



July/August 2024 Highlights

Join your neighbors in person and online for a great selection of events!
For the latest event information, visit www.sfcommunityliving.org/events.

Celebrate!

DISABILITY PRIDE EVENT - COME PLAY THE GAME OF LIFE!



While June is LGTBQ+ Pride Month, July Celebrates people with disabilities. Join Jennifer Walsh at San Francisco's Public Library for the life-sized version of the board game LIFE. Spin the Wheel. Play your life-size version of LIFE by chatting with fellow community members and representatives of different LIFE themes!

July 11, 11:00 am - 2:00 pm

**San Francisco Public Library Main Branch
100 Larkin St.**



SF FUN CHEAP

Explore the website celebrating the fun and cheap things to do in SF. **Thursdays, 3:00 pm - 4:00 pm July 11, 18, 25 Aug. 8, 15, 22, 29**

The Arts!

ART VIEWING ADVENTURES



Twice Monthly, CLC art experts take you on an adventure through the arts. Each session covers a different topic or artist.

1:00 p.m - 2:00 pm

Mon. July 8 - Creative Growth at SFMOMA

Mon. July 22 - Muralist and Puppeteer Ralph Chessé at SF Public Main Library

Mon. Aug 12 - Final Exhibition at Pier 24

ART WITH ELDERLY: PAINTING & DRAWING



Join Santiago in a weekly class to explore your personal world and create a unique body of artwork! This class will cover technical aspects of drawing and painting and in-class practice of skills.

Wednesdays, 2:00 pm - 4:00 pm

July 1, 8, 15, 22, 29

Aug. 5, 12, 19, 26

Get Outside!

PHOTOWALK IN GOLDEN GATE PARK (Mandarin and Cantonese)



Join Wanda and her Chinese Connector Crew for a photo walk through Golden Gate Park's Observatory of Flowers. Bring your cameras and phones and snap some great pictures. The event will be in Mandarin and Cantonese.

Monday, July 1

2:00 pm - 4:00 pm

EXCELSIOR SUNDAY STREETS



Join the Community Living Campaign, Cayuga Community Connectors, Crocker Community Connectors, Chinese Language Program, Neighborhood Tech Connect, EPrep, Safe Sidewalks Inclusion and Accessibility, Neighbor 2 Neighbor, Essential Trip Card, and more for a fun-filled day of music, food, and activities for all ages. Meet and greet your neighbors and participate in art projects.

July 21, 11:00 am - 4:00 pm



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Make a Connection



CHINESE AND ENGLISH CULTURAL LANGUAGE EXCHANGE

Join us this virtual offering to learn about each other's cultures! Learn English, American culture, Chinese culture, and Mandarin with native speakers. This class is all about fun and learning. We've recently added a social hour after the classes.

Wednesdays -2:00pm -5:00pm

2:00 pm - Mandarin Class

3:00 pm - English

4:00 pm - Social Hour

JOB MATCH WITH FIRST IMPRESSIONS

SF RE-SERVE Join Mark Friedlander, Employment Connector for the SF ReServe program, and learn how SF ReServe matches talented, skilled adults 60+ and adults of any age living with disabilities with paid part-time and project-based work at local nonprofits and other community-based organizations in San Francisco. **July 9, 12:15 pm - 1:00 pm**

BOOMER MUSIC



Join music enthusiast Richie Unterberger as he takes people on a journey through a generation's music. **6:00 pm -7:30 pm**

Mon. July 8 - Simon and Garfunkel

Mon. July 22 - Australian Rock: The Early Years

Mon. Aug 12 - Crosby, Stills, Nash & Young

Mon. August 26 - The Beatles by Others

Keep Learning & Connecting

LGBTQ+ TALK



Join us for our monthly segment, where our moderators discuss various issues impacting the LGBTQ+ Community. In July, we will discuss faith and sexuality, and in August, we will discuss the AIDS Memorial Quilt. **Thurs. July 18, August 15 - 4:00pm - 5:00pm**

Stay Healthy

HEALTHY AGING AND NUTRITION



Join Community Connector Darlene for this health-focused series.

July 2 - Nutrition to Beat Illness/The Brain

July 16 - Nutrition to Beat Illness/The Heart

July 30 - Nutrition to Fight Inflammation

August 13 - Nutrition to Help Immunity

August 27 - Nutrition for Cancer

11:15am - 12:15pm



THE HARD STUFF -LISTENING/NOT FIXING

Join CLC and therapist Sheila Koren to talk about the Hard stuff. In July, we will discuss the "Silent Epidemic" of estrangements. In August, we will discuss how San Francisco's continuing changes impact us all. **Mon. July 15, August 19**
4:00pm - 5:00pm

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

Explore the Online World with the Digital Passport

COMMUNITY
LIVING CAMPAIGN



DIGITAL PASSPORT

THERE'S A WHOLE DIGITAL WORLD WAITING FOR YOU! Whether you're new to the Internet or have been online for years, there's still more to explore. Safely find your way to information, connections and fun with our Passport to the Digital World. Come to one or more of the classes below to start your Digital Passport journey. Sign up or find out more at sfcommunityliving.org/computer-training/digital-passport or email our tech trainers at passport@sfcommunityliving.org.

CELEBRATING ACCOMPLISHMENTS. The Passport includes a selection of “places” to visit in the online world. Each topic includes two or three tasks to master for a “stamp” on your passport. As you learn, passport guides will “stamp” your passport. We will celebrate progress with certificates, raffle prizes, and parties with your Digital World neighbors in the coming months.

JOIN US! More information about in person classes are on **Page 15** and on the **CLC website**.



Unless otherwise noted, all virtual Digital Passport programs are on our Tech Line:

Phone: Dial 888-475-4499 (toll free). Enter Meeting ID: 825 5491 8303 ##.



DIGITAL PASSPORT ORIENTATION & CHECKIN.

Learn more about the Passport & sign up. **Thursdays 10 - 11am. July 18, 25 Aug. 1, 8, 15, 22, 29**



MUSIC. Learn to search for songs and create your own playlists. **Thursdays, 12 - 1pm. July 18, Aug. 1, 15, 29**



RECIPES. The web is wonderful for recipe sites. Learn the best. **Saturdays 10 - 11am July 6, 20. Aug. 3, 17**



NEWS. Evaluate news sources and review fact checking sites. **Thursdays 12 - 1pm July 11, 25 Aug. 8, 22**



GAMES AND GAMING ON YOUR DEVICE

Learn the best sites to download and play games on your phone or device. **Fridays, 1:30-2:30pm July 5, 12, 19, 26 Aug. 2, 9, 16, 23, 30**



TRANSLATION TOOLS.

Learn about sites and apps for translation. **Saturdays 10 am- 11 am July 13, 27 Aug. 10, 24**



SCANNING

Scan family photos and memories at CLC's computer lab. **Tuesdays 10 - 12 pm July 2 & 16. Aug. 6, 20**



DIGITAL PASSPORT OPEN LAB.

Visit CLC's Computer Lab and get help with the Digital Passport activities
**Tuesdays, 10 - 3 pm
Wednesdays, 9 - Noon
Thursdays, 12 - 3 pm (Cancelled July 11)**



MOVIE NIGHTS.

Invite your friends to tune in and enjoy a timeless classic or a thought-provoking science fiction film. **Saturdays, 6 - 8pm Aug. 10, 24**



ONLINE LEARNING SUCCESS.

Join us for an overview of online learning resources. **Wednesdays, 3 - 4pm July 3, 10, 17, 24, 31 Aug. 7, 14, 21, 28**



NAVIGATE INTERNET SAFELY

Learn about Internet Safety & Security. **English: Tues. 9 - 10:00am
Spanish: Fri. 9- 10am**



EXCEL

Learn basic data entry and formatting in Excel. **Mondays, 1 - 3pm July 1, 8, 15, 22, 29 Aug. 5, 12, 19, 26**



Helpful Resources

Transportation Support. Do you need help figuring out how to get around San Francisco with all the changes? SF Paratransit's discounted Essential Trip Card taxi rides are available for San Franciscans 65 or older, living with a disability and age 18+, or with health conditions or mobility challenges that prevent them from using Muni. Contact our transportation team at 415-821-1003, ext. 125 or transportation@sfccommunityliving.org to learn more.

Get Connected at Home

Learn Computer Basics and More. Join us for virtual and in-person tech classes throughout the week in English, Chinese, and Spanish. See the classes listed throughout this calendar or Contact tech@sfccommunityliving.org or 415-821-1003, ext. 109 to sign up for English or Spanish classes. Contact wanda@sfccommunityliving.org to sign up for Chinese classes.

Take Care of Yourself. We're all facing multiple stresses right now. If you're feeling lonely, anxious, or stressed, please reach out. CLC's Community Connectors are available to listen and connect you with support. You can also reach out to:

- **Institute on Aging Friendship Line.** 800-971-0016
- **Family Caregiver Alliance Support Groups.** www.caregiver.org/support-groups
- **LGBT National Hotline.** 888-843-4564
- **Trans Lifeline's Peer Support Hotline.** 877-565-8860
- **Mental Health Association Peer-Run Warm Line.** 855-845-7415

Other Questions and Needs?

- Call the San Francisco Department of Disability and Aging Services' **Benefits and Resources Hub** at 415-355-6700.

Spring Cleaning: De-Clutter Your Home and Support CLC!

When you drop off gently-used clothes, books, furniture, and other items, Community Thrift Store sells them and donates part of the proceeds to Community Living Campaign.

Community Thrift is located at 623 Valencia Street. They accept donations from 10am-5pm almost every day at the donation door on Sycamore Alley. Use the code #18 to let Community Thrift know you'd like your donations to support Community Living Campaign.

Invest in Community: Other Ways to Support Our Programs



We keep our classes and activities free so that all of our neighbors can participate, regardless of income. But we need your help keeping all of these offerings going! If you can, please consider a donation to Community Living Campaign. You can make a gift online (use the QR code) or find many other options on our website: sfccommunityliving.org/giving.

In-Person Activities & Events

See listing or www.sfcommunityliving.org/events for more details on event location.

Virtual Activities: How to Join a Zoom Call

Zoom is a service we use to hold activities by phone and online video.

Join by Phone: 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.

Join by Video: Find the meeting ID and link for your event. 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 also type the meeting ID directly into the Zoom app. **When you join, you'll need to answer a few registration questions. There's no need to pre-register. Just join 5 minutes or so before the activity.**

Virtual Activity Details (It's a New Fiscal Year, So New Zoom Lines!)

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 875 2188 4135##.**

Video: <https://us02web.zoom.us/j/87521884135>. Please register, then wait in the "waiting room" until the activity starts. Open the link in a Mac or PC browser if you don't want to download the Zoom app.

Computer Classes, Digital Passport Programs, and Tech Help Desks

Phone: Dial **888-475-4499** (toll free). Enter Meeting ID: **825 5491 8303##.**

Video: <https://us02web.zoom.us/j/82554918303>.

* 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.

* Wednesday Chinese-English Cultural and Language Exchange (Bilingual)

Phone: Dial **888-475-4499** (toll free). Enter Meeting ID: **870-2301-8852##.**

Video: <https://us02web.zoom.us/j/87023018852>. Meeting ID: **870 2301 8852##**

* Sidewalk Search Party

Phone: Dial **888-475-4499** (toll free). Enter Meeting ID: **844 5626 1118 ##.**

Video: <https://us02web.zoom.us/j/84456261118>

* Monday Drama with Friends

Phone: Dial **888-475-4499** (toll free). Enter Meeting ID: **840 8185 2483 ##.**

Video: <https://us02web.zoom.us/j/84081852483>. You'll be asked to register when you join.

* Senior Connections

Phone: Dial **1-669-219-2599** (toll free). Enter Meeting ID: **981 4975 0203#**

Video: : <https://ucsf.zoom.us/j/98149750203?pwd=fR4CTtqhWJ1ZHEvovlw6mXpaXzyz0T.1&from=addon>
Password: **097459**

* Job Match with SF Reserve: First Impressions

Video: https://sfpl-org.zoom.us/meeting/register/tZlqc-GvqzItHdeeuEV1_twuNt6WG8gcVfgX

You'll be asked to register when you join.

* Monday: The Hard Stuff

Phone: Dial **888-475-4499** (toll free). Enter Meeting ID: **894 5629 4559**

Video: <https://us02web.zoom.us/j/89456294559>

* Art with Elders

Video: <https://us02web.zoom.us/j/88517208387>

* Chinese Singing Class (Mandarin/Cantonese)

Video: <https://us02web.zoom.us/j/81312062698> Meeting ID: **813 1206 2698**

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



Week of July 1 to July 7

CLC Community Connector Networks Activity Calendar

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

For more details, see our calendar at www.sfcommunityliving.org/events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
July 1	July 2	July 3	July 4	July 5	July 6-7
<p>10:00-11:00 * Always Active</p> <p>10:00-11:30 * Apple Android Help Desk</p> <p>11:30-12:30 Writing for Remembering with MG</p> <p>1:00-3:00 Digital Passport: Excel (Hybrid)</p> <p>1:00-2:30 Botanical Garden Walking Group</p> <p>2:00-4:00 * Art with Elders: Drawing & Painting</p> <p>4:00-5:00 Qigong with David Wei (Bilingual) </p>	<p>9:00-10:00 Internet Safety</p> <p>10:00-11:00 Dance for Strength with Kyra </p> <p>10:00-12:00 Digital Passport: Scanning (In person)</p> <p>11:15 - 12:15 Healthy Aging & Nutrition: Nutrition to Beat Illness, The Brain</p> <p>3:00-4:00 * Singing Class (Cantonese & Mandarin)</p> <p>4:30-6:00 Writing Through Reading </p>	<p>10:00-11:00 * Always Active</p> <p>1:00-2:30 Writing for Remembering with Marina </p> <p>3:00-4:00 Digital Passport: Online Learning</p> <p>3:00-5:00 * Chinese-English Cultural Exchange + Social Hour</p> <p>6:00-7:45 LitQuake Writing Project </p>	<p>CLC CLOSED FOR INDEPENDENCE DAY</p>	<p>9:00-10:00 Digital Passport: Viernes Seguridad en Internet - en Español</p> <p>10:00-11:00 * Always Active</p> <p>12:15-1:45 Memoir Writing with Melanie </p> <p>1:30-2:30 Digital Passport: Games and Gaming</p> <p>4:00-5:00 Qigong with David Wei (Bilingual) </p>	<p>Saturday</p> <p>10:00-11:00 Digital Passport: Recipes</p>

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

Join Online: <https://us02web.zoom.us/j/87521884135>, register, then wait for the activity to start.

Call In by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 875 2188 4135**, press # #.

Special Zoom line for all Tech Help Desks and Classes

Join Online: <https://us02web.zoom.us/j/82554918303>, register, then wait for the class to start.

Call in by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 825 5491 8303**, press # #.

*** For activities with an asterisk, see page 5 for special link and call-in information.**





Week of July 8 to July 14

CLC Community Connector Networks Activity Calendar

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

For more details, see our calendar at www.sfcommunityliving.org/events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
July 8	July 9	July 10	July 11	July 12	July 13-14
<p>10:00-11:00 * Always Active</p> <p>10:00-11:30 Apple & Android Help Desk</p> <p>11:30-12:30 Writing for Remembering with MG</p> <p>1:00-3:00 Digital Passport: Excel (Hybrid)</p> <p>1:00-2:00 Art Viewing Adventures: Creative Growth at SF MOMA</p> <p>2:00-4:00 * Art with Elders: Drawing & Painting</p> <p>4:00-5:00 Qigong with David Wei (Bilingual)</p> <p>6:00-7:30 Boomer Music: Simon and Garfunkel </p>	<p>9:00-10:00 Digital Passport: Internet Safety</p> <p>10:00-11:00 Dance for Strength with Kyra </p> <p>12:15 - 1:00 SF Reserve: Job Match with First Impressions</p> <p>2:30 - 3:30 311: How it Works and When to Use It</p> <p>3:00-4:00 * Singing Class (Cantonese & Mandarin)</p> <p>4:30-6:00 Writing Through Reading </p>	<p>10:00-11:00 * Always Active</p> <p>1:00-2:30 Writing for Remembering with Marina</p> <p>3:00-4:00 Digital Passport: Online Learning</p> <p>2:00-5:00 * Chinese-English Cultural Exchange + Social Hour</p> <p>3:00 - 4:00 Inner Sunset Intergenerational Poetry Salon</p> <p>6:00-7:45 LitQuake Writing Project </p>	<p>10:00-11:00 Digital Passport: Orientation and Checkin -Hybrid</p> <p>12:00-1:00 Digital Passport: News</p> <p>3:00-4:00 * Singing Class (Cantonese & Mandarin)</p> <p>3:00-4:00 SF Fun and Cheap</p>	<p>9:00-10:00 Digital Passport: Viernes Seguridad en Internet - en Español</p> <p>10:00-11:00 * Always Active</p> <p>12:15-1:45 Memoir Writing with Melanie</p> <p>1:30-2:30 Digital Passport: Games and Gaming</p> <p>4:00-5:00 Qigong with David Wei (Bilingual)</p>	<p>Saturday</p> <p>10:00-11:00 Digital Passport: Translation Tools</p>

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Call In by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 875 2188 4135**, press # #.

Special Zoom line for all Tech Help Desks and Classes



Join Online: <https://us02web.zoom.us/j/82554918303>, register, then wait for the class to start.

Call in by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 825 5491 8303**, press # #.

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Week of July 15 to July 16

CLC Community Connector Networks Activity Calendar

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
July 15	July 16	July 17	July 18	July 19	Jul 20-21
<p>10:00-11:00 * Always Active</p> <p>10:00-11:30 Apple & Android Help Desk</p> <p>11:30-12:30 Writing for Remembering with MG</p> <p>1:00-3:00 Digital Passport: Excel (Hybrid)</p> <p>2:00-4:00 * Art with Elders: Drawing & Painting</p> <p>4:00-5:00 Qigong with David Wei (Bilingual) </p> <p>4:00-5:00 The Hard Stuff: Estrangements</p> <p>6:50-8:35 Drama with Friends</p>	<p>9:00-10:00 Digital Passport: Internet Safety</p> <p>11:15 - 12:15 Healthy Aging & Nutrition: Nutrition to Beat Illness, The Heart</p> <p>2:30-3:30 Digital Passport: Tech Tools for Accessibility</p> <p>3:00-4:00 * Singing Class (Cantonese & Mandarin)</p> <p>4:30-6:00 Writing Through Reading </p>	<p>10:00-11:00 * Always Active</p> <p>10:00-11:00 Dance for Strength with Kyra </p> <p>2:00-5:00 * Chinese-English Cultural Exchange+ Social Hour</p> <p>3:00-4:00 Digital Passport: Online Learning</p> <p>6:00 - 7:45 LitQuake Writing project </p>	<p>10:00-11:00 Digital Passport Orientation & Checkin -Hybrid</p> <p>12:00-1:00 Digital Passport: Music</p> <p>3:00-4:00 * Singing Class (Cantonese & Mandarin)</p> <p>3:00-4:00 SF Fun and Cheap</p> <p>4:00-5:00 LGBTQ+ Talk: Faith and Sexuality</p>	<p>10:00-11:00 * Always Active</p> <p>9:00-10:00 Digital Passport: Viernes Seguridad en Internet - en Español</p> <p>12:15-1:45 Memoir Writing with Melanie</p> <p>1:30-2:30 Digital Passport: Games and Gaming</p> <p>4:00-5:00 Qigong with David Wei (Bilingual) </p>	<p>Saturday 10:00-11:00 Digital Passport: Recipes</p> <p>Sunday 11:00-4:00 Excelsior Sunday Streets</p>

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Join Online: <https://us02web.zoom.us/j/87521884135>, register, then wait for the activity to start

Call In by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 875 2188 4135**, press # #.

Special Zoom line for all Tech Help Desks and Classes

Join Online: <https://us02web.zoom.us/j/82554918303>, register, then wait for the class to start.

Call in by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 825 5491 8303**, press # #.

*** For activities with an asterisk, see page 5 for special link and call-in information.**

New

New



Week of July 22 to July 28

CLC Community Connector Networks Activity Calendar

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

For more details, see our calendar at www.sfcommunityliving.org/events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
July 22	July 23	July 24	July 25	July 26	Jul 27-28
<p>10:00-11:00 * Always Active</p> <p>10:00-11:30 Apple & Android Help Desk</p> <p>11:30-12:30 Writing for Remembering with MG </p> <p>1:00-3:00 Digital Passport: Excel (Hybrid)</p> <p>1:00-2:00 Art Viewing Adventures: Muralist and Puppeteer Ralph Cheese'</p> <p>2:00-4:00 * Art with Elders: Drawing & Painting </p> <p>4:00-5:00 Qigong with David Wei (Bilingual)</p> <p>6:00-7:30 Boomer Music: Australian Rock</p>	<p>9:00-10:00 Digital Passport: Internet Safety</p> <p>10:00-11:00 Dance for Strength with Kyra </p> <p>2:30-3:30 * Sidewalk Search Waddle (In Person)</p> <p>3:00-4:00 * Singing Class (Cantonese & Mandarin)</p>	<p>10:00-11:00 * Always Active</p> <p>3:00-4:00 Digital Passport: Online Learning</p> <p>3:00-5:00 * Chinese-English Cultural Exchange + Social Hour</p> <p>6:00-7:45 LitQuake Writing Project </p>	<p>10:00-11:00 Digital Passport Orientation & Checkin-Hybrid</p> <p>12:00-1:00 Digital Passport: News</p> <p>3:00-4:00 SF Fun and Cheap</p> <p>3:00-4:00 * Singing Class (Cantonese & Mandarin)</p>	<p>10:00-11:00 * Always Active</p> <p>9:00-10:00 Digital Passport: Viernes Seguridad en Internet - en Español</p> <p>12:15-1:45 Memoir Writing with Melanie</p> <p>1:30-2:30 Digital Passport: Games and Gaming</p> <p>4:00-5:00 Qigong with David Wei (Bilingual)</p>	<p>Saturday</p> <p>10:00-11:00 Digital Passport: Translation Tools</p>

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

Join Online: <https://us02web.zoom.us/j/87521884135>, register, then wait for the activity to start.

Call In by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 875 2188 4135**, press # #.

Special Zoom line for all Tech Help Desks and Classes



Join Online: <https://us02web.zoom.us/j/82554918303>, register, then wait for the class to start.

Call in by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 825 5491 8303**, press # #.

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Week of July 29 to August 4

CLC Community Connector Networks Activity Calendar

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

For more details, see our calendar at www.sfcommunityliving.org/events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
July 29	July 30	July 31	August 1	August 2	Aug 3-4
<p>10:00–11:00 * Always Active</p> <p>10:00–11:30 * Apple & Android Help Desk</p> <p>11:30–12:30 Writing for Remembering with MG</p> <p>1:00–3:00 Digital Passport: Excel (Hybrid)</p> <p>2:00–4:00 * Art with Elders: Drawing & Painting</p> <p>4:00–5:00 Qigong with David Wei (Bilingual) </p>	<p>9:00–10:00 Digital Passport: Internet Safety</p> <p>10:00–11:00 Dance for Strength with Kyra </p> <p>11:15 - 12:15 Healthy Aging & Nutrition: Nutrition to Help Fight Inflammation</p> <p>3:00–4:00 * Singing Class (Cantonese & Mandarin)</p>	<p>10:00–11:00 * Always Active</p> <p>2:00–5:00 * Chinese-English Cultural Exchange+ Social Hour</p> <p>3:00–4:00 Digital Passport: Online Learning</p> <p>6:00 - 7:45 LitQuake Writing project </p>	<p>10:00–11:00 Digital Passport Orientation & Checkin-Hybrid</p> <p>12:00–1:00 Digital Passport: Music</p> <p>3:00–4:00 * Singing Class (Cantonese & Mandarin)</p>	<p>10:00–11:00 * Always Active</p> <p>9:00–10:00 Digital Passport: Viernes Seguridad en Internet - en Español</p> <p>12:15–1:45 Memoir Writing with Melanie</p> <p>1:30–2:30 Digital Passport: Games and Gaming</p> <p>4:00–5:00 Qigong with David Wei (bilingual) </p>	<p>Saturday</p> <p>10:00–11:00 Digital Passport: Recipes</p>

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

Join Online: <https://us02web.zoom.us/j/87521884135>, register, then wait for the activity to start.

Call In by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 875 2188 4135**, press # #.

Special Zoom line for all Tech Help Desks and Classes



Join Online: <https://us02web.zoom.us/j/82554918303>, register, then wait for the class to start.

Call in by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 825 5491 8303**, press # #.

*** For activities with an asterisk, see page 5 for special link and call-in information.**





Week of August 5 to August 11

CLC Community Connector Networks Activity Calendar

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

For more details, see our calendar at www.sfcommunityliving.org/events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
August 5	August 6	August 7	August 8	August 9	Aug 10-11
<p>10:00–11:00 * Always Active</p> <p>10:00–11:30 Apple Android Help Desk</p> <p>11:30–12:30 Writing for Remembering with MG </p> <p>1:00–3:00 Digital Passport: Excel (Hybrid)</p> <p>2:00–4:00 * Art with Elders: Drawing & Painting</p> <p>4:00–5:00 Qigong with David Wei (Bilingual) </p>	<p>9:00–10:00 Digital Passport: Internet Safety</p> <p>10:00–12:00 Digital Passport: Scanning</p> <p>10:00–11:00 Dance for Strength with Kyra </p> <p>3:00–4:00 * Singing Class (Cantonese & Mandarin)</p> <p>4:30–6:00 Writing Through Reading </p>	<p>10:00–11:00 * Always Active</p> <p>1:00–2:30 Writing for Remembering with Marina </p> <p>2:00–5:00 * Chinese-English Cultural Exchange+ Social Hour</p> <p>3:00–4:00 Digital Passport: Online Learning</p> <p>6:00–7:45 LitQuake Writing Project </p>	<p>10:00–11:00 Digital Passport Orientation and Checkin -Hybrid</p> <p>12:00–1:00 Digital Passport: News</p> <p>3:00–4:00 SF Fun and Cheap</p> <p>3:00–4:00 * Singing Class (Cantonese & Mandarin)</p>	<p>10:00–11:00 * Always Active</p> <p>9:00–10:00 Digital Passport: Viernes Seguridad en Internet - en Español</p> <p>12:15–1:45 Memoir Writing with Melanie </p> <p>1:30–2:30 Digital Passport: Games and Gaming</p> <p>4:00–5:00 Qigong with David Wei (Bilingual) </p>	<p>Saturday 10:00–11:00 Digital Passport: Translation Tools</p> <p>Saturday 6:00–8:00 Digital Passport: Movie Night</p>

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

Join Online: <https://us02web.zoom.us/j/87072048045>, register, then wait for the activity to start.

Call In by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 870 7204 8045**, press # #.

Special Zoom line for all Tech Help Desks and Classes

New

Join Online: <https://us02web.zoom.us/j/82554918303>, register, then wait for the class to start.

Call in by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 825 5491 8303**, press # #.

*** For activities with an asterisk, see page 5 for special link and call-in information.**

New



Week of August 12 to August 18

CLC Community Connector Networks Activity Calendar

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

For more details, see our calendar at www.sfccommunityliving.org/events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
August 12	August 13	August 14	August 15	August 16	Aug 17-18
<p>10:00–11:00 * Always Active</p> <p>10:00–11:30 Apple & Android Help Desk</p> <p>11:30–12:30 Writing for Remembering with MG</p> <p>1:00–3:00 Excel (Hybrid)</p> <p>1:00–2:00 Art Viewing Adventures: Final Exhibition at Pier 24</p> <p>2:00–4:00 * Art with Elders: Drawing & Painting</p> <p>4:00–5:00 Qigong with David Wei (Bilingual)</p> <p>6:00–7:30 Boomer Music: Crosby, Stills, Nash & Young.</p>	<p>9:00–10:00 Digital Passport: Internet Safety</p> <p>10:00–11:00 Dance for Strength with Kyra </p> <p>11:15 - 12:15 Healthy Aging & Nutrition: Nutrition to Help Immunity</p> <p>2:30–3:30 * Sidewalk Search Party </p> <p>3:00–4:00 * Singing Class (Cantonese & Mandarin)</p> <p>4:30–6:00 Writing Through Reading </p>	<p>10:00–11:00 * Always Active</p> <p>1:00–2:30 Writing for Remembering with Marina </p> <p>2:00–5:00 * Chinese-English Cultural Exchange+ Social Hour</p> <p>3:00–4:00 Digital Passport: Online Learning</p> <p>6:00–7:45 LitQuake Writing Project </p>	<p>10:00–11:00 Digital Passport Orientation and Checkin-Hybrid</p> <p>12:00–1:00 Digital Passport: Music</p> <p>3:00–4:00 SF Fun and Cheap</p> <p>3:00–4:00 * Singing Class (Cantonese & Mandarin)</p> <p>4:00–5:00 LGBTQ+ Talk: The Aids Memorial Quilt </p> <p>6:00–8:00 Art of Remembering Readings </p>	<p>10:00–11:00 * Always Active</p> <p>9:00–10:00 Digital Passport: Viernes Seguridad en Internet - en Español</p> <p>12:15–1:45 Memoir Writing with Melanie </p> <p>1:30–2:30 Digital Passport: Games and Gaming</p> <p>4:00–5:00 Qigong with David Wei (Bilingual)</p>	<p>Saturday</p> <p>10:00–11:00 Digital Passport: Recipes</p>

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

Join Online: <https://us02web.zoom.us/j/87521884135>, register, then wait for the activity to start.

Call In by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 875 2188 4135**, press # #.

Special Zoom line for all Tech Help Desks and Classes

Join Online: <https://us02web.zoom.us/j/82554918303>, register, then wait for the class to start.

Call in by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 825 5491 8303**, press # #.

*** For activities with an asterisk, see page 5 for special link and call-in information.**





Week of August 19 to August 25

CLC Community Connector Networks Activity Calendar

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

For more details, see our calendar at www.sfccommunityliving.org/events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
August 19	August 20	August 21	August 22	August 23	Aug 24-25
<p>10:00–11:00 * Always Active</p> <p>10:00–11:30 Apple & Android Help Desk</p> <p>11:30–12:30 Writing for Remembering with MG </p> <p>1:00–3:00 Digital Passport: Excel (Hybrid)</p> <p>2:00–4:00 * Art with Elders: Drawing & Painting</p> <p>4:00–5:00 Qigong with David Wei (Bilingual)</p> <p>4:00–5:00 The Hard Stuff: Our Changing City</p> <p>6:50–8:35 * Drama with Friends</p>	<p>9:00–10:00 Digital Passport: Internet Safety</p> <p>10:00–12:00 Digital Passport: Scanning</p> <p>10:00–11:00 Dance for Strength with Kyra </p> <p>2:30–3:30 Digital Passport: Tech Tools for Accessibility</p> <p>3:00–4:00 * Singing Class (Cantonese & Mandarin)</p> <p>4:30–6:00 Writing Through Reading </p>	<p>10:00–11:00 * Always Active</p> <p>1:00–2:30 Writing for Remembering with Marina </p> <p>2:00–5:00 * Chinese-English Cultural Exchange+ Social Hour</p> <p>3:00–4:00 Digital Passport: Online Learning</p> <p>6:00–7:45 LitQuake Writing Project </p>	<p>10:00–11:00 Digital Passport: Orientation and Checkin-Hybrid</p> <p>12:00–1:00 Digital Passport: News</p> <p>3:00–4:00 SF Fun and Cheap</p> <p>3:00–4:00 * Singing Class (Cantonese & Mandarin)</p>	<p>10:00–11:00 * Always Active</p> <p>9:00–10:00 Digital Passport: Viernes Seguridad en Internet - en Español</p> <p>12:15–1:45 Memoir Writing with Melanie</p> <p>1:30–2:30 Digital Passport: Games and Gaming</p> <p>4:00–5:00 Qigong with David Wei (Bilingual)</p>	<p>Saturday 10:00–11:00 Digital Passport: Translation Tools</p> <p>Saturday 6:00 Digital Passport: Movie Night</p>

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

Join Online: <https://us02web.zoom.us/j/87521884135>, register, then wait for the activity to start.

Call In by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 875 2188 4135**, press # #.

Special Zoom line for all Tech Help Desks and Classes

Join Online: <https://us02web.zoom.us/j/82554918303>, register, then wait for the class to start.

Call in by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 825 5491 8303**, press # #.

*** For activities with an asterisk, see page 5 for special link and call-in information.**





Week of August 26 to September 1

CLC Community Connector Networks Activity Calendar

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

For more details, see our calendar at www.sfcommunityliving.org/events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
August 26	August 27	August 28	August 29	August 30	Aug 31-1
<p>10:00–11:00 * Always Active</p> <p>10:00–11:30 Apple Android Help Desk</p> <p>11:30–12:30 Writing for Remembering with MG</p> <p>1:00–3:00 Digital Passport: Excel (Hybrid)</p> <p>2:00–4:00 * Art with Elders: Drawing & Painting</p> <p>4:00–5:00 Qigong with David Wei (Bilingual) </p> <p>6:00–7:30 Boomer Music: The Beatles by Others</p>	<p>9:00–10:00 Digital Passport: Internet Safety</p> <p>10:00–11:00 Dance for Strength with Kyra </p> <p>11:15 - 12:15 Healthy Aging & Nutrition: Nutrition for Cancer</p> <p>2:30–3:30 * Sidewalk Search Waddle (In Person) </p> <p>3:00–4:00 * Singing Class (Cantonese & Mandarin)</p> <p>4:30–6:30 Writing Through Reading </p>	<p>10:00–11:00 * Always Active</p> <p>1:00–2:30 Writing for Remembering with Marina</p> <p>2:00–5:00 * Chinese-English Cultural Exchange+ Social Hour</p> <p>3:00–4:00 Digital Passport: Online Learning</p> <p>6:00–7:45 LitQuake Writing Project </p>	<p>10:00–11:00 Digital Passport Orientation and Checkin-Hybrid</p> <p>12:00–1:00 Digital Passport: Music</p> <p>3:00–4:00 SF Fun and Cheap</p> <p>3:00–4:00 * Singing Class (Cantonese & Mandarin)</p>	<p>10:00–11:00 * Always Active</p> <p>9:00–10:00 Digital Passport: Viernes Seguridad en Internet - en Español</p> <p>12:15–1:45 Memoir Writing with Melanie</p> <p>1:30–2:30 Digital Passport: Games and Gaming</p> <p>4:00–5:00 Qigong with David Wei (Bilingual) </p>	

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

Join Online: <https://us02web.zoom.us/j/87521884135>, register, then wait for the activity to start.

Call In by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 875 2188 4135**, press # #.

Special Zoom line for all Tech Help Desks and Classes



Join Online: <https://us02web.zoom.us/j/82554918303>, register, then wait for the class to start.

Call in by Phone: Dial 888-475-4499 (toll free). Enter the **Meeting ID: 825 5491 8303**, press # #.

*** For activities with an asterisk, see page 5 for special link and call-in information.**





July/August 2024: In-Person Tech Help

San Francisco seniors and people with disabilities: do you need help with your phone, tablet, or computer? Join us in-person! Find out more at tech@sfccommunityliving.org or **415-821-1003, x109**.

COMMUNITY CONNECTORS TECH HELP. Bring your own tablets, phones or laptops for in-person help:

- **Bayview Teachery with Chester.** Tuesdays, July 2, 9, 16, 23, 30 & August 6, 13, 20, 27, 1:00pm – 3pm at Bayview Branch, SF Public Library, 5075 3rd St.
- **Tech Help Desk at Inner Sunset Connectors.** Tuesday, July 2, 9, 16, 23, 30 & Aug. 6, 13, 20, 27, 1:00pm – 3pm at St. John of God, 1290 5th Avenue (Corner of Irving St)
- **Tech Help Desk at Potrero Hill Connectors.** Thurs. July 11, Aug. 1 12:00pm – 2:00pm at Potrero Hill Neighborhood House, 953 DeHaro
- **Tech Help & Digital Passport at Cayuga.** Wednesdays, 11:00am - 12:30am at Bethel Lutheran Church, 2525 Alemany Blvd, San Francisco, CA 94112
- **Chinese Help Desk at Cayuga Connectors.** Thursdays, 10:00am – 12pm at Bethel Lutheran Church, 2525 Alemany Blvd.
- **Chinese Help Desk at Crocker Amazon Connectors.** Fridays, 10:00am – 12pm at Crocker Amazon Clubhouse, Moscow St. at Italy St.

CLC COMPUTER LAB. Bring your own device or use one of our PCs at 1663 Mission St., Suite 525:

- **Chinese Tech Help Desk with Leon.** Wednesdays, 9:00am – 12:00pm
- **Digital Passport Open Lab.** Tuesdays, 10:00am - 3:00pm Wednesdays, 9:00 am - 12:00pm Thursdays, 12pm – 3pm
- **Digital Passport Orientation and Check-In. (Hybrid)** Thursdays, 10:00am – 11:00pm at CLC Office, 1663 Mission St., Suite 525
- **Excel. (Hybrid)** Monday. 1pm – 3pm at CLC Office 1663 Mission St., Suite 525

OTHER NEIGHBORHOOD COMPUTER LABS. Bring your own device or use one of the PCs at the lab:

- **Tech Help Desk at Telegraph Hill.** Tuesdays, 10:00am – 12:00pm, Telegraph Hill Neighborhood Center, 660 Lombard St. (Bilingual)
- **Tech Help Desk at Aquatic Park.** Wednesdays, 10:00am – 12:00pm at Aquatic Park Senior Center, 890 Beach St. (Bilingual)
- **Chinese Tech Help Desk with CanXin.** Thursdays, 1:00 pm – 3:00pm at Richmond Senior Center, 6221 Geary Blvd., 3rd Floor

IN-PERSON ACTIVITY GUIDELINES. To keep everyone safe, each staff member, volunteer, and participant attending our indoor activities agrees to:

- Register with your contact information
- Stay home if you or someone in your household feels sick or was exposed to COVID
- **Everyone:** We highly recommend wearing a high-quality N95, KN95, or KF94 mask. Some in-person activities require masks for participation.
- **For Indoors Exercise or Eating:** Bring proof of full vaccination (including Booster if eligible) and a photo ID.



July/August 2024: In-Person Activities

INDOOR EXERCISE CLASSES

Join us for indoor exercise classes. Depending on the day and location, exercise includes Always Active, Dance for Strength, Chair Yoga, and Creative Movement. To register or join the wait list, please contact **415-821-1003 ext. 106**, ccnetworks@sfccommunityliving.org, or **your local Community Connector**.

Everyone must bring **proof of full vaccination** and a **photo ID**. We highly recommend wearing a **high-quality N95, KN95, or KF94 mask**, and each location retains the right to require masks. **To keep everyone safe, capacity is limited. You must pre-register.** Seniors and people with disabilities living within the neighborhood will have priority.

- **Cayuga Connectors** (Bethel Church, 2525 Alemany Blvd).
English on Weds, 10:00am –11:00am & Chinese on Thurs. 9am –10am
- **Crocker Amazon Connectors** (Crocker Amazon Clubhouse, 799 Moscow). **Wed, 9:30am –11:30am**
- **Inner Sunset Connectors** (St. Anne of the Sunset, 850 Judah).
Tues, 1:00pm –2:00pm and Thurs, 1:30pm –2:30pm
- **Merced Extension Triangle Connectors** (Golden Gate Church, 201 Head St.)
Tues, 10:00am–12:00pm
- **Miraloma Park Connectors** (Cornerstone Trinity Baptist, 480 Teresita Blvd.)
Tues and Thurs, 10:30am –11:30am
- **Midtown Terrace Connector** (Forest Hills Church, 250 Laguna Honda Blvd). **Wed, 1:30pm –2:30pm**
- **Potrero Hill Connectors**. (PH Neighborhood House, 953 De Haro Street) **Thurs, 11:00am–12:00pm**
- **Sunnyside Connectors** (St. Finn Barr, 415 Edna Street). **Mon, 10:00am –11:00am**

NEIGHBORHOOD WALKS & MORE

Join your neighbors outdoors for a walk or Tai Chi. Contact your local Connector, **415-821-1003, ext. 106**, or ccnetworks@sfccommunityliving.org to sign up.

- **Crocker Amazon Tai Chi in the Park** (in Chinese) (Indoors in poor weather). **Fridays, 9am –10am**
- **Inner Sunset Tai Chi in the Garden**. **Mondays, 11:45am-12:30pm**
- **Inner Sunset Botanical Garden Walk**. **Mondays, 1:00pm –2:30pm**
- **Miraloma Park Walk**. **Thursdays, 1:00pm – 2:00pm**
- **Sunnyside Walk**. **Fridays, 10:00am –11:00am**
- **Sidewalk Search Waddle**. **Tuesday, July 23, Aug. 27, 2:30pm –3:30pm**. Location varies.
Contact jennifer@sfccommunityliving.org to sign up and help make SF sidewalks safer!

OTHER IN-PERSON ACTIVITIES

- **Writing Workshop: Do You Remember?** Join Litquake Elder Fellow MG Thomas to share your memories and listen to others share theirs. All writing levels are welcome.
Wed, 11:15am –12:15am at Bethel Church, 2525 Alemany



COMMUNITY LIVING CAMPAIGN

1663 Mission Street, Suite 525, San Francisco, CA 94103

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

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