<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>10:00-11:00 AM</td>
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<tr>
<td>Always Active ✱ (OnLok/30th St.)</td>
<td>Always Active ✱ Dance for Strength with Kyra</td>
<td>Always Active ✱ (OnLok/30th St.)</td>
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<tr>
<td>Writing for Remembering with MG</td>
<td>Recipe Swap</td>
<td>Chair Yoga with Kyra</td>
<td>Creative Spark</td>
<td>Virtual Tech Help Desk ✱</td>
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<td></td>
<td>Books &amp; Movies (Alternate Weeks)</td>
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<td>Pet Social Hour (Alternate Weeks)</td>
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### Join Our Virtual Community Connector Network Events!

We're unable to meet in person right now. Instead, stay connected with your neighbors from the safety of your own home. Find a full event calendar at: [www.sfcommunityliving.org/events](http://www.sfcommunityliving.org/events).

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

**Call In by Phone:** Dial **669-900-6833**. Enter the **Meeting ID: 947 3509 0322**, then press # twice.

**Join Online:** [https://zoom.us/j/94735090322](https://zoom.us/j/94735090322), then wait in the "waiting room" until the meeting starts.

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<th>1:00-2:30 PM</th>
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<tr>
<td>● Healthy Aging (Topic Varies)</td>
<td>Writing for Remembering with Marina</td>
<td>● Healthy Aging (Topic Varies)</td>
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<td>● Open Mic (2:00-2:30 PM)</td>
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<td>● Open Mic (2:00-2:30 PM)</td>
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<tbody>
<tr>
<td>Cook with Chef Lorraine</td>
<td>Virtual Tech Help Desk</td>
<td>Meditate/Move (1st / 3rd week)</td>
<td>Traveling Safely During Covid 19 (2nd week)</td>
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<td></td>
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<td>● Kitchen Wisdom (2nd / 5th week)</td>
<td>● Tales from Sheltering in Place (4th week)</td>
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<td>● Senior Stories (4th week)</td>
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<th>4:00-5:00 PM</th>
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<tr>
<td>● Sound Healing (2nd / 4th week)</td>
<td><strong>TGIF</strong> Virtual Cocktail /Mocktail</td>
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<th>6:00-7:30 PM</th>
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<tbody>
<tr>
<td>Boomer Talk with Richie Unterberger 2nd / last week</td>
<td>● LitQuake Writing Project</td>
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</table>

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

Updated: 5/3/2020
**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 “social distancing.”

**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. Almost all activities will work by phone. Exercise and Art Viewing Adventures are the only classes where video is highly recommended.

**If You Want to Video Chat:** Each event will have a special link. When you type the link into your browser window—or click on the link at www.sfcommunityliving.org/events—it will launch a request to download Zoom onto your device (PC, Mac, iOS, or Android). You can download Zoom or open the call directly in your Mac or PC web browser (Chrome works best). Try out the link before the call! If you need assistance, we’re here to help.

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

**Virtual Event Details**

Except as noted below, activities are hosted on Community Living Campaign’s Activity line.

**Phone:** Dial 669-900-6833. Enter the Meeting ID: 947 3509 0322, then press # twice.

**Video:** https://zoom.us/j/94735090322. 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 Genny at 415–550–2291 or gpinzon@onlok.org for the link, password, and instructions you need to access the classes on OnLok Always Active’s Zoom line.

✱ **Wednesday LitQuake Elder Writing Project**

**Phone:** Dial 669–900–9128 Enter Meeting ID: 901 994 890# then 54878253#

**Video:** http://elderwriting.net/zoom-meetings/online-elder-writing-class/

Meeting ID: 119-184-237, Password: litquake

✱ **Thursday Traveling Safely During Covid-19**

**Phone:** Contact Cathy at 415-638-9183 to register and get call-in instructions before the event

**Video:** https://us02web.zoom.us/w/89778679836. You'll be asked to register when you join the call. If you need help registering, please email cathy@sfcommunityliving.org

✱ **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

✱ **Friday Tech Help Desk with Molly and Liz**

**Phone:** Dial 669-900-6833. Enter the Meeting ID: 838 4716 8119, then press # twice.

**Video:** https://us02web.zoom.us/j/83847168119

www.sfcommunityliving.org • 415.821.1003 • info@sfcommunityliving.org
CLC Virtual Activity Calendar for May 2020

Stay connected during this time of social distancing! Join us by phone or video for a variety of activities. Visit our online calendar at www.sfcommunityliving.org/events for more details on virtual social hours, exercise classes, arts and writing groups, healthy aging workshops, and more.

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.

**TUESDAY, MAY 5**
11:00–12:00 PM  
Social Hour: Recipe Swap  
What are you cooking right now? Are you trying new recipes or more focused on stretching what's in your pantry? Chat with your neighbors, share tips, and swap favorite recipes.

**WEDNESDAY, MAY 6**
2:30–3:30 PM  
Meditation & Movement (bilingual English & Spanish)  
Join Brigitte Knight for a perfect combination of gentle movement and meditation to find balance and calm in these troubled times.

**THURSDAY, MAY 7**
11:00–12:00 PM  
Ruth's Table Creative Spark  
Calling budding and experienced artists, crafters, and makers of all kinds. Explore creativity at home with Ruth's Table director, Jessie McCracken. Get prompts and opportunities to share, connect, and play. Beginners welcome!

1:00–2:00 PM  
Resilient Neighborhoods  
We all need some good news right now, and we can find it right here in our own neighborhoods! Come listen to three inspiring stories of San Francisco resilience, kindness, and joy while we shelter in place.

**FRIDAY, MAY 15**
2:30–3:30 PM  
Qigong: Chinese Yoga with David Wei  
Bend, stretch, and smile with renowned martial arts instructor, David Wei. No experience is necessary. All are welcome.

**Stay Active!**
Weekly exercise classes can help you with balance, strength, and more.

**ALWAYS ACTIVE**
Mon./Wed./Fri., 10:00–11:00  
* email gpinzon@onlok.org

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

**CHAIR YOGA**
Wednesdays. 11:30-12:30
With Kyra Boprie

**MEDITATION & MOVEMENT (ENGLISH & SPANISH)**
1st & 3rd Wednesdays, 2:30-3:30 with Brigitte

**QIGONG**
2nd & 4th Fridays, 2:30-3:30 with David Wei

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

**Phone:** Dial 669-900-6833. Enter the Meeting ID: 947 3509 0322, then press #

**Video:** https://zoom.us/j/94735090322. Wait in the "waiting room" until the activity starts

www.sfcommunityliving.org • 415.821.1003 • info@sfcommunityliving.org
MONDAY, MAY 11
1:00–2:00 PM Art Viewing Adventures: What's So Interesting about Houses and Cars? The Art of Robert Bechtle
Join Rodney Paul for an educational and fun virtual tour. Rodney is an experienced museum guide who likes to spark discussions in which participants share their reactions to the artworks.

6:00–7:30 PM Boomer Talk: California Dreaming
Join music historian and author Richie Unterberger to learn more about incredibly creative rock generated by musicians based in or near Laurel Canyon in the mid-to-late 1960s: the Byrds, Mamas & Papas, Buffalo Springfield, Beach Boys, Joni Mitchell, Carole King, the Doors, and Linda Ronstadt. With audio & video clips.

TUESDAY, MAY 12
11:00–12:00 PM Social Hour: Favorite Books & Movies
What are you reading and viewing while at home? Share your favorites and get recommendations from your neighbors.

2:00–3:00 PM Sidewalk Search Party
Join the monthly meeting to help keep our sidewalks safe for everyone. * By video: https://us02web.zoom.us/j/84305928582 or by phone: dial 669-900-9128, then Meeting ID: 843 0592 8582##.

WEDNESDAY, MAY 13
2:30–3:30 PM Kitchen Wisdom: Sleep Well and Reduce Anxiety
Join Marina to learn more about common foods and herbs, how to grow and use them in cooking and medicinal teas, as well as on how they may help us sleep better and reduce anxiety.

4:00–5:00 PM Sound Healing
Join internationally acclaimed Silvina Vergara to experience the sound, voice, frequencies transmission, & movement that allow us all to experience our own journey.

Join Us! All activities use the following phone number and link unless noted
Phone: Dial 669-900-6833. Enter the Meeting ID: 947 3509 0322, then press #
Video: https://zoom.us/j/94735090322. Wait in the "waiting room" until the activity starts

www.sfcommunityliving.org • 415.821.1003 • info@sfcommunityliving.org
THURSDAY, MAY 14
11:00–12:00 PM Pet Social Hour
Join MG and your neighbors to introduce your favorite animal friends and share stories and tips. Great for both those of us with pets and those who miss having animal friends around.

1:00–2:00 PM Is it True? Separating Fact from Fiction in the News
Now more than ever, it is important to be able to identify trusted sources for information about our government, health measures, and so much more. Learn how to identify sources you can trust.

2:30–3:30 PM Traveling Safely During Covid 19
Join Cathy DeLuca from CLC to hear the latest about all your transportation options, including Muni, Paratransit, driving, taxis and Uber/Lyft, and even how to have fun on your local walks! The talk is free, but you'll need to register.
* Contact Cathy DeLuca at 415-638-9183 or cathy@sfcommunityliving.org.

MONDAY, MAY 18
1:00–2:00 PM California History and How San Francisco Got Things Started
Join Reed, an experienced local tour guide, for an entertaining look at the history of California through the founding of San Francisco.

TUESDAY, MAY 19
11:00–12:00 PM Social Hour: Recipe Swap

WEDNESDAY, MAY 20
2:30–3:30 PM Meditation & Movement (bilingual English & Spanish)

THURSDAY, MAY 21
11:00–12:00 PM Ruth's Table Creative Spark

1:00–2:00 PM Staying Ready to Work!
Join SF ReServe director Jamie Goddard to learn what you can do now to be ready to work during and after shelter-in-place. Find out about resources that can support your job search.

Calling All Writers
Bring your ideas and stories to our writing groups. Weekly prompts provided. Beginners welcome!

WRITING FOR REMEMBERING
With MG, Mon. 11:30–12:30
With Marina, Wed. 1:00-2:30

MEMOIR WRITING
With Melanie, Fri. 12:15-1:15

LITQUAKE ELDER WRITING PROJECT
Wed. 6:00-7:30 PM
* Use LitQuake Zoom line

COMMUNITY TALES: HELP! I'M STUCK AT HOME
Share what you've written. 4th Thursdays, 2:30-3:30

Join Us! All activities use the following phone number and link unless noted
Phone: Dial 669-900-6833. Enter the Meeting ID: 947 3509 0322, then press #
Video: https://zoom.us/j/94735090322. Wait in the "waiting room" until the activity starts

www.sfcommunityliving.org • 415.821.1003 • info@sfcommunityliving.org
FRIDAY, MAY 22
2:30–3:30 PM  Qigong with David Wei

MONDAY, MAY 25
1:00–2:00 PM  Art Viewing Adventures: Artist-Activist Trevor Paglen Turns the Tables on Government Surveillance.
Join Rodney Paul for another fun and educational virtual tour of Paglen's work, which spans image-making, sculpture, investigative journalism, writing, engineering, and numerous other disciplines.

6:00–7:30 PM  Boomer Talk: Asian Rock Musicians
In honor of Asian Pacific American Heritage Month, join Richie Unterberger to explore rock by musicians based in Asia, Asian Americans, and others of Asian descent. Music styles will include rockabilly, surf music, garage rock, indie rock, girl groups, psychedelia, punk, synth-pop, and more.

TUESDAY, MAY 26
11:00–12:00 PM Social Hour: Favorite Books & Movies

WEDNESDAY, MAY 27
2:30–3:30 PM  Senior Beat Stories
Join Editor Robin Evans of SF Senior Beat, a dynamic online news source written and edited by older adults. Hear about stories that are in the works and share your stories and ideas.

4:00–5:00 PM  Sound Healing

THURSDAY, MAY 28
11:00–12:00 PM  Pet Social Hour
1:00–2:00 PM  Wellness with Arete: Gardening for Health and Well Being
Join Arete Nichols, RN and Master Gardener to learn some practical gardening tips while lowering stress and increasing inner calm.

2:30–3:30 PM  Tales from the Community. Help! I'm Trapped at Home: Stories from Sheltering in Place
Join emcees Sherri Sawyer and Laura Atkins for an hour of storytelling. This month, read or tell humorous/scary/emotional tales about your experience sheltering in place. Please limit your story to five minutes.

Virtual Tech Help
Not sure how to use Zoom? Need tips on how to use social media? Our tech trainers can help!

TUESDAYS
2:30-3:30 by phone or video

FRIDAYS
11:00-1:00 by phone or video
* Use Friday Tech Zoom line

BY APPOINTMENT
Call 415-821-1003 x109 or email tech@sfcommunityliving.org

Join Us! All activities use the following phone number and link unless noted
Phone: Dial 669-900-6833. Enter the Meeting ID: 947 3509 0322, then press #
Video: https://zoom.us/j/94735090322. Wait in the "waiting room" until the activity starts

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