

HIGHLIGHTS

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

CLC ANNUAL EVENT!

CLC Honors Reverend Glenda Hope

Thurs. Sept. 25

5:30 pm - 7:30 pm

UC Law Skydeck

200 McAllister St



Join Community Living Campaign at the beautiful UC Law Skydeck (333 Golden Gate Ave) for an evening of inspiration and celebration. This year's Annual Event honors Rev. Glenda Hope with the Norma Satten Community Service Innovation Award, recognizing her lifetime of leadership in social justice, affordable housing, and compassionate community care.

In her six decades of tireless advocacy in San Francisco, Reverend Hope founded the San Francisco Network Ministries and SF SafeHouse. She also helped elders through Cayuga Community Connectors and the Older Women's League. Her philosophy of change? "Never work alone. Find your team. Stay with it."

RSVP: <https://sfcommunityliving.org/giving/norma-satten-award-celebration/>

CLC LAUNCHES ACCESSIBILITY PROJECT WITH AARP GRANT SUPPORT

Community Living Campaign (CLC) has been awarded a \$20,000 AARP Community Challenge grant to launch its new Accessible Community Teams (ACT) initiative. Part of AARP's \$4.2 million nationwide effort to fund 383 quick-action projects in 2025, ACT aims to make San Francisco neighborhoods more accessible and age-friendly.

ACT is a grassroots effort that empowers residents to view their neighborhoods through a lens of accessibility and inclusion. Through training and hands-on neighborhood walks, residents are encouraged to identify barriers—like broken sidewalks, poor lighting

or blocked ramps—that make it difficult for people with mobility challenges, older adults, and others to navigate their communities safely.

ACT trainings will begin this September and October in CLC's connector communities, and all are welcome to participate in building a more accessible San Francisco.

Learn More: <https://shorturl.at/p7zd4>



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

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

THE HARD STUFF: NOT FIXING, JUST LISTENING



3rd Monday of the Month, 4:00 pm - 5:00 pm

Aug: 18: When You Notice a Change – Mild Cognitive Impairment - Worried about a

friend, partner, or sibling showing signs of memory loss or confusion? Connecting with others in similar situations can help you feel supported and less alone.

MOVIE NIGHT



Saturdays, 6:00 pm - 8:00 pm

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

Aug 9: Now Voyager

Aug 23: To Kill a Mockingbird

BOOMER MUSIC



2nd & 4th Mondays, 6:00 pm - 7:30 pm

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

Aug 11: The Lost British Invaders

Aug 25: Rock a Go-Go Part 2

DRAMA WITH FRIENDS



Monday, Aug. 18, 6:50 pm - 8:30 pm

Drama with Friends is a free Zoom production.

Enjoy an evening of captivating performances, followed by a discussion with the actors, directors, and playwrights. New to Drama with Friends?

Allow a few minutes to sign in, and don't forget to invite friends and family!

ART VIEWING ADVENTURES



2nd & 4th Mondays, 1:00 pm - 2:00 pm

Explore the magic of art with CLC experts.

Aug 11: Photographer Kody Paul

Aug 25: Paul McCartney Photographs at the DeYoung

GEN BLEND OPEN MIC!



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

Ruth's Table, 3160 21st St

Gen Blend Open Mic is a vibrant celebration of self-expression across generations. From poetry and personal stories to music, reflections, and more, all forms of creative sharing are welcome. Featuring work from writers in the Community Living Campaign Writing Program, Litquake's Elder Project, Decentered Arts, local artists of all ages—and you! Open mic time is available for pieces under 3 minutes.

SIDEWALK SEARCH PARTY



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

Join the SF Sidewalk Search Party's regular meeting to learn how to work together to make our sidewalks safer and more accessible. Then, join our Fourth Tuesday Field Trips! Each month, we'll head to a new neighborhood, searching for sidewalk damage caused by street trees. When we find them, we'll hang ducks on trees to let people know that the City is responsible for fixing these sidewalks!

Tues. Aug. 12, Sidewalk Search Party

Tues. Aug. 26, Sidewalk Search 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.

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

Listed classes happen every week unless noted below. 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

11:30–12:30 **Writing for Remembering with MG**
1:00–2:00 **Art Viewing Adventures Aug 11, 25**
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 18**
6:00–7:30 **Boomer Music Aug 11, 25**
7:00–8:30 ****Drama with Friends Aug 18**

TUESDAY

2:30–3:30 ******Sidewalk Search Party (Online) Aug 12**
3:00–4:00 **Singing Class (Cantonese & Mandarin)**
3:15–4:15 **Job Match with SF ReServe July 8**
4:30–6:00 **Writing Through Reading**

WEDNESDAY

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

3:00–4:00 **Singing Class (Cantonese & Mandarin)**
6:00–7:30 (PM) **Art of Remembering Readings Aug 21**

FRIDAY

4:00–5:00
Qigong with David Wei (Bilingual)

SPECIAL NOTES:

****Drama with Friends: Zoom Meeting ID:** 853 5220 0751
 Join at: <https://us02web.zoom.us/j/85352200751>
*****Art with Elders: Zoom Meeting ID:** 885 1720 8387
 Join at: <https://us02web.zoom.us/j/88517208387>
******Sidewalk Search Party: Zoom Meeting ID:** 846 7609 4850
 Join at: <https://us02web.zoom.us/j/84676094850>

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

9:00–10:00 **Translation & Diction Tools** (Virtual)

Aug 4, 18

9:00–10:00 **Recipes**(Virtual)

Aug 11, 25

12:00–2:00 **Computer Lab & In Person Tech Support** (CLC Office)

3:30–4:30 **Games & Gaming** (Virtual)

THURSDAY

9:00–10:00 **Coffee & News** (Virtual)

10:00–11:00 **Transportation** (Virtual)

11:00–2:00 **Free Computer Lab & In Person Tech Support** (CLC Office)

11:30–12:30 **SF Fun Cheap** (Virtual)

3:00–4:00 **A Collage a Day Keeps the Blues Away** (Virtual)

Aug 7, 21

TUESDAY

9:00–10:00 **Internet Safety** (Virtual)

10:00–11:30 **Microsoft Excel** (Virtual)

12:00–2:00 **Free Computer Lab & In Person Tech Support** (CLC Office)

11:30–12:30 **SF Fun Cheap** (Virtual)

2:30–3:30 **Tech Tools for Accessibility** (Virtual)

Aug 19

FRIDAY

9:00–10:00 **Internet Safety - Bilingual Spanish,English** (Virtual)

10:30–11:30 **Video Calls with Meetings on Zoom** (Virtual)

12:30–1:30 **Organize Your Online Media** (Virtual)

Aug 8, 22

WEDNESDAY

10:00–11:30 **Computer Basics** (Hybrid, CLC Office)

12:00–2:00 **Free Computer Lab & In Person Tech Support** (CLC Office)

12:00–2:00 **Making Art on the Computer: Release Your Creativity** (Virtual)

A vast digital world is ready for you to explore! Whether you're a newcomer to the Internet or have been browsing for years, there's always something new to discover. Weekly classes and tech help desks are available. For more details, visit our calendar at www.sfcommunityliving.org/events.

Daily Virtual Tech Support

CLC holds Virtual Help Desk Hours from Noon - 2:00 pm daily.

Zoom Line: <https://us02web.zoom.us/j/83418191446>
Meeting ID: 834 1819 1446



Stay connected with your neighbors

Join your neighbors for group exercise and other activities. Depending on the day and location, exercise includes **Always Active**, **Dance for Strength**, and **Chair Yoga**.

Neighborhoods also host social hours, craft, and other healthy aging activities before or after exercise. To find out more, please contact 415-821-1003 ext. 106, ccnetworks@sfccommunityliving.org, or your local Community Connector.

Cayuga Bethel Church, 2525 Alemany Blvd.

- **Indoor Exercise (English)**

Mondays and Wednesdays, 10:00–11:00am

- **Writing Workshop: Do You Remember?**

All writing levels are welcome. Wednesdays, 11:15 –12:15pm

- **Tai Chi (Chinese)** Thursdays, 9:00–10:00am

Miraloma Park

Cornerstone Trinity Baptist, 480 Teresita Blvd.

- **Indoor Exercise**

Tuesdays & Thursdays, 10:30 –11:30am

- **Ukulele Class** Tuesdays, 2:00-3:00pm

- **Neighborhood Walk** Thursdays, 1:00-2:00pm

Crocker Amazon

Crocker Amazon Clubhouse, 799 Moscow St. at Italy

- **Indoor Exercise** (English)

Wednesdays, 10:30–11:30am

- **Chinese Dance** (Chinese) Fridays, 10:15–11:15am

- **Tai Chi in the Park** (Chinese)

Fridays, 9:00–10:00am

Midtown Terrace

Forest Hills Church, 250 Laguna Honda Blvd.

- **Indoor Exercise** Wednesdays, 1:30 –2:30pm

Reading Series at Ruth's Table

3160 21st St, San Francisco, CA 94110

Aug 7

Merced Extension Triangle

Golden Gate Church, 201 Head St.

- **Indoor Exercise** Tuesdays, 10:00 –11:00am

Potrero Hill

PH Neighborhood House, 953 De Haro St.

- **Indoor Exercise** Thursdays, 11am –12:00pm

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

- **Indoor Exercise** (English) Tuesdays & Thursdays, 1:30pm-2:30pm

- **Tai Chi in the Garden** Golden Gate Park Botanical Garden on Mondays, 11:45am-12:30pm

- **Botanical Garden Walk** Golden Gate Park Botanical Garden on Mondays, 1:00-2:30pm

Sunnyside at St. Finn Barr Church, 415 Edna St.

- **Indoor Exercise** Mondays, 10:00 –11:00am

Sidewalk Search Waddles (Location varies)

Tuesday, **Aug 26**, 2:30-3:30pm. Contact jennifer@sfccommunityliving.org to sign up and help.



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
 12:30 - 2:30 pm with Leon Zhang
 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 Chinese interpretation, please arrive 15 minutes early.

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.





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 CanXin Tang

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 CanXin

TaiChi Classes

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

TaiChi Classes

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 Blve
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

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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 12:30 - 2:30 張老師
 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

安卓版

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 翻譯



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
湯老師 教

Bethel Lutheran Church
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 湯教

太極課

St John of God Church
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@sfcommunityliving.org 或致電：415-371-8119。

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