

HIGHLIGHTS



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

NEVER BETTER ELDERS

Thursday, May 14

1-3:30pm

Our theme this year: How do you say YES to Life? Yes to Volunteering, Yes to Connecting, Yes to Advocacy, Yes to being a Good Neighbor.

Meet over 25 organizations that support older adults and people with disabilities, offer tech support, host art projects, give AI demonstrations, and provide live entertainment, all in Golden Gate Park. Some exhibitors include the SF Dept of Disability and Aging Services, Alzheimer's Assn, Art With Elders, Institute on Aging, Mission Neighborhood Centers, CYC, Home Match, and more.

Make a day of it. Take public transportation and visit vibrant Irving Street, Inner Sunset's top shopping and dining destination.

Less than a 15-minute walk to the de Young Museum, see "Embroidered Histories" an exhibition highlighting European embroidery samplers from the 17th through 19th centuries. Exhibit ends May 24. Transportation: N Judah Metro (9th Ave & Irving St stop). Other convenient bus lines include the 44 O'Shaughnessy (stops nearby), 28 19th Avenue, and 7 Haight/Noriega.



SAN FRANCISCO TECH WEEK RETURNS

May 9 - 16

Community Living Campaign (CLC) is proud to announce its participation in San Francisco Tech Week 2026, a citywide celebration of digital learning, innovation, and connection hosted by the San Francisco Public Library. Taking place from May 9-16, Tech Week brings together community organizations, educators, and technology leaders to help residents build skills, explore new tools, and access free resources that support everyday life.

CLC is excited to contribute a series of hands-on workshops and community-based learning experiences.

CLC TECH WEEK SCHEDULE (2026)

Monday, May 11

Microsoft Excel for Beginners

10:00 am – 12:00 pm

SF Main Library



Botanical Garden Photo Walk (Chinese & English)

2:00 pm – 4:00 pm

Golden Gate Park

Wednesday, May 13

Scanning Workshop (Chinese & English)

9:00 am – 12:00 pm

CLC Office

Personalizing Technology: Vision, Hearing & Mobility Settings

3:00 pm – 4:30 pm

SF Main Library

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

HIGHLIGHTS



April/May 2026

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!*



MOTHER'S AND FATHER'S DAY CELEBRATIONS

May 22: Crocker Amazon Celebration
10am - 12pm

In Person at Crocker Amazon Club
House, 799 Moscow St. at Italy

June 6: Virtual on Chinese Line
3p-5pm



MOVIE NIGHT

Saturdays, 6pm-8pm

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

Apr 4: Horror of Dracula (1958)

Apr 18: The Mummy (1932)

May 2: Psycho

May 16: Strangers on a Train



BOOMER MUSIC

2nd & 4th Mondays, 6pm-7:30pm

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

Apr 13: Pentangle

Apr 27: Tim Buckley

Note: Schedule Changes in May Due to Instructor Travel

May 4: Monty Python

May 11: The Move



ART VIEWING ADVENTURES

2nd & 4th Mondays, 1pm-2pm

Explore the magic of art with CLC experts.

Apr 13: Monet and Venice at the De Young
No other classes after Apr 13 because of holidays and the instructor being on vacation



The HARD STUFF

Once a Month on Mondays, 4pm-5pm

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

Apr 20: Living with COPD

May 18: Living in Palliative Care



SIDEWALK SEARCH PARTY

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

Learn safety and identify sidewalk problems.

Apr 14: Virtual Meeting

Apr 28: In Person Waddle

May 12: Virtual Meeting

May 26: In Person Waddle



GEN BLEND OPEN MIC!

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

Ruth's Table, 3160 21st St

April

Gen Blend celebrates intergenerational creativity with poetry, music, stories, and more from community writers and local artists of all ages for three minutes at a time.

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**

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

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/86098466927>, register, then wait for the activity to start.
Meeting ID: 860 9846 6927
- **To join other activities,** use the links listed below.

MONDAY (CLC CLOSED MONDAY, MAY 25 FOR MEMORIAL DAY)

10:00-11:00 **** Always Active
11:30-12:30 Writing for Remembering with MG
1:00-2:00 Art Viewing Adventures Apr 13
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 Apr 20/May 18
6:00-7:30 Boomer Music Apr 13, 27 / May 4, 11
5:00-7:30 ***Drama with Friends: Apr 20/ May 18

TUESDAY

10:00-11:00 **** Always Active
1:30-2:30 **** Always Active
2:30-3:30 Sidewalk Search Party
 Apr 14/May 12
3:00-4:00 Singing Class (Cantonese & Mandarin)
4:30-6:00 Writing Through Reading

WEDNESDAY

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

THURSDAY

10:00-11:00 **** Always Active
1:30-2:30 **** Always Active
3:00-4:00 Singing Class (Cantonese & Mandarin)
6:00-7:30 Art of Remembering Readings
 Apr 16

FRIDAY

10:00-11:00 **** Always Active
1:30-2:30 **** Always Active
4:00-5:00 Qigong with David Wei (Bilingual)

(Note: Additional Always Active Exercises from 1:30 -2:30 every day.)

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: 814 7581 2289
 Join at: <https://us02web.zoom.us/j/81475812289>

****Drama with Friends:* Zoom Meeting ID: 853 5220 0751
 Join at: <https://us02web.zoom.us/j/85352200751>

*****Always Active:* Visit sfcommunityliving.org/events/ for instructions on how to join.

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/81853178807>, register, then wait for the class to start.
Meeting ID: 818 5317 8807
- **To join hybrid classes in person,** visit us at the CLC Tech Lab, 1663 Mission Street, Suite 525.

MONDAY (CLC CLOSED MONDAY, MAY 25 FOR MEMORIAL DAY)

TUESDAY

9:00-10:00 **Internet Safety** (Zoom)
10:00-12:00 **Microsoft Excel** (Zoom)
12:00-1:00 **SF Fun & Cheap** (Virtual)
1:00-3:00 **Tech Help in Bay View** (At Bay View Library
 5075 3rd St)
2:30-3:30 **Tech Tools for Accessibility** (Zoom)
Apr 21 “Hearing”, May 19 “Learning Disabilities”

WEDNESDAY

9:00-10:00 **Meet AI: Your Virtual Assistant** (Zoom)
10:00-11:00 **Video Calls on Zoom** **Apr 1, 15, 29/May 13, 27**
11:00-12:00 **My Social Security** (Zoom)
Apr 8/May 13
11:00-12:00 **Choosing a Medical Alert System** (Zoom)
Apr 22/May 27
11:00-12:00 **Create a Keepsake Photo Book** (Zoom)
Apr 1, 15, 29/May 6, 20
10:00-11:00 **Transportation** (Zoom)
Apr 8, 22/May 6, 20
12:00-1:00 **Making Art on the Computer: Release Your Creativity** (Zoom)

THURSDAY

1:00-3:00 **Computer Basics** (SF Main Library, 100 Larkin St)
Apr 2, 9, 16/May 7, 14, 21
3:00-4:30 **A Collage a Day Keeps the Blues Away**
 (Zoom) **Apr 2, 16, 30/May 14, 28**

FRIDAY

SATURDAY

6:00-8:00 **Movie Night** (Zoom)
Apr 4, 18/May 2/16

DAILY TECH SUPPORT

Computer Lab Open
 Monday through Friday, 10-2pm
 Open lab for independent participant use.

Tech Support Hours (concurrent with open lab)

10-12pm: Drop in virtually
<https://us02web.zoom.us/j/83418191446>
 or in person at CLC (1663 Mission Street), first-come, first-served

12-2:00 pm: By appointment only
 Email tech@sfcommunityliving.org
 Or book here:
<https://calendar.app.google/PG38Wtfs9T6DMMW19>



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, 10-11am
- **Tea & Talk (English)**
Mondays & Wednesdays 11-12pm
- **Tech Help**, Mondays (2nd & 4th & 5th), 11-12pm
- **Tai Chi (Chinese)** Thursdays, 9-10am
- **Dance(Chinese)** Thursdays, 10:30-11:30am
- **Tech Help(Chinese & English)** Thursdays, 10-12pm

Miraloma Park

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

Crocker Amazon (Moving May 29 - Stay Tuned)

Crocker Amazon Clubhouse, 799 Moscow St. at Italy

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

Midtown Terrace

Forest Hills Church, 250 Laguna Honda Blvd.

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

Sidewalk Search Waddles (Location varies)

Apr 28/May 26 2:30-3:30pm

Contact Jennifer@sfccommunityliving.org to sign up.

Merced Extension Triangle

Golden Gate Church, 201 Head St.

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

Potrero Hill PH Neighborhood House, 953 De Haro St.

- **Indoor Exercise** Thursdays, 10-11am
- **Tea & Talk** Thursdays, 11-12pm
- **Tech Help** Thursdays (2nd), 11-12pm
- **Tech Talk** Thursdays (4th), 11-12pm
- **Urban Wildlife Rescue April 9**, 11:15am (Open to All)
- **Kitchen Wisdom April 23**, 11-12pm

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, 12-12:45pm
- **Botanical Garden Walk** Golden Gate Park Botanical Garden on Mondays, 1-2:30pm
- **Tech Help (Chinese)** Mondays, 2-4pm
- **Exercise (English)** Tuesdays & Thursdays, 1:30-2:30pm
- **Tech Help (English)** Tuesdays, 1-3:30pm
- **Dance Class (Chinese)** Mondays, 2:30pm-3:45pm
Contact marina@sfccommunityliving.org for more info.
- **Tea & Talk** Tuesdays & Thursdays, 2:45 pm-3:45 pm
Performance by the Cosmic Elders: **May 5**, 2:45 pm-3:45 pm
Monthly Line Dancing: **Apr 30, May 28** 2:45 pm-3:45 pm

Sunnyside St. Finn Barr Church, 415 Edna St.

- **Exercise** Mondays, 10-11am
- **Tea & Talk (English)** Mondays, 11-12pm
- **Tech Help**, Mondays (1st & 3rd), 11-12pm
- **Urban Wildlife Rescue April 6**, 11:15am (Sunnyside Only)

Gen Blend at Ruth's Table Apr 2/May 7

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



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

Social hour or special event:

4:00 - 5:00 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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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

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

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.

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 Donna

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 pm

該計劃是服務於社區和是由三藩市殘疾人和老年人服務部資助。我們還依靠個別資助和捐贈來資助我們 25% 的電腦技術計劃。

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
社交活動時間或特別節目
下午 4:00 - 5:00

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

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

電腦技術幫助

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

太極課

Bethel Lutheran Church

2525 Alemany Street

San Francisco CA 94112

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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Wanda Liu 電子郵件：wanda@sfccommunityliving.org 或致電：415-371-8119。

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