



Your November 2020 To-Do List

☐ **Vote on or before Tuesday, November 3**

Your voice is important. Make sure you vote! To find your polling location, official ballot drop-off centers, and other voting options, visit sfelections.org/tools/navigator. See sfelections.org/access for more about accessible vote by mail. Questions? Call the San Francisco Department of Elections at **415-554-4375**.

- **Have a Volunteer Pick Up Your Ballot.** If you're unable to return your ballot due to age or disability, San Francisco and the Shanti Project can help. Their **nonpartisan Deliver the Vote** initiative will send a volunteer to pick up your ballot, drop it off at an official site, and give you information on how to track your ballot. Find out more at shanti.org.

To schedule a ballot pickup, call **415-674-4701** or text 415-449-7190.

- **Track Your Ballot.** Once you've returned your ballot, track its progress at sfelections.org/tools/portal. See when it is received, opened, and counted! If you need help or don't have Internet access, call your Community Connector for help looking up your ballot.
- Does the election have you worried? Join us for a **Post-Election Recap** on Wednesday, November 4 from 2:45 to 3:45. Let's make sense of what we know about local, state, and national election results.

☐ **Review Your Medicare Plan. Open Enrollment ends December 7**

Make sure you're still on the best Medicare plan for your needs. Check on any changes in your plan's costs, coverage, providers or pharmacies.

- For more information, visit medicare.gov or call **1-800-MEDICARE**.
- Read tips for open enrollment at Better Health While Aging (betterhealthwhileaging.net/medicare-open-enrollment-and-basics)
- Call **415-677-7520** or **800-434-0222** to schedule an appointment for help from SF's Health Insurance Counseling and Advocacy Program at Self Help for the Elderly (hicap.org).

☐ **Get a Flu Shot (if you haven't already!)**

Getting a flu vaccine is more important than ever this season to protect yourself, your family and your community from flu. Talk with your doctor and find a flu vaccine location near you. **San Francisco is offering free flu shots for uninsured residents.** Call **415-682-1740** to schedule an appointment at SF General Hospital or Southeast Health Center, or call 628-217-5320 to schedule an appointment at HopeSF Sunnydale. Find other flu vaccination locations at sfcdcp.org/immunizations/where-to-get-immunized.

Follow us on Facebook at: <https://www.facebook.com/CommunityLivingCampaign/>

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

FREE Virtual Activities by Phone, Tablet, or Computer

Be Creative. Share Stories. Keep Learning. Stay Connected. Stay Active. Stay Healthy.
See the attached print calendar or visit sfcommunityliving.org/events for more details.



Join us by phone or video for some activities as we all try to navigate these challenging times together. We've added a wide range of activities and classes to help.

Finding Joy During the Winter Holidays. Thursday Nov. 12, 1:00-2:00

Join Elizabeth Summers for tips on how to combat the winter blues by setting boundaries, finding connection, cultivating joy, and more.

Thanksgiving Social Hours. Thursday Nov. 26, and Friday Nov. 27, 12:00-3:00

For those of us skipping larger gatherings, unable to travel, or just wanting a little time together, CLC Community Connectors will be hosting three hours of fun, conversation, and activities. Drop by and join us for all or part of the time!

Helpful Resources

Take Care of Yourself. We're all facing multiple stresses right now. Winter holidays in the midst of the pandemic add yet another challenge. 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

Transportation Support. Do you need help figuring out how to get around in San Francisco with all the changes due to the pandemic? Some options include **free \$50 Lyft vouchers** and **discounted Essential Trip Card taxi rides**. Questions? Contact Cathy DeLuca at cathy@sfcommunityliving.org or call **415-638-9183**.

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

If you'd prefer to receive this monthly activity calendar by email, please send your **Full Name**, **Email Address**, and **Zip Code** to info@sfcommunityliving.org.



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

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00
 Always Active * (OnLok/30th St.)	 Dance for Strength with Kyra	 Always Active * (OnLok/30th St.)	 Dance for Strength with Kyra	 Always Active * (OnLok/30th St.)
11:30-12:30	11:15-12:15	11:30-12:30	11:15-12:45	11:00-1:00
Writing for Remembering with MG	<ul style="list-style-type: none"> Let's Make Stuff Eating Well (alternate weeks) 	 Chair Yoga with Kyra	<ul style="list-style-type: none"> Art with Elders Gardening (see full calendar) 	 Virtual Tech Help Desk
<div>  <div> <h2>November 2020 Events</h2> <h3>CLC Virtual Community Connector Network</h3> <p>Stay connected with your neighbors from the safety of your own home! Find our calendar at www.sfcommunityliving.org/events.</p> <p>Unless noted with an asterisk (*), you can join all activities as follows: Call In by Phone: Dial 888-475-4499 (toll free) or 669-900-6833 Enter the Meeting ID: 865 6747 4200, then press # #. Join Online: https://zoom.us/j/86567474200, register, then wait in the "waiting room" until the meeting starts.</p> </div> </div>				2 Choices
				* 12:00 – 1:00 Coronavirus Chat and Update with Dr. Chodos (UCSF)
				
				* 12:15 – 1:45 Memoir Writing with Melanie Graysmith
1:00-2:00		1:00-2:30	1:00-2:00	
<ul style="list-style-type: none"> Various Topics (see full calendar) 	 Writing for Remembering with Marina		<ul style="list-style-type: none"> Various Topics (see full calendar) 	
2:30-3:30	2:00-3:30	2:45-3:45	2:30-3:30	2:30-3:30
 Cook with Chef Lorraine	 Zoom Help Desk	<ul style="list-style-type: none"> Kitchen Wisdom: Cold & Flu Nov. 11 Senior Beat Joke-a-Thon Nov. 25 	<ul style="list-style-type: none"> Various Topics: <ul style="list-style-type: none"> Leah's Pantry: Food Labels Walk Safely * Community Tales: Giving Thanks 	 Qigong with David Wei (bilingual English & Chinese)
4:00-5:00	3:45-4:45			
 Qigong with David Wei	Nov. 17: Resilient Neighborhoods			
6:45-8:30	6:00-7:30	6:00-7:45	6:00-7:30	
Drama with Friends * November 16th	Boomer Music Talks with Richie Unterberger Nov. 10 & 24	LitQuake Writing Project	<ul style="list-style-type: none"> Good Neighbor Awards Nov. 12th Rock 'n' Roll Dinner Nov. 19th 	

* See page 2 for special link and call-in information for these events

Updated: 10/27/2020

How to Join a Zoom Call

Zoom is a service we use to hold group calls by phone and online video. CLC uses Zoom for presentations and facilitated group conversations to stay connected during the pandemic.



If You're New to Zoom, Start with a Phone Call: 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. Exercise and Art Classes are the only ones where video is highly recommended. Use our toll free number where you can, and be sure to check your telephone billing plan if you have limited minutes.



If You Want to Join by Video: Each event will have a special link. 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 download Zoom or open the call directly in your Mac or PC web browser (Chrome works best). When you join, you'll need to answer a few registration questions.



Printed Handouts: We can provide most content displayed during presentations as handouts by email or postal mail. Allow at least 5 days for any handouts sent by postal mail. Contact peter@sfcommunityliving.org for help.

Virtual Event Details

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 ID: 865 6747 4200 # #.**

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" until the activity starts.

You can open the link in a Mac or PC browser if you don't want to download the Zoom software.

* 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.

* Friday Chat with Dr. Chodos: Coronavirus & Older Adults

Phone: Dial 669-900-6833 or 646-558-8656. Enter Meeting ID: 298 110 801 #, then 671492 ##.

Video: <https://ucsf.zoom.us/j/298110801>. Meeting ID: 298 110 801. Password: 671492.

* Friday Memoir Writing with Melanie Graysmith

Phone: Dial 888-475-4499 (toll free). Enter Meeting ID: 898 1047 9808 ##.

Video: <https://us02web.zoom.us/j/89810479808>.

* Tuesday Sidewalk Search Party

Phone: Dial 888-475-4499 (toll free). Enter Meeting ID: 843 0592 8582 ##.

Video: <https://us02web.zoom.us/j/84305928582>.

* Monday Drama with Friends

Phone: Dial 888-475-4499 (toll free). Enter Meeting ID: 851 4426 8263 ##.

Video: <https://us02web.zoom.us/j/85144268263>. You'll be asked to register when you join.

* Thursday Transportation Talk: Walk Safely with Walk San Francisco

Phone: Dial 888-475-4499 (toll free). Enter Meeting ID: 870 9317 2392##.

Video: <https://us02web.zoom.us/j/87093172392>. You'll be asked to register when you join.

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

CLC Virtual Activity Calendar for November 2020

Stay connected during this time of physical distancing! Join us by phone or video for a variety of activities. Visit our online calendar at www.sfcommunityliving.org/events for more details.

To request disability-related accommodations, or to obtain a printed or digital version of activity materials (when relevant), please contact us at info@sfcommunityliving.org or **415.821.1003**. Please give at least 72 hours' notice to help us make accommodations to the greatest extent we can.

MONDAY, NOV. 2

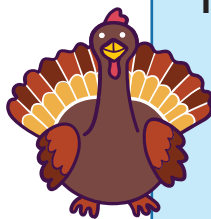
- 10:00–11:00 Always Active *
- 11:30–12:30 Writing for Remembering with MG
- 1:00–2:00 Celebrate Day of the Dead
Join Olivia and Nicky to learn more about the significance, history, and traditions that make Día de los Muertos such a rich cultural celebration.
- 2:30–3:30 Cooking with Chef Lorraine: Favorite Roasted Root Vegetables
Discover the world of holiday vegetables, with a focus on Native American root vegetable recipes.
- 4:00–5:00 Qigong with David Wei

TUESDAY, NOV. 3

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:15 Let's Make Stuff: Exploring Positive and Negative Space with Notans
Join local artist d'Arci Bruno to use Japanese "notan studies" to explore the balance of light and dark elements in a painting. Bring white and black paper, pencil, scissors, and glue.
- 2:00–3:30 Tech Help: Zoom Accessibility Settings
New to Zoom? Join Peter to learn how to make type bigger and adjust other helpful settings.

WEDNESDAY, NOV. 4

- 10:00–11:00 Always Active *
- 11:30–12:30 Chair Yoga with Kyra



Enjoy the Season!

CELEBRATE DAY OF THE DEAD

Monday Nov. 2, 1:00-2:00
with Olivia and Nicky



HOLIDAY COOKING WITH CHEF LORRAINE

Mondays, 2:30-3:30
Nov. 2: Best Root Vegetables
Nov. 9: All About Appetizers
Nov. 16: Holiday Side Dishes
Nov. 23: Turkey Time!
Nov. 30: Best Leftover Recipes

FINDING JOY DURING THE WINTER HOLIDAYS

Thursday Nov. 12, 1:00-2:00
Join Elizabeth Summers for tips on how to cultivate joy and combat the winter blues.

COMMUNITY TALES: GIVING THANKS

Wednesday Nov. 19, 2:30-3:30

THANKSGIVING SOCIAL

Thursday Nov. 26, 12:00-3:00

Friday Nov. 27, 12:00-3:00

Drop by during our afternoon social for fun, conversation, and activities.

Join Us! All activities use the following phone number and link unless noted.

Phone: Dial **888-475-4499** (toll free) or **669-900-6833** (local). Enter **Meeting ID: 865 6747 4200 ##**.

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" for us to start.

*For activities marked with * see page 2 for phone and link information.*

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

WEDNESDAY, NOV. 4 (CONTINUED)

- 1:00–2:30 Writing for Remembering with Marina
- 2:45–3:45 Post-Election Recap
Election got you worried? Let's make sense of what we know about local, state, and national election results.
- 6:00–7:45 LitQuake Elder Writing Project

THURSDAY, NOV. 5

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:45 Art with Elders: Painting and Drawing
Express your creativity with Santiago Gervasi! Bring colored pencils, paper, cotton balls, and a pencil sharpener. Paint and brushes optional.
- 1:00–2:00 Palliative Care: Myths, Misconceptions, and Setting the Record Straight
Join Dr. Grant Smith, Stanford Palliative Care Medical Director, to learn all about improving quality of life and providing relief from the symptoms and stress of serious and chronic illnesses. Palliative care can be appropriate for people of all ages and at all stages of illness.
- 2:30–3:30 Leah's Pantry: Reading Food Labels
Join Anna Ng to learn more about how to read food and nutrition labels. Bring a packaged food label if you wish!

FRIDAY, NOV. 6

- 10:00–11:00 Always Active *
- 11:00–1:00 Virtual Tech Help Desk
Join Molly and Liz by video or phone for help with your computer, tablet, and phone tech questions.
- 12:00–1:00 Coronavirus Chat with Dr. Chodos *
Join Senior Power and Dr. Anna Chodos, UCSF Dept of Geriatrics, to learn the latest about the virus.
- 12:15–1:45 Memoir Writing with Melanie *

Stay Connected from Home



ALL ABOUT ZOOM

Tuesdays, 2:00-3:30

- Nov. 3: Accessibility Settings
Nov. 10: Etiquette & Zoom Help
Nov. 17: Zoom Hosting Basics
Nov. 24: Zoom & Internet Safety

VIRTUAL TECH HELP DESK

Fridays, 11:00-1:00

CHINESE TECH HELP DESK

Mondays-Fridays, 10-12 & 1-3
Saturdays, 10:00-12:00

* for info or to sign up, email wanda@sfccommunityliving.org

KEEP US CONNECTED: INCREASING ACCESS TO HOME INTERNET & TECH DEVICES

Thursday Nov. 19, 1:00-2:00

Get the latest on the Keep Us Connected Campaign. Find out about current options for low cost home Internet and devices.

Individual Tech Help Appointments



Call 415-821-1003 x109 or email tech@sfccommunityliving.org to schedule an appointment in English, Spanish, or Chinese.

Our friendly and patient tech trainers can help by phone and video.

Join Us! All activities use the following phone number and link unless noted.

Phone: Dial 888-475-4499 (toll free) or 669-900-6833 (local). Enter **Meeting ID: 865 6747 4200 ##**.

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" for us to start.

*For activities marked with * see page 2 for phone and link information.*

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

FRIDAY, NOV. 6 (CONTINUED)

2:30–3:30 Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)

SATURDAY, NOV. 7

10:00–11:00 **NEW! Movement for Memory**
Exercise your body while sparking creativity and memories. Join Kyra for this hybrid class that incorporates movement, music, reflection, story, and sharing.

MONDAY, NOV. 9

10:00–11:00 **Always Active ***

11:30–12:30 **Writing for Remembering with MG**

1:00–2:00 **Art Viewing Adventures: Celebrated Quilts of Rosie Lee Tompkins**
Join museum guides Rodney Paul and Kellie Krug to explore the quilts of Richmond textile artist Rosie Lee Tompkins. Now remembered as one of the Bay Area's great artists, she brought innovative use of color and the modernist instincts to this traditional art form.

2:30–3:30 **Cooking with Chef Lorraine: All About Appetizers**
Learn how to prepare some delicious appetizers for the holidays, with tips on organizing and storing your goodies.

4:00–5:00 **Qigong with David Wei**

TUESDAY, NOV. 10

10:00–11:00 **Dance for Strength with Kyra**

11:15–12:15 **Eating Well: Nutrition for Better Aging**

2:00–3:30 **Tech Help: Etiquette and Zoom Help**
Join Peter to learn what to do when something goes wrong on Zoom, plus tips on Zoom etiquette!

2:30–3:30 **Sidewalk Search Party ***

6:00–7:30 **Boomer Music Talk: Women of San Francisco Rock, Volume 2**
Join rock historian and author Richie Unterberger for another celebration of women in San Francisco rock from the 1960s and 1970s, including Janis Joplin, Grace Slick, Etta James, the Pointer Sisters, and more.



Stay Active!

Weekly exercise classes can help you with balance, strength, and more.

QIGONG WITH DAVID WEI
Mondays, 4:00-5:00 (English)

Fridays, 2:30-3:30
(English & Chinese)

DANCE FOR STRENGTH
Tues. & Thurs. 10:00–11:00
with Kyra Boprie

CHAIR YOGA
Wednesdays, 11:30-12:30
with Kyra Boprie

MOVEMENT FOR MEMORY
Saturdays, 10:00-11:00

ALWAYS ACTIVE
Weekdays, 10:00–11:00
* email lvillaneuva@onlok.org

Join Us! All activities use the following phone number and link unless noted.

Phone: Dial 888-475-4499 (toll free) or 669-900-6833 (local). Enter **Meeting ID: 865 6747 4200 ##**.

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" for us to start.

*For activities marked with * see page 2 for phone and link information.*

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

WEDNESDAY, NOV. 11

- 10:00–11:00 Always Active *
- 11:30–12:30 Chair Yoga with Kyra
- 1:00–2:30 Writing for Remembering with Marina
- 2:45–3:45 Kitchen Wisdom: Common Kitchen Herbs & Spices for Cold & Flu Season
Join Marina to learn about teas, baths, steams, and more to help you stay healthy through the winter.
- 6:00–7:45 LitQuake Elder Writing Project

THURSDAY, NOV. 12

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:15 Gardening with Arete: Planting Fall Bulbs
Join Master Gardener Arete Nicholas to learn how to select and plant bulbs now for amazing spring color. Tips for planting in the ground and containers.
- 1:00–2:00 Finding Joy During the Winter Holidays
Winter and the holidays can be a challenge!
Join Elizabeth Summers to learn how to combat the winter blues, break through isolation, build and sustain community, and increase joy.
- 2:30–3:30 Walk Safely with Walk San Francisco *
Join Walk San Francisco's Brian Haagsman, CLC's Jennifer Walsh and City staff to discuss how to walk safely this fall amidst COVID-19, smoke, and various street changes.
- 6:00–7:30 **Annual Good Neighbor Awards**



Good Neighbor Awards Celebration

Thursday Nov. 12, 6:00-7:30
Join us for an evening of fun and connection as we celebrate this year's Good Neighbor Award winners and five months of Good Neighbor activities.
To help build joyous, caring, and resilient communities, these Good Neighbors have delivered groceries, spread cheer, kept people connected, and much more.

FRIDAY, NOV. 13

- 10:00–11:00 Always Active *
- 11:00–1:00 Virtual Tech Help Desk
- 12:00–1:00 Coronavirus Chat with Dr. Chodos *
- 12:15–1:45 Memoir Writing with Melanie *
- 2:30–3:30 Qigong: Chinese Yoga
(bilingual English & Chinese)

SATURDAY, NOV. 14

- 10:00–11:00 **NEW!** Movement for Memory

Join Us! All activities use the following phone number and link unless noted.

Phone: Dial **888-475-4499** (toll free) or **669-900-6833** (local). Enter **Meeting ID: 865 6747 4200 ##**.

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" for us to start.

*For activities marked with * see page 2 for phone and link information.*

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

MONDAY, NOV. 16

10:00–11:00

Always Active *

11:30–12:30

Writing for Remembering with MG

1:00–2:00

What We Know About Alzheimer's Disease and Its Prevention

Join Dr. Sergio Lanata of UCSF's Memory and Aging Center to learn what we know about this disease and the steps we can take in our everyday lives to protect our brain health.

2:30–3:30

Cooking with Chef Lorraine: Holiday Side Dishes

Discover new side dishes for your holiday table, featuring yams, celery root, potatoes, carrots, and parsnips.

4:00–5:00

Qigong: Chinese Yoga with David Wei

6:45–8:30

Drama with Friends: Plays of Brady Lea *

Join your neighbors and the playwright for three short plays. Exercise your acting chops or just listen! *Rehearsal from 4:30–6:00. If you want to read a part, email judygoddess@gmail.com by Nov. 9.*

TUESDAY, NOV. 17

10:00–11:00

Dance for Strength with Kyra

11:15–12:15

Let's Make Stuff: Looking at Clouds

Local artist d'Arci Bruno is here with tips, techniques, and materials you can use to paint clouds like a BOSS! See the listing on our web calendar for a full materials list or call us at 415-821-1003.

2:00–3:30

Zoom Hosting Basics

Join Peter to learn how to start hosting your own Zoom meetings.

3:45–4:45

Resilient Neighborhoods: Potrero Hill

Join CLC's Sherri Sawyer as she talks to neighborhood leaders and staff of our new Potrero Hill Community Connector Network to learn how they're building community during the pandemic.

Evening Fun

Don't let sheltering at home limit your evening social options! Join us for music, drama, and time with friends.

BOOMER MUSIC

with Richie Unterberger

Women of 1960s and 1970s San Francisco Rock, Volume 2

Tuesday Nov. 10, 6:00–7:30

The Yardbirds: Eric Clapton, Jeff Beck & Jimmy Page

Tuesday Nov. 24, 6:00–7:30

ROCK 'N' ROLL DINNER SHOW

Thursday Nov. 19, 6:00–7:30

Join John Tinloy for acoustic versions of 60's rock 'n' roll including songs from the Beatles, Rolling Stones, the Kinks, the Who, Byrds, Bob Dylan, Grateful Dead, and many others.

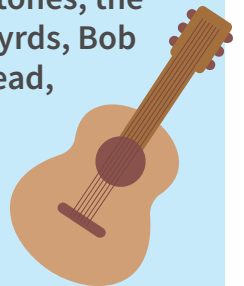
Bring your own dinner!

DRAMA WITH FRIENDS *

Monday Nov. 16,

6:45–8:30

with playwright Brady Lea. For readers and listeners.



Join Us! All activities use the following phone number and link unless noted.

Phone: Dial **888-475-4499** (toll free) or **669-900-6833** (local). Enter **Meeting ID: 865 6747 4200 ##**.

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" for us to start.

For activities marked with * see page 2 for phone and link information.

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

WEDNESDAY, NOV. 18

- 10:00–11:00 Always Active *
- 11:30–12:30 Chair Yoga with Kyra
- 1:00–2:30 Writing for Remembering with Marina
- 6:00–7:45 LitQuake Elder Writing Project

THURSDAY, NOV. 19

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:45 Art with Elders: Painting and Drawing
- 1:00–2:00 Keep Us Connected: Access to Home Internet, Devices & Training
The City's recent Economic Recovery Task Force report highlights the digital divide as an economic and human rights issue. Learn about their recommendations, what you can do, and current options for low cost Internet and devices.
- 2:30–3:30 Community Tales: Giving Thanks
Join Laura and Sherri for a fun hour of stories about Thanksgivings past and future. What's the funniest travel story you have from heading home to visit with family? What's the best Thanksgiving dinner you ever cooked, eaten, or missed? Join us for a true talk about turkey.
- 6:00–7:30 Acoustic 1960s Rock 'n' Roll Dinner Show with John Tinloy
Bring your dinner and enjoy acoustic versions of 60s rock 'n roll with John "JT" Tinloy, a regular at Johnny Foley's Irish House in SF since 1999. He'll perform songs from the Beatles, Rolling Stones, the Kinks, the Who, Byrds, Bob Dylan, Grateful Dead, Tom Petty and the Heartbreakers and many others.

FRIDAY, NOV. 20

- 10:00–11:00 Always Active *
- 11:00–1:00 Virtual Tech Help Desk
- 12:00–1:00 Coronavirus Chat with Dr. Chodos *
- 12:15–1:45 Memoir Writing with Melanie *
- 2:30–3:30 Qigong: Chinese Yoga (bilingual English & Chinese)

Join Us! All activities use the following phone number and link unless noted.

Phone: Dial 888-475-4499 (toll free) or 669-900-6833 (local). Enter **Meeting ID: 865 6747 4200 ##**.

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" for us to start.

*For activities marked with * see page 2 for phone and link information.*

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

Celebrate Creativity

Embrace your sense of play with opportunities to enjoy and create art from the safety of your home.

LET'S MAKE STUFF!

with local artist d'Arci Bruno
Alternate Tuesdays, 11:15-12:15

Nov. 3: Light and Dark

Nov. 17: Looking at Clouds

ART WITH ELDER: DRAWING AND PAINTING

Thursday Nov. 5, 11:15-12:45

Thursday Nov. 19, 11:15-12:45

ART VIEWING ADVENTURES

Quilts of Rosie Lee Tompkins

with Rodney Paul & Kellie Krug

Monday Nov. 9, 1:00-2:00

How David Park Shaped the Bay Area Figurative Movement

with Rodney Paul

Monday Nov. 23,
1:00-2:00



SATURDAY, NOV. 21

10:00–11:00 **NEW!** Movement for Memory

MONDAY, NOV. 23

10:00–11:00 Always Active *

11:30–12:30 Writing for Remembering with MG

1:00–2:00 Art Viewing Adventures: How David Park Shaped the Figurative Movement

Join museum guide Rodney Paul to learn about David Park and the Bay Area Figurative movement, which is seen as the Bay Area's most significant single contribution to 20th century American Art. Discover how Park rejected the prevailing art style of the day to explore warmth, liveliness and spontaneity through the human figure.

2:30–3:30 Cooking with Chef Lorraine: Turkey Time!

Learn about everything turkey to make your Thanksgiving a delicious success. And enter our drawing for a chance to win a homemade Thanksgiving dinner for six, delivered to your San Francisco home!

4:00–5:00 Qigong: Chinese Yoga with David Wei

TUESDAY, NOV. 24

10:00–11:00 Dance for Strength with Kyra

11:15–12:15 Eating Well: Nutrition for Better Aging

2:00–3:30 Tech Help: Zoom & Internet Safety

Do you know how to stay safe online and on Zoom? Join Peter to learn more.

6:00–7:30 **New Day!** Boomer Music Talk: The Yardbirds with Eric Clapton, Jeff Beck & Jimmy Page

Join rock historian and author Richie Unterberger to learn the history of the group in which three of rock's greatest guitarists got their start in the 1960s, moving from rhythm and blues through British Invasion pop, psychedelia, and hard rock.

WEDNESDAY, NOV. 25

10:00–11:00 Always Active *

Storytelling for All

Join us to share your stories or just listen. Writing groups with weekly prompts welcome both beginning and seasoned writers. Come together each month to enjoy Community Tales and the SF Senior Beat.

WRITING FOR REMEMBERING

with MG, Mon. 11:30–12:30
with Marina, Wed. 1:00–2:30

MEMOIR WRITING *

with Melanie, Fri. 12:15–1:45

LITQUAKE ELDER WRITING PROJECT

Wednesdays 6:00–7:45
No class on November 25.

COMMUNITY TALES: GIVING THANKS

Thursday Nov. 19, 2:30–3:30

SENIOR BEAT JOKE-A-THON

Wednesday Nov. 25, 2:45–3:45

Join Us! All activities use the following phone number and link unless noted.

Phone: Dial 888-475-4499 (toll free) or 669-900-6833 (local). Enter **Meeting ID: 865 6747 4200 ##**.

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" for us to start.

*For activities marked with * see page 2 for phone and link information.*

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

WEDNESDAY, NOV. 25 (CONTINUED)

11:30–12:30 Chair Yoga with Kyra

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

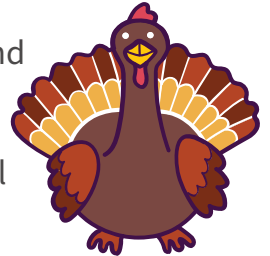
2:45–3:45 SF Senior Beat Conversations: Joke–A–Thon

Join emcee Dany Vallerand for an hour of fun. Bring your jokes and humorous stories to share at the monthly SF Senior Beat Conversations.

THURSDAY, NOV. 26: THANKSGIVING DAY

12:00–3:00 Thanksgiving Social

How are you celebrating Thanksgiving while keeping yourself and your loved ones safe? This year will be a bit strange for all of us. For those of us skipping larger gatherings, unable to travel, or just wanting a little connection, CLC Community Connectors will be hosting three hours of fun, conversation, and activities. Drop by and join us for all or part of the time!



FRIDAY, NOV. 27

12:00–3:00

Post-Thanksgiving Social

Regular classes are canceled today, but drop by during our afternoon social hours for fun, conversation, and activities.

MONDAY, NOV. 30

10:00–11:00

Always Active *

11:30–12:30

Writing for Remembering with MG

2:30–3:30

Cooking with Chef Lorraine: Hash, Soups, and Bone Broth Leftovers

What to do with all those leftovers? Join Chef Lorraine in the kitchen as she shares some post-Thanksgiving recipes to inspire you throughout the holiday season.

4:00–5:00

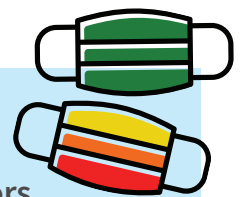
Qigong: Chinese Yoga with David Wei

Walk & Wave and Other Outdoor Groups

We are holding some small (12 people or fewer) activities outdoors where neighbors can meet in person. To keep everyone safe, we ask that each participant agree to:

- Register with contact information
- Answer a few questions to make sure you and your household are unlikely to have COVID-19
- Agree to wear a mask, maintain social distancing, and sanitize your hands

Please **contact your Community Connector**, info@sfcommunityliving.org or **415-821-1003** for information about upcoming outdoor activities in your San Francisco neighborhood.



Join Us! All activities use the following phone number and link unless noted.

Phone: Dial **888-475-4499** (toll free) or **669-900-6833** (local). Enter **Meeting ID: 865 6747 4200 ##**.

Video: <https://zoom.us/j/86567474200>. Wait in the "waiting room" for us to start.

*For activities marked with * see page 2 for phone and link information.*

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