarks that time left behind and get a preview of Lenhart's newest book before it hits shelves!

Find the Link: <https://sfcommunityliving.org/events/>



Meet SF Author

Maria Lenhart

Maria Lenhart is an award-winning author and journalist specializing in travel and cultural topics who has contributed to over 100 publications.

Her book *Secret Cape Cod & The Islands: A Guide to the Weird, Wonderful and Obscure* (with Linda Humphrey) won a 2024 Lowell Thomas Award from the Society of American Travel Writers. Her *Lost Treasures of San Francisco* is a book about bygone places. Her articles have appeared in AAA Traveler, On the Go With AAA, Via, Skift, Travel+Leisure, Toronto Globe and Mail, Christian Science Monitor, Los Angeles Times, and many others.



Three Opportunities:

- ➔ Online: Thurs, August 6 from 3:00-4:00pm
- ➔ Bethel Church (2525 Alemany) Mon, August 10 at 11:15am
- ➔ St. John of God (5th and Irving) Tues, August 11 at 2:45pm



COMMUNITY CONNECTOR NETWORKS ARE PROGRAMS OF
Community Living Campaign, 1663 Mission St., Suite 525, San Francisco, CA 94103
415-821-1003 • ccnetworks@sfcommunityliving.org • www.sfcommunityliving.org
www.facebook.com/CommunityLivingCampaign

This program serving the community is funded by the City of San Francisco's Department of Disability and Aging Services. We also rely on private grants and donations to fund about 30% of our Community Connector Networks.



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

New Zoom Links That Started in July

Activities Main: <https://us02web.zoom.us/j/81373798153>

Drama with Friends: <https://us02web.zoom.us/j/82248383840>

Sidewalk Search Party: <https://us02web.zoom.us/j/81451023813>

The Hard Stuff: <https://us02web.zoom.us/j/85218834385>

Tech Main: <https://us02web.zoom.us/j/81109351666>

Virtual Tech Support: <https://us02web.zoom.us/j/84889424451>

Chinese English Cultural Exchange Class: <https://us02web.zoom.us/j/88073674466>

Chinese Singing Class: <https://us02web.zoom.us/j/86856952717>

SAVE THE DATE:

CLC's Annual Event

Honoring Shireen McSpadden

Thurs. Oct. 1

5:30 pm - 8:30 pm

UC Law SF Sky Deck



Community Living Campaign is proud to announce that Shireen McSpadden will receive the 2026 Norma Satten Community Service Award, which recognizes local leaders whose vision, innovation, and dedication have improved the lives of older adults and people with disabilities. Shireen has spent more than 30 years serving San Franciscans, including five years as Executive Director of the City and County of San Francisco's Department of Disability and Aging Services. She will soon retire as Executive Director of the San Francisco Department of Homelessness and Supportive Housing and was recognized by Time for her anti-ageism work.

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Department of Disability and Aging Services

HIGHLIGHTS



For the latest event information, visit www.sfcommunityliving.org/events.

Learn & Enjoy *Join your neighbors in person and online for a great selection of events!*



EMAIL BASICS IN THREE LESSONS

In this three-part monthly series, learn to navigate the Gmail interface, organize and search for messages, attach files, customize settings, and identify phishing emails. Please come to class with an established Google account and any necessary pass codes.

Class Dates:

Aug 4, 11, 18



MOVIE NIGHT

Saturdays, 6-8pm

Share a virtual communal experience on CLC's tech Zoom line while watching a classic film online with a crowd.

Aug 8: Bus Stop

Aug 22: An American in Paris



BOOMER MUSIC

Twice Monthly Mondays, 6-7:30pm

Join Music Expert Richie Unterberger as he explores the music that defined a generation.

Aug 10: British Rock of the 1970's

Aug 24: Paul McCartney's Early Solo Career



GEN BLEND OPEN MIC!

1st Thursdays, 5:30-7:30pm

Ruth's Table, 3160 21st St

Aug 6

Gen Blend celebrates intergenerational creativity with poetry, music, stories, and more from community writers and local artists of all ages.



NEW EVENT! DECLUTTER... GET READY FOR FALL WITH ARETE NICHOLS

Wed. Aug 18

11 am

Decluttering in both the spring and fall makes the process more manageable, helping you accomplish more without feeling overwhelmed. Learn practical organizing strategies to create a safer, more comfortable home.



ART VIEWING ADVENTURES

2nd & 4th Mondays, 1-2pm

Explore the magic of art with CLC experts.

Aug 10: The Fisher Collection Re-imagined at SFMOMA

Aug 24: Among the Colombians with Nick Despota



The HARD STUFF

Once a Month on Mondays, 4-5pm

Talk about issues affecting older adults in a safe and welcoming space.

Aug 17: The Challenges of Grandparenting.



SIDEWALK SEARCH PARTY

2nd & 4th Tuesdays, 2:30-3:30pm

Learn safety and identify sidewalk problems.

Aug 11: Virtual Meeting

Aug 25: In-Person Waddle

To request disability-related accommodations, or to obtain a printed or digital version of activity materials (when relevant), please contact us at ccnetworks@sfcommunityliving.org or **415-821-1003**. Give at least 72 hours notice to help us make accommodations to the greatest extent we can.



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

Stay connected with your neighbors from the safety of your own home

Listed classes occur every week unless noted. For more details, see our calendar at

www.sfcommunityliving.org/events.

CLC Activities Zoom. Most activities are on our main Zoom line. You can join as follows:

- **Join Online:** <https://us02web.zoom.us/j/81373798153>, register, then wait for the activity to start.
Meeting ID: 813 7379 8153
- **To join other activities**, use the links listed below.

MONDAY

10:00-11:00 **Always Active**

11:30-12:30 **Writing for Remembering with MG**

1:00-2:00 **Art Viewing Adventures Aug 10, 24**

1:30-2:30 **Always Active**

2:00-4:00 ***Art with Elders: Drawing & Painting**

4:00-5:00 **Qigong with David Wei (Bilingual)**

4:00-5:00 ****The Hard Stuff Aug 17**

6:00-7:30 **Boomer Music Aug 10, 24**

5:00-7:30 *****Drama with Friends:**

THURSDAY

10:00-11:00 **Always Active**

1:30-2:30 **Always Active**

3:00-4:00 **Singing Class (Cantonese & Mandarin)**

3:00-4:00 **Author Talk: Lost Treasures of San Francisco Aug 6**

6:00-7:30 **Art of Remembering Readings Aug 2**

FRIDAY

10:00-11:00 **Always Active**

4:00-5:00 **Qigong with David Wei (Bilingual)**

1:30-2:30 **Always Active**

TUESDAY

10:00-11:00 **Always Active**

1:30-2:30 **Always Active**

2:30-3:30 **Sidewalk Search Party**

Aug 11

3:00-4:00 **Singing Class (Cantonese & Mandarin)**

4:30-6:00 **Writing Through Reading**

WEDNESDAY

10:00-11:00 **Always Active**

10:00-11:00 **Decluttering Prep Aug 18**

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

1:30-2:30 **Always Active**

2:00-5:00 **Chinese-English Cultural Exchange + Social Hour**

2:00-3:00 **Mandarin Class**

3:00-4:00 **English Class**

4:00-5:00 **Social Hour**

6:00-7:45 **Litquake Elder Writing Project**

SPECIAL NOTES:

***Art with Elders:** Zoom Meeting ID: 885 1720 8387
Join at: <https://us02web.zoom.us/j/88517208387>

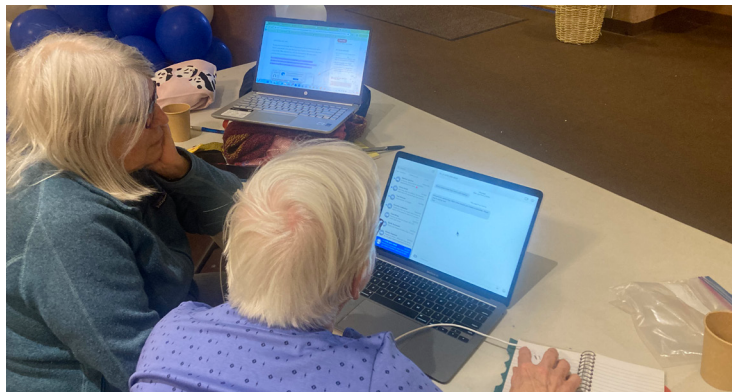
****The Hard Stuff:** Zoom Meeting ID: 852 1883 4385
Join at: <https://us02web.zoom.us/j/85218834385>

*****Drama with Friends:** Zoom Meeting ID: 822 4838 3840
Join at: <https://us02web.zoom.us/j/82248383840>

Tech Classes

CLC Tech Zoom. Most Tech Help Desks and Classes are on our Tech Zoom line. Join as follows:

- **Join Online:** <https://us02web.zoom.us/j/81109351666>, register, then wait for the class to start.
Meeting ID: 811 0935 1666
- **To join classes in person,** visit us at the CLC Tech Lab, 1663 Mission Street, Suite 525.



TUESDAY

12:00-1:00 **SF Fun Cheap** (Zoom)

10:00-11:00 **Gmail Basics in Three Lessons** (Zoom)

Aug 4, 11, 18

1:00-3:00 **Tech Help in Bayview** (At Bay View Library
5075 3rd St)

2:30-3:30 **Tech Tools for Accessibility** (Zoom)

Aug 18 "Overview"

WEDNESDAY

9:00-10:00 **Meet AI: Your Virtual Assistant** (Zoom)

10:00-11:00 **Video Calls on Zoom** **Aug 5, 19**

10:00-11:00 **Transportation** (Zoom)

Aug 12, 26

11:00-12:00 **Create a Keepsake Photo Book** (Zoom)

Aug 5, 19

11:00-12:00 **Choosing a Medical Alert System** (Zoom)

Aug 26

12:00-1:00 **My Social Security** (Zoom)

Aug 12

12:00-1:00 **Making Art on the Computer: Release Your Creativity** (Zoom)

THURSDAY

10:00-11:00 **Internet Safety** (Zoom)

1:00-3:00 **Microsoft Excel for Beginners** (SF Main Library,
100 Larkin St) **Aug 6, 20**

1:00-3:00 **Computer Basics -Series: Reservation Required**
(SF Main Library, 100 Larkin St) **See Page 1 for**
Instructions -Aug 6, 13, 20

3:00-4:30 **A Collage a Day Keeps the Blues Away**
(Zoom) **Aug 6, 20**

SATURDAY

6:00-8:00 **Movie Night** (Zoom)

Aug 8, 22

TECH SUPPORT

At the CLC Office: 1663 Mission St.
Suite 525

Monday-Friday, 10:00 - 12:00

Drop in
In person or on Zoom

Monday-Friday, 12:00-2:00

By appointment
Email tech@sfcommunityliving.org
for appointment

Monday-Friday, 10:00-2:00

Open computer lab for independent
use

Check Page 5 for Neighborhood Help



Stay connected with your neighbors

Join your neighbors for group exercise and other activities. To find out more, please contact ccnetworks@sfccommunityliving.org, 415-821-1003 ext. 106, or your local Community Connector.

Cayuga Bethel Lutheran Church, 2525 Alemany Blvd

- **Exercise (English)**
Mondays & Wednesdays, 10-11 am
- **Tea & Talk (English)**
Mondays & Wednesdays, 11-12 pm
- **Tech Help**, Mondays, (2nd & 4th & 5th), 11-12 pm
- **Tai Chi (Chinese)** Thursdays, 9-10 am

Miraloma Park

- **Indoor Exercise**
Tuesdays & Thursdays, 10:30-11:30 am
Cornerstone Trinity Baptist, 480 Teresita Blvd.
- **Tea & Talk** Tuesdays & Thursdays, 11:30-12 pm
Cornerstone Trinity Baptist, 480 Teresita Blvd.
- **Ukulele Class** Tuesdays, 2-3pm
Miraloma Clubhouse, 350 O'Shaughnessy Blvd
- **Outdoor Walking Group**, Thursdays, 1-2 pm
Cornerstone Trinity Baptist, 480 Teresita Blvd.

Crocker Amazon

Crocker Amazon Clubhouse, 799 Moscow St. at Italy
 Geneva Methodist Church, 1261 Geneva Avenue **June 2-Aug 19**

- **Exercise (English)** Wednesdays, 10:30-11:30 am
- **Tea & Talk (English)**
Mondays & Wednesdays, 11:30-12:30 pm
- **Chinese Dance (Chinese)** Fridays, 10:30-11:30 am
- **Tai Chi in the Park (Chinese)** Fridays, 9-10am

Midtown Terrace

Forest Hills Church, 250 Laguna Honda Blvd.

- **Exercise** Wednesdays, 1:30-2:30 pm
- **Tea & Talk (English)** Wednesdays, 2:45-3:45 pm
- **Tech Help**, Wednesdays (1st & 3rd), 2:45-3:45 pm

Sidewalk Search Waddles (Location varies)

Aug 25 2:30-3:30 pm

Contact jennifer@sfccommunityliving.org to sign up.

Merced Extension Triangle

Golden Gate Church, 201 Head St.

- **Exercise** Tuesdays, 10-11 am
- **Tea & Talk (English)** Tuesdays, 11:30-12:30 pm

Potrero Hill

PH Neighborhood House, 953 De Haro St.

- **Indoor Exercise** Thursdays, 10-11 am
- **Tea & Talk** Thursdays, 12-1 pm
- **Tech Help** Thursdays (2nd), 11-12 pm
- **Tech Talk** Thursdays (4th), 11-12 pm

Inner Sunset

St. John of God, 1290 Fifth Ave at Irving St.

- **Tai Chi in Person (Chinese)** 1:30-2:30pm on Mondays
- **Tai Chi in the Garden** Golden Gate Park Botanical Garden on Mondays, 12-12:45 pm
- **Botanical Garden Walk** Golden Gate Park Botanical Garden on Mondays, 1-2:30pm
- **Exercise (English)** Tuesdays & Thursdays, 1:30-2:30 pm
- **Tech Help (English)** Tuesdays, 1-3:30 pm
- **Dance Class (Chinese)** Mondays, 2:30-3:45 pm
Contact marina@sfccommunityliving.org for more info.
- **Tea & Talk** Tuesdays & Thursdays, 2:45 pm-3:45 pm
- **Monthly Line Dancing: Aug 27**
2:45-3:45 pm

Sunnyside St. Finn Barr Church, 415 Edna St.

- **Tai Chi/Exercise** Mondays, 10-11 am
- **Tea & Talk (English)** Mondays, 11-12 pm
- **Tech Help**, Mondays (1st & 3rd), 11-12 pm

Gen Blend at Ruth's Table

3160 21st St, San Francisco, CA 94110, 5:30-7:30 pm

Aug 6



Virtual Classes in Chinese

Computer Classes In Cantonese

Monday

9:30 - 11:30 am with Donna Li
 9:30 - 11:30 am with Amy Yu
 10:00 - 12:00 pm with Jianrong Jiang
 10:00 - 12:00 pm with Fiona Ren
 1:00 - 3:00 pm with Leon Zhang
 2:00 - 4:00 pm with Donna Li
 2:00 - 4:00 pm with Amy Yu

Tuesday

9:30 - 11:30 am with Amy Yu
 1:00 - 3:00 pm with Amy Yu
 1:00 - 3:00 pm with Donna Li

Wednesday

9:30 - 11:30 am with Amy Yu
 12:30 - 2:30 pm with Fiona Ren
 3:00 - 5:00 pm with Jianrong Jiang

Thursday

9:30 - 11:30 am with Leon Zhang
 9:30 - 11:30 am with Amy Yu
 1:00 - 3:00 pm with Donna Li
 1:00 - 3:00 pm with Amy Yu

Friday

9:30 - 11:30 am with Leon Zhang
 10:00 - 12:00 pm with Amy Yu
 1:00 - 3:30 pm with Jianrong Jiang
 1:30 - 3:30 pm with Amy Yu
 2:00 - 4:00 pm with Leon Zhang

Saturday

1:00 - 3:00 pm with Amy Yu

Computer Classes In Mandarin

Tuesday

10:30 - 12:30 pm with Fiona Ren

Wednesday

10:00 - 12:00 pm with Wanda Liu

Android Device Class

Wednesday

2:00 - 4:00 pm with Leon Zhang

Singing Class (Cantonese or Mandarin song)

Tuesday and Thursday

3:00 - 4:00 pm with Tina To

QiGong Classes with Chinese Interpretation *

Monday and Friday

4:00 - 5:00 pm with David Wei

Chinese and English Cultural and Language Exchange

Wednesday

Mandarin Class: 2:00 - 3:00 pm

English Class: 3:00 - 4:00 pm

Writing Class In Chinese

Tuesday 11am - 12 pm

With Zhong Ming Li

* If you would like to listen to the Chinese interpretation, please arrive 15 min before the class.

For more information, to join us for one of the Zoom classes, or for one-on-one tech help, please call Wanda Liu at 415-371-8119 or email wanda@sfcommunityliving.org.



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www.sfcommunityliving.org • 415.821.1003 • tech@sfcommunityliving.org



In-person Activities in Chinese

Tech Help Desks

Aquatic Park Senior Center

890 Beach Street
San Francisco CA 94109
Monday, 10 – 12 pm

With Leon Zhang

St John of God Church

1290 5th Ave
San Francisco CA 94122
Monday, 2-4 pm
With Fiona Ren and Tiffany Guan

Tel Hi Neighborhood Center

660 Lombard Street
San Francisco CA 94133
Tuesday, 10 - 12 pm
With Leon Zhang

CLC Office Tech Lab

1663 Mission Street, Suite 525
San Francisco CA 94103
Wednesday, 9 – 12 pm
With Leon Zhang

Tech Help Desks

Richmond Senior Center

6221 Geary Blvd, 3 FL
San Francisco CA 94121
Thursday, 1 – 3 pm
With Leon Zhang

Bethel Lutheran Church

2525 Alemany Blvd
San Francisco CA 94112
Thursday, 10– 12 pm
With Yolena Jiang

Crocker Amazon Club House

799 Moscow St
San Francisco CA 94112
Friday, 10 – 12 pm
With Yolena and Tiffany Guan

TaiChi Classes

St John of God Church
1290 5th Ave
Monday, 1:30 - 2:30 pm
With Simon Xiao

Bethel Lutheran Church

2525 Alemany Blvd
San Francisco CA 94112
Thursday, 9 – 10 am

Crocker Amazon Volleyball Court

799 Moscow St
San Francisco CA 94112
Friday, 9 – 10 am
With Simon Xiao

Dance Class

St John of God Church

1290 5th Ave
San Francisco CA 94122
Monday, 2:30 – 3:30 pm

Bethel Lutheran Church

2525 Alemany Blvd
San Francisco CA 94112
Thursday, 10:30 – 12:00 Pm

Crocker Amazon Club House

799 Moscow St
San Francisco CA 94112
Friday, 10:30 – 12:00

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作為 SF Connected Program 的一部分

分，Community Tech Network、Self-Help for the Elderly、Conard House 和其他非營利機構也提供電腦技術課程和專業課程。有關免費課程的更多信息，請致電 (415) 355-3555。



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中

中文上網課程

中文網上視頻課程 - 廣東話

星期一

上午 9:30 - 11:30 李老師
上午 9:30 - 11:30 余老師
上午 10:00 - 12:00 江老師
上午 10:00 - 12:00 任老師
下午 1:00 - 3:00 張老師
下午 2:00 - 4:00 李老師
下午 2:00 - 4:00 余老師

星期二

上午 9:30 - 11:30 余老師
下午 1:00 - 3:00 余老師
下午 1:00 - 3:00 李老師

星期三

上午 9:30 - 11:30 余老師
下午 12:30 - 2:30 任老師
下午 3:00 - 5:00 江老師

星期四

上午 9:30 - 11:30 張老師
上午 9:30 - 11:30 余老師
下午 1:00 - 3:00 李老師
下午 1:00 - 3:00 余老師

星期五

上午 9:30 - 11:30 張老師
上午 10:00 - 12:00 余老師
下午 1:00 - 3:00 江老師
下午 1:30 - 3:30 余老師
下午 2:00 - 4:00 張老師

星期六

下午 1:00 - 3:00 余老師

中文網上視頻課程 - 普通話

星期二

上午 10:00 - 12:00 任老師

星期三

上午 10:00 - 12:00 劉老師

安卓机

星期三

下午 2:00 - 4:00 張老師

唱歌班 (粵語 或者 國語歌)

星期二和星期四

下午 3:00 - 4:00 屠老師

氣功班 (廣東話翻譯)

星期一和星期五

下午 4:00 - 5:00 魏師父

文化與語言交流 (中英文班)

星期三

國語課：下午 2:00 - 3:00

英文課：下午 3:00 - 4:00

寫作班 (中文)

星期二, 上午 11:00 - 12:00

*如果您想聽中文翻譯，請提前
15分鐘參加視頻會議，學習打
開 Zoom 的翻譯功能。



了解更多資訊並要加入我們的 Zoom 課程或需要一對一的技術協助，請聯絡 Wanda Liu

電子郵件：wanda@sfcommunityliving.org 或致電：415-371-8119。



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中文面對面實體活動

面對面解決電腦問題

電腦技術幫助

太極課

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Bethel Lutheran Church
2525 Alemany Street
San Francisco CA 94112

Aquatic Park Senior Center

890 Beach Street

San Francisco CA 94109

星期一，上午 10 – 12 點

張老師 教

St John of God Church

1290 5th Ave

San Francisco CA 94122

星期一下午 2 – 4 點

任老師和關老師教

Tel Hi Neighborhood Center

660 Lombard Street

San Francisco CA 94133

星期二，上午 10 – 12 點

張老師 教

CLC 辦公室

1663 Mission Street, Suite 525

San Francisco CA 94103

星期三 上午 9 – 12 點

張老師 教

列治文耆英中心

6221 Geary Blvd, FL 3

San Francisco CA 94121

星期四，下午 1 – 3 點

張老師 教

2525 Alemany Blvd

San Francisco CA 94112

星期四，上午 10 – 12 點

江老師教

Crocker Amazon Club House

799 Moscow Street

San Francisco CA 94112

星期五 上午 10 – 12 點

江老師 和 李老師 教

太極課

1290 5th Ave

San Francisco CA 94122

星期一，1:30 – 2:30

蕭老師教

星期四，上午 9 – 10 點

蕭老師教

Crocker Amazon Volleyball Court

Mosco & Italy

San Francisco CA 94112

星期五，上午 9 – 10 點

蕭 老師教

舞蹈

St John of God Church

1290 5th Ave

星期一下午 2:30 – 3:30

Bethel Lutheran Church

2525 Alemany Street

San Francisco CA 94112

星期四，上午 10:30 – 12:00

Crocker Amazon Club House

799 Moscow St

San Francisco CA 94112

星期五，上午 10:30 – 12:00

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