



Join Our Virtual Community Connector Network Events!

March 30 - April 10, 2020

We may not be able to meet in person, but there are still ways to stay engaged! Join in some of these upcoming events from the comfort and safety of your own home. Find a full calendar of virtual events on our website: www.sfcommunityliving.org/events

MUSIC MONDAYS

MON
3.30

Find Resources During Social Distancing, 10:00-11:00am. Join us to learn about resources available in San Francisco during this crisis.

Open Mic, 11:00-11:30am. We'll keep the call open after this morning's talk. Join us to check in and catch up with your neighbors.

Writing for Remembering with MG, 11:30am-12:30pm. Bring your stories and ideas to share or just listen. No writing experience needed.

Sing Along to the Oldies, 2:30-3:30pm. Join the fabulous Linda Moody for an hour of singing along to favorite tunes.

Boomer Talk with Richie Unterberger, 6:00-7:30pm. Join Richie Unterberger for a discussion on the Beatles' early years. Plenty of music clips for all (plus video for those able to join online).

Grinders Grooveyard Radio, 8:30-11:30pm. KPOO radio program playing tunes from the 50s and 60s, plus fun trivia and call-ins. **Tune in to 89.5 FM or listen online at <http://vista.streamguys.com/kpoo>.**

TECH TUESDAYS

TUE
3.31

Exercise with Kyra, 10:00-11:00am. Stay active with this live, senior-friendly exercise hour with Kyra Boprie.

Recipe Swap Social Hour, 11:00am-Noon. What are you cooking at home these days? Join your neighbors and Community Connectors to share recipes and tips.

Unless otherwise noted, you can join all activities as follows:

Call In by Phone: Dial 1 669 900 9128. Enter the Meeting ID: 725 638 2880, then press #.

Join Online: Go to <https://zoom.us/j/7256382880>

Learn to Use Zoom & Virtual Tech Help Desk, 2:30-3:30pm.

Join Molly, Simon and Peter for basic assistance with your tech challenges.

WELLNESS WEDNESDAYS

WED
4.01

Finding Trusted Health Information Online, 10:00-11:00am.

Join Marie to learn more about where to look for trustworthy information.

Open Mic, 11:00-11:30am.

We'll keep the call open after Marie's talk.

Join us to check in and catch up with your neighbors.

Writing for Remembering with Marina, 1:30-2:30pm.

Bring your stories

and ideas to share or just listen. No writing experience needed.

Meditation and Movement, 2:30-3:30pm.

Stressed? Join Brigitte for a

virtual guided meditation and movement class.

LitQuake Writing Project, 6:00-7:30pm.

Bring your stories and ideas to

share or just listen. No writing experience needed.

Call In by Phone: Dial 1 669 900 9128. Enter the Meeting ID: 901 994 890#

Join Online: Go to <http://elderwriting.net/zoom-meetings/march-18-2020/>

THINKING THURSDAYS

THU
4.02

Exercise with Kyra, 10:00-11:00am.

Stay active with this live, senior-friendly exercise hour with Kyra Boprie.

Virtual Tea Time, 11:00am-Noon.

Pour a cup of tea in your favorite cup

and chat with friends new and old.

Short Stories & More with Patti, 2:30-3:30pm.

Bring your favorite short story, poem, or other short writing to read aloud.

FUN FRIDAYS

FRI
4.03

Have Fun Online!, 10:00-11:00am.

Join us to learn about how to stay occupied at home – free music, movies, games, and more!

Open Mic, 11:00-11:30am.

We'll keep the call open after Kate's talk. Join us to check in and catch up with your neighbors.

Unless otherwise noted, you can join all activities as follows:

Call In by Phone: Dial 1 669 900 9128. Enter the Meeting ID: 725 638 2880, then press #.

Join Online: Go to <https://zoom.us/j/7256382880>

Social Media Help (10am-3pm) & Group Chat, 12-1pm. Join Molly and Liz for one-on-one virtual social media help, plus a Facebook group chat (at Friday Lab) from noon-1pm. **To schedule a 30-minute help session or join the chat, email sdaction.socialmedia@gmail.com.**

Writing for Remembering with Melanie, 12:15-1:15pm. Bring your stories and ideas to share or just listen. No writing experience needed.

Cooking with Chef Lorraine, 2:30-3:30pm. Join Community Connector and trained chef for cooking tips and more.

TGIF Virtual Cocktail/Mocktail Party, 4:00-5:30pm. You've made it through another week of sheltering-in-place. Pour your favorite drink and join us for a virtual party!

MUSIC MONDAYS

MON
4.06

Stay Active! Online Exercise Options, 10:00-11:00am.

Join us to learn about the many sites and apps you can use to stretch and exercise while you're sheltering at home.

Open Mic, 11:00-11:30am. We'll keep the call open after this morning's talk. Join us to check in and catch up with your neighbors.

Writing for Remembering with MG, 11:30am-12:30pm. Bring your stories and ideas to share or just listen. No writing experience needed.

Sing Along to the Oldies, 2:30-3:30pm. Join the fabulous Linda Moody for an hour of singing along to favorite tunes.

Grinders Grooveyard Radio, 8:30-11:30pm. KPOO radio program playing tunes from the 50s and 60s, plus fun trivia and call-ins. **Tune in to 89.5 FM or listen online at <http://vista.streamguys.com/kpoo>.**

TECH TUESDAYS

TUE
4.07

Exercise with Kyra, 10:00-11:00am. Stay active with this live, senior-friendly exercise hour with Kyra Boprie.

Virtual Tea Time, 11:00am-Noon. Pour a cup of tea in your favorite cup and chat with friends new and old.

Unless otherwise noted, you can join all activities as follows:

Call In by Phone: Dial 1 669 900 9128. Enter the Meeting ID: 725 638 2880, then press #.

Join Online: Go to <https://zoom.us/j/7256382880>

Learn to Use Zoom & Virtual Tech Help Desk, 2:30-3:30pm.
Join Molly, Simon and Peter for basic assistance with your tech challenges.

**WED
4.08**

WELLNESS WEDNESDAYS

Reducing Stress and Isolation in Challenging Times, 10:00-11:00am.

Join Arete Nicholas, RN, MA Gerontology to learn more about how to practice self care in these challenging times.

Open Mic, 11:00-11:30am. We'll keep the call open after Arete's talk.

Join us to check in and catch up with your neighbors.

Writing for Remembering with Marina, 1:30-2:30pm. Bring your stories and ideas to share or just listen. No writing experience needed.

Meditation and Movement, 2:30-3:30pm. Stressed? Join Brigitte for a virtual guided meditation and movement class.

LitQuake Writing Project, 6:00-7:30pm. Bring your stories and ideas to share or just listen. No writing experience needed.

Call In by Phone: Dial 1 669 900 9128. Enter the Meeting ID: 901 994 890#

Join Online: Go to <http://elderwriting.net/zoom-meetings/march-18-2020/>

**THU
4.09**

THINKING THURSDAYS

Exercise with Kyra, 10:00-11:00am. Stay active with this live, senior-friendly exercise hour with Kyra Boprie.

Talent Share Social Hour, 11:00am-Noon. What are you doing to stay busy at home? Join Community Connectors for a virtual social hour where you can share one of your talents.

Short Stories & More with Patti, 2:30-3:30pm. Bring your favorite short story, poem, or other short writing to read aloud.

**FRI
4.10**

FUN FRIDAYS

Try Social Media, 10:00-11:00am. Join us to learn about social media sites like Facebook, Instagram, Pinterest, and more - what it is, how it works, why so many people are engaged with it, now more than ever!

Unless otherwise noted, you can join all activities as follows:

Call In by Phone: Dial 1 669 900 9128. Enter the Meeting ID: 725 638 2880, then press #.

Join Online: Go to <https://zoom.us/j/7256382880>

Open Mic, 11:00-11:30am.

We'll keep the call open after Kate's talk. Join us to check in and catch up with your neighbors.

Social Media Help (10am-3pm) & Group Chat, 12-1pm. Join Molly and Liz for one-on-one virtual social media help, plus a Facebook group chat (at Friday Lab) from noon-1pm. ***To schedule a 30-minute help session or join the chat, email sdaction.socialmedia@gmail.com.***

Writing for Remembering with Melanie, 12:15-1:15pm. Bring your stories and ideas to share or just listen. No writing experience needed.

Cooking with Chef Lorraine, 2:30-3:30pm. Join Community Connector and trained chef for cooking tips and more.

TGIF Virtual Cocktail/Mocktail Party, 4:00-5:30pm. You've made it through another week of sheltering-in-place. Pour your favorite drink and join us for a virtual party!

SAVE THE DATE!

In addition to regularly scheduled exercise classes, writing groups, tech help, and social hours, we have more in the works. Here are just a few of the topics coming up:

Mon. 4/13. Helping Your Neighborhood Stay Resilient, 10:00-11:00am.

Wed. 4/15. Kitchen Herbalism: Immunity Boosts, 10:00-11:00am.

Fri. 4/17. Finding Healthy Recipes Online, 10:00-11:00am.

Mon. 4/20. Online News Sources: Is it True?, 10:00-11:00am.

Wed. 4/22. Emergency Preparedness During COVID-19, 10:00-11:00am.

Fri. 4/24. Census Q&A: Be Counted!, 10:00-11:00am.

Mon. 4/27. Staying Safe Online, 10:00-11:00am.

Wed. 4/29. Best Wellness & Hygiene Practices, 10:00-11:00am.

SKILLS, TALENTS, AND IDEAS WELCOME

Do you have a skill or talent you'd like to share with your neighbors? Please contact patti@sfcommunityliving.org. We'd love to hear from you!

Unless otherwise noted, you can join all activities as follows:

Call In by Phone: Dial 1 669 900 9128. Enter the Meeting ID: 725 638 2880, then press #.

Join Online: Go to <https://zoom.us/j/7256382880>

A Little About Zoom Calls. Zoom is a service we use to hold group calls by phone and online video. We'll be using it for presentations as well as facilitated group conversations as we all try to stay connected during this time of "social distancing."

If You're New to Zoom, Start with a Phone Call: Use your phone to call the provided phone number, type in your event's Meeting ID, press # and join the conversation. Almost all activities will work by phone. At the moment, exercise is the only class where video is highly recommended.

If You Want to Video Chat: *Each event will have a special link.* When you type this in your browser – or click on the link in an email – it will launch a request to download Zoom onto your device (PC, Mac, iOS, or Android). You'll only need to download this once. Be sure to try out the link in your browser before the call! If you're interested in learning how to use Zoom online, please let us know and we'll help walk you through it.

Handouts. We can provide most content displayed during presentations as handouts by email or postal mail. Please allow at least 3 to 5 days for any handouts sent by postal mail. **Contact patti@sfcommunityliving.org for help.**

MORE RESOURCES

Text **COVID19SF to 888-777** to sign up for official San Francisco text alerts about the virus. If you're able to go online, **visit www.sfdph.org** for San Francisco Department of Public Health's Coronavirus updates and resources. If you or someone you know needs assistance or resources, call the **SF Disability & Aging Services Benefits & Resources Hub at (415) 355-6700.**



Sometimes we just need someone to talk with. There are many ways to stay connected from home:

Institute on Aging Friendship Line – 800-971-0016

Covia Well Connected Groups – 877-797-7299 & **Bien Conectado** – 877-400-5867. Discover many interesting phone and video-based groups and classes!

DOROT University Without Walls – 877-819-9147. Classes by phone in English, Russian, Chinese, and Spanish (East Coast).

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