

Happy New Year!

Greeting neighbors and friends,

Check out our January calendar in this e-mail. We hope you'll continue to be active or jump onboard and join us for one of our events. We're looking forward to expanding our community—pull our resources of talent too!

Maybe you have a suggestion for talk or events —chances are others will enjoy it too. If you have a talent or skill you'd like to share with others, we welcome you.

Thank you all for a great year, we had a wonderful time building friendships and strengthening our community! Wishing you good things this year.

Patti

Cayuga Community Connector's January Calendar 2019

Every Monday at 11am, Coffee with your Neighbors followed by Memoir Writing! It's a great way to start the week / Bethel Alemany at Ottawa.

Always Active Exercise! The perfect hour workout for older adults---strengthening and balance is the key! (Monday 9:30am) (Wednesday 9:45am) (Friday 9:45am) Bethel Alemany at Ottawa.

Litquake Elder Writing Project - Beginners Welcome! FREE, Wednesdays at 6:00PM at **Excelsior Works (5000 Mission at Italy)** next to Little Joe's Pizza.

Three Wednesdays!

Tai Chi – indoors with Master Chan – three Wednesday's this month: Jan. 2, 9 and 16 at 11am at Bethel Church (Alemany at Ottawa). Earlier this month, we held three sessions at Cayuga Playground that went really well---just a few weather issues, we're taking it inside. Hoping for a good turn out so that we can establish a regular schedule twice a month.

Wednesday, January 23 at 11am at Bethel

"Hidden Waterways" - SF historian, Chris Carlsson will share his knowledge about Islais Creek and its tributaries. Q&A will follow / Bethel Alemany at Ottawa.

Friday, January 4th and 18th and 11am

FREE Chair Yoga the first and third Friday of the month at 11am at Bethel. Just show up, you don't need a thing! Bethel Alemany at Ottawa.

Little Free Library? Are you interested in having a Little Free Library in the front of your home? We can make it happen, just e-mail me: pspaniak@mac.com. We will help with installation and free books to stock it. We have LOTS of happy readers & people who leave a book, take a book ---it has added a thread of connection for all of us.

Need help finding Aging and Adult Services in SF? Twice a month meet with Joana at Bethel from 9:00am-11:00am, no APPOINTMENT NECESSARY. She can assist you in accessing services and resources for you, your parent, partner, neighbor? At Bethel Alemany at Ottawa.

Joana comes the **FIRST and THIRD Monday** of every month 9am-11am at Bethel. She can help us all be more aware of our rights and help us to remain living independently in the community.

FINGERS-CROSSED for this one**We hope to install our first section of mosaics Cayuga Stairway risers---we have 10 so far (20 to go). Would you like to sign-up to help with installation? We're looking for people to spend (at the most 30 minutes) weeding the stairs in preparation for installation. **and we will celebrate too! (Naglee and Cayuga Street)

We have pot lucks, mural painting, educational and social events coming up! Stay tuned.