



Monday & Thursday, 1:30-3:30pm. Starting October 22.

Meet Your Neighbors, Exercise, and Have Fun!

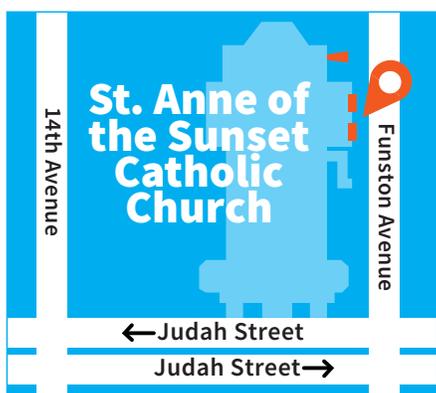
1:30-2:30pm: Always Active Senior Exercise Class

Cardio, Strength Training, Flexibility & Balance

2:30-3:30pm: Stay for coffee, snacks, classes, and to meet your neighbors

Aging and Thriving Together Exercise and stay fit while building a network of supportive neighbors and friends. This free program is funded by the City in response to a request from Cole Valley Improvement Association, Inner Sunset Park Neighbors, and S.H.A.R.P.

Meet at St. Anne of the Sunset Catholic Church



850 Judah St., San Francisco

Community Hall entrance on Funston side. Disability ramp to right of entry doors before playground.

For information:

Call Judy Goddess at 415-688-9452 or e-mail judygoddess@gmail.com.



www.SFcommunityliving.org



Follow Community Living Campaign on Facebook: www.facebook.com/CommunityLivingCampaign/

Community Connector Networks



Building Connections

“This has made a difference in my life. I didn't know all these neighbors of mine until I joined the exercise class.”



Empowering Elders

Neighbors gather healthy living classes, computer tutoring, memoir writing, intergenerational celebrations, and more.



Strengthening Neighborhoods

From painting a new mural at the local park, to preparing for emergencies, older neighbors use their talents to improve their community.

Changing Strangers into Neighbors, and Neighbors into Friends

Together with local residents, Community Living Campaign (CLC) builds networks of supportive neighbors and friends who can look out for each other. *Studies show that for people to age in their homes, about 20% of what they need comes from formal services. The other 80% comes from family, friends, and other community members.* This is at the heart of what we do.

100%

know more people in their community and more about community services

Aging and Thriving Together

With all of our activities, our goal is to create opportunities for participants to build the connections and friendships they need to age and thrive in their own homes. Our recent survey of Connector network participants found: **89%** report their quality of life is better. **69%** report they have an easier time taking care of themselves. **81%** feel more likely to be able to stay in their home.

95%

report knowing one or more neighbors to ask for help

Neighbors Helping Neighbors

Most participants both offering and provide help—with shopping, chores, visits, and many other small, but important, kindnesses. **66%** get help from neighbors. **81%** provide help to neighbors.



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