



June 2025 Highlights

Join your neighbors in person and online for a great selection of events!
For the latest event information, visit www.sfcommunityliving.org/events.

RESTORE COMMUNITY ART AT CAYUGA PLAYGROUND: LET'S PAINT TOGETHER

301 Naglee Street and Cayuga

Neighbor to Neighbor / CA Volunteers

Saturday, June 7 Starts at 10 am - Noon

Cayuga Playground—keeping the art alive! The playground is filled with magical carvings made out of fallen trees by Demi Braceros. Changes in temperature, precipitation, and increased wind threaten the art. Let's work together to paint the figures so that future generations can experience his work. Bring your old paint, and let's restore, reuse, and recycle together.

Come and paint with us! Wear your painting clothes, bring a snack, a water bottle, and a sun hat. Supplies provided. We will be in the Cayuga Playground (10 am). Parking is recommended on Alemany; walk down Naglee Street stairs, directly in front of the park. **Contact:** patti@sfcommunityliving.org



JUNE 2025/N2N DISASTER PREPAREDNESS PRESENTATION BY THE SF DEPARTMENT OF EMERGENCY MANAGEMENT

Taking steps to get ready and stay ready can save your life and protect your loved ones during an emergency or natural disaster. ReadySF resources will help you take action and plan ahead! Get Connected: learn about training, resources, making a plan, and gathering supplies to keep your family safe during a disaster.

(1) Crocker Amazon

June 11th at 11:30am. Excelsior Clubhouse, 579 Madrid St. at Russia Ave.

(2) OMI Senior Center / Catholic Charities

June 19th at 12:45 pm, 65 Beverly Street (shared with Temple United Church)

(3) Inner Sunset

June 24th at 2:45 pm, St. John of God Church, 1290 Fifth Avenue



ReadySF





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

Have Some Fun

MOVIE NIGHT

Saturdays, 6:00 pm - 8:00 pm



Share a communal experience while watching a classic film online with a crowd.

June 14 - The Gay Deceivers

June 28 - Outrageous

READING SERIES AT RUTH'S TABLE

Thurs. June 5, 5:30 pm - 7:30 pm

Ruth's Table

3160 21st Street

San Francisco, CA 94110



Join Ruth's Table on the first Thursday of the month from 5:30 to 7:30 pm, along with our partners, Community Living Campaign, De-centered Arts, and Litquake's Elder Project, for this inspirational event. Featuring Writing For Remembering Writing Groups, the Elder Project workshops, local writers across a wide age range, and YOU! Limited Open Mic time is available for pieces under 3 minutes. This is a free event and potluck! Bring something to share! Beverages available.

DRAMA WITH FRIENDS

Mon. June 16

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!

LEARN SOMETHING

THE HARD STUFF: FINDING A SENSE OF PURPOSE



Mon. June 16 4:00 pm - 5:00 pm

Like most things, finding a sense of Purpose is not as easy as it sounds. It involves trial and error and digging deep to make a change in your life. Suggestions: engage in activities that bring joy, stay active, learning something new, find a way to contribute, and pursue a hobby.

I know we all know this, but how do we get started? Do you have a story of your success or failure you can share and help us find a way? Can you tell us about your hobby or volunteer work that makes your life more purposeful?

A SPECIAL PRESENTATION FROM THE SOCIAL SECURITY ADMINISTRATION



Fri. June 13, 3:30 pm

Join Grace Samson from the Social Security Administration on June 13 at 3:30 pm to discuss the latest updates to Social Security's website and how to make the most of our online tools and resources. You will Learn how to open a mySSA online account, how to print a benefit verification, how to change your address, and how to file an appeal online. She will also explain how the current administration's changes to the Social Security Administration affect your benefits and the process of signing up to get them. (Apart of the My Social Security series)

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.

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



Community Connector Virtual Activities

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/87521884135>, register, then wait for the activity to start. **Call In by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 875 2188 4135**, press # #.

To join other activities, use the links listed below or dial 888-475-4499 and enter the Meeting ID.

MONDAYS

10:00–11:00 Always Active Group Exercise

Please contact Luz at 415-550-2265 or lvillaneuva@onlok.org for the link and instructions.

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

1:00–2:00 Art Viewing Adventures

June 9: Battle of Pavia Tapestries **June 23:** Around Group f.64 exhibition at SFMOMA

2:00–4:00 Art with Elders: Drawing & Painting

Zoom Meeting ID: 885 1720 8387 Join at: <https://us02web.zoom.us/j/88517208387>

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

4:00–5:00 The Hard Stuff

June 16: Finding a Sense of Purpose

6:00–7:30 Boomer Music

June 9: Early Canadian Rock **June 23:** French Rock: The Early Years

7:00–8:30 Drama with Friends

June 16

TUESDAYS

2:30–3:30 Sidewalk Search Party/Waddle

Online: June 10

Zoom Meeting ID: 844 3568 9505. Join at: <https://us02web.zoom.us/j/84435689505>

In Person Waddle: June 24

3:00–4:00 Singing Class (Cantonese & Mandarin)

Zoom Meeting ID: 813 1206 2698. Join at: <https://us02web.zoom.us/j/81312062698>.

4:30–6:00 Writing Through Reading



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To join other activities, use the links listed below or dial 888-475-4499 and enter the Meeting ID.

WEDNESDAYS

10:00–11:00 Always Active Senior Exercise Class

Please contact Luz at 415-550-2265 or lvillaneuva@onlok.org for the link and instructions.

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

Zoom Meeting ID: 870 2301 8852. Join at: <https://us02web.zoom.us/j/87023018852>

6:00–7:45 Litquake Elder Writing Project

THURSDAYS

6:00–7:30 Art of Remembering Readings

June 19

5:30–7:30 Reading Series with Ruth's Table and Litquake (In Person)

Thurs. June 5

Ruth's Table, 3160 21st St, San Francisco, CA 94110

FRIDAYS

10:00–11:00 Always Active Senior Exercise Class

Please contact Luz at 415-550-2265 or lvillaneuva@onlok.org for the link and instructions.

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

May/June 2025

In-Person Community Connector Activities

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

at Bethel Church,
2525 Alemany Blvd.

- **Indoor Exercise** (English) on Mondays and Wednesdays, 10:00–11:00am
- **Writing Workshop: Do You Remember?** Join Litquake Elder Fellow MG Thomas to share your memories and listen to others share theirs. All writing levels are welcome. Wed, 11:15 –12:15pm
- **Tai Chi** (Chinese) on Thursdays. 9:00–10:00am

Miraloma Park

at Cornerstone Trinity Baptist,
480 Teresita Blvd.

- **Indoor Exercise** on Tuesdays & Thursdays, 10:30 –11:30am
- **Ukulele Class** Tuesdays, 2:00-3:00pm
- **Neighborhood Walk** on Thursdays, 1:00-2:00pm

Crocker Amazon

Wednesday: at Excelsior Club-house, 579 Madrid Street (at Russia)

Friday: at Geneva Avenue United Methodist Church, 1261 Geneva Ave.

- **Indoor Exercise** (English) on Wednesdays, 10:30–11:30am
 - **Chinese Dance** (Chinese) on Fridays, 10:15–11:15am
- at Crocker Volleyball Courts:
- **Tai Chi in the Park** (Chinese) Fridays, 9:00–10:00am

Midtown Terrace

at Forest Hills Church,
250 Laguna Honda Blvd.

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

Merced Extension Triangle

at Golden Gate Church,
201 Head St.

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

Potrero Hill

at PH Neighborhood House,
953 De Haro St.

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

Inner Sunset

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

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

Golden Gate Park Botanical Garden (on 9th):

- **Tai Chi in the Garden.** Mondays, 11:45am-12:30pm
- **Botanical Garden Walk.** Mondays, 1:00-2:30pm

Sunnyside

at St. Finn Barr Church,
415 Edna St.

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

Sidewalk Search Waddles

Location varies

- Tuesday, June 24, 2:30-3:30pm. Contact jennifer@sfccommunityliving.org to sign up and help make SF sidewalks safer!



Virtual & Hybrid Tech Classes & Help Desks

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 unless otherwise noted. For more details, visit our calendar at www.sfcommunityliving.org/events.

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/82554918303>, register, then wait for the class to start.

Call in by Phone: Dial **888-475-4499** (toll free). Enter the **Meeting ID: 825 5491 8303**, press # #.

To join hybrid classes in person, visit us at the CLC Tech Lab, 1663 Mission Street, Suite 525.

MONDAYS

10:00–12:00 Free Computer Lab & In Person Tech Support (CLC Office)

10:00–11:30 Apple & Android Help Desk (Virtual)

1:00–3:00 Excel (Hybrid)

June 2: Sorting and Filtering Lists **June 9:** Budgets Numbers & Charts **June 16:** Data Entry, Worksheet Formatting **June 23:** Sorting and Filtering Lists **June 30:** Budgets Numbers & Charts

3:30–4:30 Games & Gaming

TUESDAYS

9:00–10:00 Internet Safety

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

10:00–11:00 Scanning (In-Person at CLC Office)

11:00–12:00 SF Fun Cheap (Virtual)

12:30–1:30 Choosing a Medical Alert System

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

June 17: Overview of Core Features of Device Accessibility

WEDNESDAYS

9:00–2:00 Free Computer Lab & In Person Tech Support

10:00–12:00 Making Art on the Computer

12:00–1:00 Translation Tools (Virtual)

June 11, 25

12:00–1:00 Recipes (Virtual)

June 18

1:00–2:00 Transportation (Virtual)

3:00–4:00 Online Learning Experience (Virtual)



Virtual & Hybrid Tech Classes & Help Desks

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CLC Tech Zoom. Most Tech Classes are on our Tech Zoom line. Join as follows: **Join Online:** <https://us02web.zoom.us/j/82554918303>, register, then wait for the class to start. **Call in by Phone:** Dial 888-475-4499

(toll free). Enter the **Meeting ID: 825 5491 8303**, press # #. To join hybrid classes in person, visit us at the CLC Tech Lab, 1663 Mission Street, Suite 525.

THURSDAYS

- 9:00-10:00** Coffee & News (Virtual)
- 10:00-11:00** Take a Fun Journey Through the Digital World
- 1:15-2:30** Canva User Group
- 2:00-3:00** Free Computer Lab & In Person Tech Support (CLC Office)
- 3:00-4:30** A Collage a Day Keeps the Blues Away
June 12, 26

FRIDAYS

- 9:00-1:00** Free Computer Lab & In Person Support (CLC Office)
- 9:00-10:00** Viernes Seguridad en Internet en Español (Virtual-Bilingual)
- 3:30-4:30** My Social Security: Signing Up & Using

WEEKENDS

SATURDAYS

- 6:00-8:00** Movie Night
June 14: The Gay Deceivers **June 28:** Outrageous
 Zoom Meeting ID: 825 5491 8303. Join at: <https://us02web.zoom.us/j/82554918303>,
 Password: 097459

DON'T DISCONNECT - FREE ONLINE TECH SUPPORT EVERY DAY

By Telephone

Monday - Friday

11:00 am 2:00 pm

Call: 888-475-4499

Enter room number: 849 2458 8642

Press “#” twice

On Zoom

Monday - Friday

11:00 am 2:00 pm

<https://us02web.zoom.us/j/84924588642>

Register if Prompted

May/June 2025

In Person, Virtual, Hybrid Tech Classes & Help Desks

Join us in-person! Find out more at tech@sfccommunityliving.org or 415-821-1003, x109.

At the CLC Tech Lab

MONDAYS

10:00–12:00 Free Computer Lab & In Person Tech Support

1:00–3:00 Excel



Bring your questions about Excel. It's a powerful and fun program! Beyond the budget (it's great for budgeting) Excel has something for everyone. It can be used for planning travel, organizing recipes, adjusting knitting patterns and tracking exercise and health information. This beginner level class will introduce basic data entry and formatting. Most of the tasks can also be applied to Google Sheets.

TUESDAYS

10:00–11:00 Scanning

11:00–2:00 Free Computer Lab & In Person Tech Support

WEDNESDAYS

9:00–12:00 Chinese Help Desk with Leon

9:00–2:00 Free Computer Lab & In Person Tech Support

THURSDAYS

12:00–3:00 Free Computer Lab & In Person Tech Support

FRIDAYS

9:00–1:00 Free Computer Lab & In Person Tech Support

May/June 2025

In-Person, Tech Classes & Help Desks

Join us at Community Locations! Find out more at tech@sfccommunityliving.org or 415-821-1003, x109.

MONDAYS

9:00–12:00 Tech Tutoring at OnLok, 30th St. Senior Center

TUESDAYS

10:00–12:00 Tech Help Desk at Telegraph Hill, Telegraph Hill Neighborhood Center, 660 Lombard St. (English & Chinese).

11:00–12:00 Tech Support at Merced Extension Triangle at Golden Gate Church, 201 Head St.
June 10

12:00–2:00 Tech Tutoring at Mission YMCA, 4080 Mission St.

1:00–3:00 Bayview Teachery with Chester, Bayview Branch, SF Public Library, 5075 3rd St.

1:30–3:30 Tech Help & Digital Passport at Inner Sunset, Connectors, St. John of God, 1290 Fifth Ave at Irving St.

WEDNESDAYS

10:00–12:00 Tech Help at Aquatic Park, 890 Beach St. (English & Chinese)

11:00–12:30 Tech Help & Digital Passport at Cayuga Connectors, Bethel Lutheran Church, 2525 Alemany Blvd.

THURSDAYS

10:00–12:00 Chinese Help Desk at Cayuga Connectors, Bethel Lutheran Church, 2525 Alemany Blvd.

1:30–3:30 Tech Help & Digital Passport at Inner Sunset, Connectors, St. John of God, 1290 Fifth Ave at Irving St.

1:00–3:00 Chinese Tech Help Desk at Richmond Senior Center, 6221 Geary Blvd., 3rd Floor

FRIDAYS

10:15–12:00 Chinese Help Desk, Crocker Geneva Methodist Church, 1261 Geneva Ave

11:30–12:30 Google Photos Workshop: Register ahead to save your place!" Glen Park Rec Center, 70 Elk St,

Helpful Resources

Transportation Support. Do you need help figuring out how to get around San Francisco with all the changes? SF Paratransit's discounted Essential Trip Card taxi rides are available for San Franciscans 65 or older, living with a disability and age 18+, or with health conditions or mobility challenges that prevent them from using Muni. Contact our transportation team at 415-821-1003, ext. 125 or transportation@sfccommunityliving.org to learn more.

Take Care of Yourself. We're all facing multiple stresses right now. 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

Other Questions and Needs?

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

Spring Cleaning: De-Clutter Your Home and Support CLC!

When you drop off gently-used clothes, books, furniture, and other items, Community Thrift Store sells them and donates part of the proceeds to Community Living Campaign. Community Thrift is located at 623 Valencia Street. They accept donations from 10 am-5 pm almost every day at the donation door on Sycamore Alley. Use the code #18 to let Community Thrift know you'd like your donations to support Community Living Campaign.

Invest in Community: Other Ways to Support Our Programs

We keep our classes and activities free so that all of our neighbors can participate, regardless of income. But we need your help keeping all of these offerings going! If you can, please consider a donation to Community Living Campaign.

You can make a gift online (use the QR code) or find many other options on our website: sfccommunityliving.org/giving.



COMMUNITY LIVING CAMPAIGN

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

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

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**