



# We're All in This Together

We have friends for you to meet (safely!), good neighbors to celebrate, new things to learn, and useful information to keep you secure and healthy.

## FREE Virtual Activities by Phone, Tablet, or Computer

Be Creative. Share Stories. Keep Learning. Stay Connected. Stay Active. Stay Healthy.



## Transportation Resources & Support

Do you need help figuring out how to get around in San Francisco with all the changes due to the pandemic? We're here to help you figure out which options will work best for you.

Questions? Contact Cathy DeLuca at [cathy@sfccommunityliving.org](mailto:cathy@sfccommunityliving.org) or call 415-638-9183.

**\$50 Lyft Vouchers.** Are you a San Francisco senior or adult with a disability who needs help getting around? Do you have the Lyft app on your smartphone (or could you get it)? We have monthly \$50 Lyft vouchers available on a first-come, first-served basis.

**\$60 of Taxi Rides for \$12.** The City's new Essential Trip Card provides taxi rides at an 80% discount to San Francisco residents aged 65+ or living with a disability. Call 311 during business hours (9am-4:45pm) to apply. Taxis are one of the safest ways to travel because the drivers get protective equipment from the City and must follow strict cleaning protocols.

**Transportation Update: August 20, 2:30-4:00.** Learn the latest about all your transportation options, including Muni, Paratransit, BART, driving, taxis and Lyft/Uber, and even how to have fun on your local walks! Register by phone at 415-821-1003, extension 118 or register and join online at: <https://us02web.zoom.us/j/88306105509>.

### Calendars by Postal Mail or Email?

If you'd prefer to receive this monthly activity calendar by email, please send your **Full Name**, **Email Address**, and **Zip Code** to [info@sfccommunityliving.org](mailto:info@sfccommunityliving.org).



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

[www.sfccommunityliving.org](http://www.sfccommunityliving.org) • 415.821.1003 • [info@sfccommunityliving.org](mailto:info@sfccommunityliving.org)

## There Are Many Ways to Be A Good Neighbor

- Dance, sing, or play a song with your neighbors
- Decorate your sidewalk with chalk
- Learn something new from a friend or neighbor
- Mail a card or a nice note to someone who is isolated at home
- Make sure you (and your friends) have completed your Census.
- Register to Vote!
- Talk with someone 25 years older or younger than you. What are three new things you've learned about them?
- Plant some seeds or share a few plant cuttings
- Help a neighbor and ask them to pay it forward by doing a small kindness for someone else.
- Share something you've made
- Support a local business
- Teach something to a child, friend, or family member
- Thank essential workers and volunteers
- Out for a walk? Wave to homebound neighbors. At home? Wave from your window to people walking by.

**We want to hear from you!** Have you helped a neighbor or has a neighbor helped you? How else can we all bring more joy and resilience to our communities this summer? Send stories, photos, drawings, and ideas to us and we'll share them on our Facebook page.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00
 <b>Always Active *</b> (OnLok/30th St.)	 <b>Dance for Strength with Kyra</b>	 <b>Always Active *</b> (OnLok/30th St.)	 <b>Dance for Strength with Kyra</b>	 <b>Always Active *</b> (OnLok/30th St.)
11:30-12:30	11:00-12:00	11:30-12:30	11:00-12:00	11:00-1:00
<b>Writing for Remembering with MG</b>	<ul style="list-style-type: none"> <li>Eating Well</li> <li>Let's Make Stuff (alternate weeks)</li> </ul>	 <b>Chair Yoga with Kyra</b>	<ul style="list-style-type: none"> <li>Creative Spark</li> <li>Pet Social Hour</li> <li>Heart Health (see full calendar)</li> </ul>	<b>* Virtual Tech Help Desk</b> 

### 2 Choices

**\*12:00 - 1:00**  
Coronavirus Chat and Update with Dr. Chodos (UCSF)

**12:15 - 1:15**  
Memoir Writing with Melanie Graysmith



## August 2020 Events

### CLC Virtual Community Connector Network






Stay connected with your neighbors from the safety of your own home! Find our 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 **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.

1:00-2:30		1:00-2:30	1:00-2:30	
<ul style="list-style-type: none"> <li>Various Topics (see full calendar)</li> <li>Community Chat (2:00-2:30)</li> </ul>		<b>Writing for Remembering with Marina</b>	<b>August 13th: How to Enjoy the SF Public Library During COVID</b>	
2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30	2:30-3:30
 <b>Cook with Chef Lorraine</b>	 <b>Virtual Tech Help Desk</b>	<ul style="list-style-type: none"> <li>Meditate/Move (1st /3rd week)</li> <li>Kitchen Wisdom (2nd week)</li> <li>Senior Stories (4th week)</li> </ul>	<ul style="list-style-type: none"> <li>Various Topics: <ul style="list-style-type: none"> <li>Eating on a Budget</li> <li>Cannabis for Elders</li> <li>Transportation</li> <li>Community Tales</li> </ul> </li> </ul>	<b>Qigong with David Wei</b> (bilingual English & Chinese) 
	3:30-4:30			
	<b>Aug. 18: Resilient Neighborhoods</b>			
		6:00-7:30		
<b>Boomer Talk</b> Aug. 10 & 24, 6:00-7:30 <b>Drama with Friends</b> Aug. 17, 7:00-8:30		<b>LitQuake Writing Project</b> 		

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

Updated: 7/24/2020

## 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 Classes are the only ones where video is highly recommended. Use our toll free number where you can and be sure to check your phone plan if you have limited minutes!



**If You Want to Video Chat:** Each event will have a special link. When you type the link into your web browser (or click the link at [sfcommunityliving.org/events](https://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). **The first time you join, you'll need to answer a few registration questions.** Try out the Zoom link before the call! We're here to help if you need it.



**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 [peter@sfcommunityliving.org](mailto: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 **Genny at 415-550-2291** or [gpinzon@onlok.org](mailto:gpinzon@onlok.org) for the link, password, and instructions you need to access the classes on OnLok Always Active's Zoom line.

### \* Tuesday Sidewalk Search Party

**Phone:** Dial **888-475-4499** (toll free) or **669-900-6833** (local). **Meeting ID: 843 0592 8582##**

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

### \* Thursday Traveling Safely During COVID-19

**Phone:** Contact Peter at **415-821-1003, extension 118** to register and get call-in instructions.

**Video:** <https://us02web.zoom.us/j/88306105509>. You'll be asked to register when you join.

If you need help registering, please email [cathy@sfcommunityliving.org](mailto: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>. Meeting ID: **298 110 801**. Password: **671492**

### \* Friday Tech Help Desk with Molly and Liz

**Phone:** Dial **888-475-4499** (toll free) or **669-900-6833** (local). **Meeting ID: 898 1047 9808 ##**

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

[www.sfcommunityliving.org](http://www.sfcommunityliving.org) • 415.821.1003 • [info@sfcommunityliving.org](mailto:info@sfcommunityliving.org)

# CLC Virtual Activity Calendar for August 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](http://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](mailto: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, AUG. 3

- 10:00-11:00 **Always Active \***
- 11:30-12:30 **Writing for Remembering with MG**
- 1:00-2:00 **How to Give a Great Interview**  
Job seekers: join SF ReServe's John Edmiston and Jamie Goddard to learn how to share your accomplishments in a way that helps interviewers see all that you can contribute!
- 2:30-3:30 **Cooking with Chef Lorraine**

## TUESDAY, AUG. 4

- 10:00-11:00 **Dance for Strength with Kyra**
- 11:00-12:00 **Eating Well: Nutrition for Better Aging**  
Join Darlene Ramlose to learn how our nutrition needs change as we age, foods to choose, and more.
- 2:30-3:30 **Virtual Tech Help Desk**
- 2:30-3:30 **Sidewalk Search Party \***  
Join our bi-weekly meeting to help keep our sidewalks safe for everyone.

## WEDNESDAY, AUG. 5

- 10:00-11:00 **Always Active (OnLok/30th Street) \***
- 11:30-12:30 **Chair Yoga with Kyra**
- 1:00-2:30 **Writing for Remembering with Marina**
- 2:30-3:30 **Meditation & Movement (bilingual English & Spanish)**  
Enjoy a perfect combination of gentle movement and meditation to find balance and calm in these troubled times.
- 6:00-7:30 **LitQuake Elder Writing Project**



## Keep Cooking

Eating well is one way we can strengthen our immune defenses and stay healthy - more important than ever these days!

### COOKING WITH CHEF LORRAINE

Mondays, 2:30-3:30

### NUTRITION FOR BETTER AGING

Tuesdays, Aug. 4 & 18  
11:00-12:00 with Darlene

### EAT WELL ON A BUDGET

Thursday, Aug. 6, 2:30-3:30  
with Anna Ng, registered dietician at Leah's Pantry

### KITCHEN WISDOM: PESTO!

Wednesday, Aug. 12  
2:30-3:30 with Marina

**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*

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## THURSDAY, AUG. 6

10:00-11:00

**Dance for Strength with Kyra**

11:00-12:00

**Creative Spark: View from Here**

Gain a new perspective and create a shared understanding through stories of objects and places around us. Explore using poetry, storytelling, and visual arts, to share our thoughts and feelings. With Ruth's Table director Jessie McCracken.

2:30-3:30

**Leah's Pantry: Eat Well on a Budget**

Join Anna Ng, the registered dietitian at Leah's Pantry, for a virtual class on how to eat well on a budget! Discover budget-friendly foods and recipes that nourish your body and that also taste good!

## FRIDAY, AUG. 7

10:00-12:00

**Always Active \***

11:30-1:00PM

**Virtual Tech Help Desk \***

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. Bring your questions!

12:15-1:15

**Memoir Writing with Melanie**

2:30-3:30

**Qigong: Chinese Yoga  
(bilingual English & Chinese)**

## MONDAY, AUG. 10

10:00-11:00

**Always Active \***

11:30-12:30

**Writing for Remembering with MG**

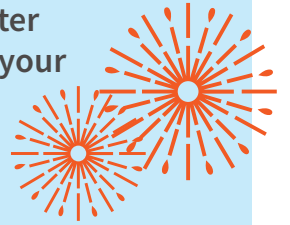
1:00-2:00

**Art Viewing Adventures:  
Celebrating Ruth Asawa**

Join museum guide Rodney Paul for a fascinating talk with Marilyn Chase about Ruth Asawa's life and work. Asawa's public sculptures adorn multiple San Francisco locations, and her amazing wire sculptures are highlights at museums in the Bay Area and far beyond. Marilyn Chase is author of the excellent new biography, *Everything She Touched: The Life of Ruth Asawa*.

## Celebrate Creativity

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



### RUTH'S TABLE: CREATIVE SPARK

**View from Here**

Thursday, Aug. 6, 11:00-12:00

**A Creative Journey**

Thursday, Aug. 20, 11:00-12:00

### ART VIEWING ADVENTURES

**Celebrating Ruth Asawa**

with Rodney Paul & Marilyn Chase

Monday, Aug. 10, 1:00-2:00

**Beyond the Museum Walls**

with Rodney Paul & Anna Ewins

Monday, Aug. 24, 1:00-2:00

### LET'S MAKE STUFF!

with artist d'Arci Bruno

**Watercolor Doodles**

Tuesday, Aug. 11, 11:00-12:00

**Abstract World**

Tuesday, Aug. 25, 11:00-12:00

### DRAMA WITH FRIENDS

With playwright Diane Sampson.

For readers & listeners!

Mon. Aug. 17, 7:00-8:30 PM

**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

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## MONDAY, AUG. 10 (CONTINUED)

2:30-3:30 **Cooking with Chef Lorraine**

6:00-7:30 **Boomer Talk: The British Invasion, Part 2**

Rock historian and author Richie Unterberger will spotlight British rock acts from 1967 through 1970. Enjoy great performers like the Beatles, the Rolling Stones, the Who, Arthur Brown, Julie Driscoll, Pink Floyd, the Moody Blues, Fairport Convention, Pentangle, David Bowie, and others.

## TUESDAY, AUG. 11

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

11:00-12:00 **Let's Make Stuff: Watercolor Doodles**

Watercolor doodles are a fun way to kick your brain into gear, work out art problems, and challenge yourself to find new ways to create and experiment. Mail your finished mini masterpieces to a friend or add them to the pages of your artist journal! *For a materials list, contact d'Arci at [drivebypie@gmail.com](mailto:drivebypie@gmail.com)*

2:30-3:30 **Virtual Tech Help Desk**

## WEDNESDAY, AUG. 12

10:00-11:00 **Always Active \***

11:30-12:30 **Chair Yoga with Kyra**

1:00-2:30 **Writing for Remembering with Marina**

2:30-3:30 **Kitchen Wisdom: Pesto**

There is more to pesto than basil! Each season presents a smorgasbord of ingredients to heal your body and please your taste buds. Learn about the medicinal qualities of the ingredients in some delicious and fabulously simple recipes.

6:00-7:30 **LitQuake Elder Writing Project**

## THURSDAY, AUG. 13

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

11:00-12:00 **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.

## Virtual Tech Help

Not sure how to use Zoom?  
Need tips on how to use social media? Our friendly and patient tech trainers can help!

### TUESDAYS

2:30-3:30 by phone or video

### FRIDAYS

11:00-1:00 by phone or video \* Use Fri. Tech Zoom

### BY APPOINTMENT

Call **415-821-1003 x109** or email **[tech@sfccommunityliving.org](mailto:tech@sfccommunityliving.org)**

One-on-one and group tutoring also available in Spanish and Cantonese.



**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*

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1:00-2:00

**How to Enjoy the San Francisco Public Library During COVID-19**

Join SFPL staff to learn when and how library branches will open; how to get a library card, how to find and attend library events, and how to get started with free online books and movies!

2:30-3:30

**Cannabis for Elders**

Learn from a local expert about how medical cannabis products can be used safely and effectively for a range of conditions, including chronic pain, arthritis, and sleep problems. Elizabeth Summers is a Community Herbalist and the owner of Auntie Aabee's Apothecary.

**FRIDAY, AUG. 14**

10:00-12:00

**Always Active \***

11:30-1:00PM

**Virtual Tech Help Desk \***

12:00-1:00

**Coronavirus Chat with Dr. Chodos \***

12:15-1:15

**Memoir Writing with Melanie**

2:30-3:30

**Qigong: Chinese Yoga (bilingual English & Chinese)**

**MONDAY, AUG. 17**

10:00-11:00

**Always Active \***

11:30-12:30

**Writing for Remembering with MG**

1:00-2:00

**Getting Ready to Vote in November**

Are you registered to vote? Do you know what's happening this fall with mail-in ballots and polling places? Do you have questions about what's on the November ballot? Come get answers to these questions and more from the SF Department of Elections.

2:30-3:30

**Cooking with Chef Lorraine**

7:00-8:30

**Drama with Friends: Diane Sampson**

Join your neighbors for readings of three short plays by Diane Sampson. The playwright will join us for the reading and discussion. *If you want to read a part, email judygoddess@gmail.com by August 10 so that you'll have time to practice!*

**Stay Up to Date**



Learn the latest about the pandemic and how we can stay safe while voting, using the library, and getting around our city.



**HOW TO ENJOY THE LIBRARY DURING COVID-19**

Thursday, Aug. 13, 1:00-2:00 with SF Public Library staff

**CHAT WITH DR. CHODOS: CORONAVIRUS & SENIORS \***

Fridays 12:00-1:00 with Dr. Anna Chodos, UCSF

**GET READY TO VOTE!**

Monday Aug. 17, 1:00-2:00 with SF Department of Elections

**TRAVELING SAFELY DURING COVID-19 \***

Thursday Aug. 20, 2:30-4:00 with Cathy DeLuca (CLC) and SFMTA and Paratransit staff

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

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## TUESDAY, AUG. 18

- 10:00-11:00 Dance for Strength with Kyra
- 11:00-12:00 Eating Well: Nutrition for Better Aging
- 2:30-3:30 Virtual Tech Help Desk
- 2:30-3:30 Sidewalk Search Party \*
- 2:30-3:30 Resilient Neighborhoods  
We all need some good news right now, and we can find it right here in our own neighborhoods! Come listen to community leaders share stories of neighborhood resilience, kindness, and joy.

## WEDNESDAY, AUG. 19

- 10:00-11:00 Always Active \*
- 11:30-12:30 Chair Yoga with Kyra
- 1:00-2:30 Writing for Remembering with Marina
- 2:30-3:30 Meditation & Movement  
(bilingual English & Spanish)
- 6:00-7:30 LitQuake Elder Writing Project

## THURSDAY, AUG. 20

- 10:00-11:00 Dance for Strength with Kyra
- 11:00-12:00 Creative Spark: A Collective Journey  
Let's celebrate! We conclude with a culminating experience open to all. Experience how we created community through imagination, experimentation, and play with projects done at home. This is a fun, interactive virtual art gallery experience celebrating a collective creative journey.
- 2:30-4:00 Traveling Safely During COVID-19 \*  
Join Cathy DeLuca 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 registration is required.

## FRIDAY, AUG. 21

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

## 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](mailto: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)

Wednesdays Aug. 5 & 19,  
2:30-3:30 with Brigitte

### QIGONG WITH DAVID WEI (ENGLISH & CHINESE)

Fridays 2:30-3:30



**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](http://www.sfcommunityliving.org) • 415.821.1003 • [info@sfcommunityliving.org](mailto:info@sfcommunityliving.org)

## MONDAY, AUG. 24

10:00-11:00

Always Active \*

11:30-12:30

Writing for Remembering with MG

1:00-2:00

Art Viewing Adventures: Beyond the Museum Walls

Though museums may be closed, there is a wealth of amazing art beyond their walls. Join museum guides Rodney Paul and Anna Ewins to discuss works in San Francisco's SOMA neighborhood. Includes a map of the art locations.

2:30-3:30

Cooking with Chef Lorraine

6:00-7:30

Boomer Talk: Women of the 60s & 70s Rock, Volume 2

Rock historian Richie Unterberger presents great performers from rockabilly and soul to psychedelia and punk, including Dusty Springfield, the Crystals, the Shangri-Las, Lulu, Joni Mitchell, Patti Smith, Linda Ronstadt, Shocking Blue, and others.

## TUESDAY, AUG. 25

10:00-11:00

Dance for Strength with Kyra

11:00-12:00

Let's Make Stuff: Abstract World

Abstract art is a great way to **CONNECT** with our emotions and **PLAY** with different materials while freeing the mind from the confines of object representation. Learn how to see things differently and visually deconstruct the world around you into line, shape, color, and form. *Contact D'Arci at [drivebypie@gmail.com](mailto:drivebypie@gmail.com) for a materials list.*

2:30-3:30

Virtual Tech Help Desk

## Good Neighbor Summer Fun



Help celebrate the many things each of us can do to build joyous, caring, and resilient communities.

**JOIN THE FUN!** Call **415-821-1003, ext. 113** or get updates and photos at **[sfcommunityliving.org/neighbors](https://sfcommunityliving.org/neighbors)**.



### BUILD BRIDGES ACROSS GENERATIONS

Have a conversation – in person, by phone, by video – with someone 25 years older or younger than you. What are three new things that you've learned about them?

### SUPPORT LOCAL BUSINESSES

Small businesses at the heart of our communities are struggling. Support them by shopping there (safely), buying a gift certificate, or even just a friendly word, it all helps.

### PAY IT FORWARD

Do something for a neighbor and ask them to pay it forward with another small act of kindness for someone else.



### BE A GOOD CITIZEN

Make your voice heard! Register to vote. Complete your census form. Join your neighborhood association, attend a (virtual) meeting with your Supervisor, and learn the issues.



**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*

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### WEDNESDAY, AUG. 26

- 10:00-11:00 Always Active \*
- 11:30-12:30 Chair Yoga with Kyra
- 1:00-2:30 Writing for Remembering with Marina
- 2:30-3:30 Senior Stories: My Life, My Stories  
Join Brittany Bare, the Founder and Executive Director of the San Francisco-based nonprofit My Life, My Stories, who will be joined by a senior author who will share about their experience working with a volunteer to document their life history.
- 6:00-7:30 LitQuake Elder Writing Project

### THURSDAY, AUG. 27

- 10:00-11:00 Dance for Strength with Kyra
- 11:00-12:00 Wellness with Arete: Heart Health  
Heart disease is the leading cause of death in the United States. Join Arete Nicholas, R.N., to learn how you can make simple changes to reduce your risk factors for heart disease. Recommendations will be based on American College of Cardiology 2019 Guidelines for heart health.
- 2:30-3:30 Community Tales:  
Summer Fun During Shelter in Place  
Join emcees Sherri Sawyer and Laura Atkins for a fun hour of storytelling. Come share a story about an activity you've been doing that is fun, or energizing, or enriching, or surprising. Did you try one of Kyra's exercise classes or David's Qigong? Did you join your neighbors for a Walk & Wave? Have you created art or gardened with seeds of hope? Have you cooked food inspired by Chef Lorraine? Come share a tale about the great things you've been up to in this most unusual of summers. Please limit stories to five minutes.

## 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. 12:15-1:15

### LITQUAKE ELDER WRITING PROJECT

Wed. 6:00-7:30 PM  
(now on CLC's main Zoom line)

### SENIOR STORIES

With Brittany Bare, founder of My Life, My Stories  
Wednesday Aug. 26, 2:30-3:30

### COMMUNITY TALES:

**HELP! I'M STUCK AT HOME**  
Share or listen to stories about summer fun during shelter in place. With Sherri and Laura.  
Thursday Aug. 27, 2:30-3:30

**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](http://www.sfcommunityliving.org) • 415.821.1003 • [info@sfcommunityliving.org](mailto:info@sfcommunityliving.org)

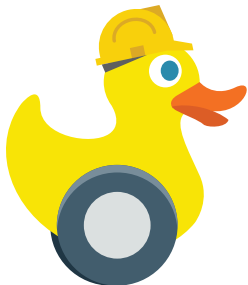
## FRIDAY, AUG. 28

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

## MONDAY, AUG. 31

10:00-11:00	Always Active *
11:30-12:30	Writing for Remembering with MG
1:00-2:00	SF History Tour: Neighborhood Change in the 1940s to 1970s Dive into the history of four San Francisco neighborhoods with local tour guide Reed: Japantown, the Fillmore, the Castro, and Haight-Ashbury. Learn why these neighborhoods, perhaps more than others in the city, reflect the political and social changes of the 1940s-1970s.
2:30-3:30	Cooking with Chef Lorraine

## ALL MONTH: BROKEN SIDEWALKS QUACK ME UP CONTEST



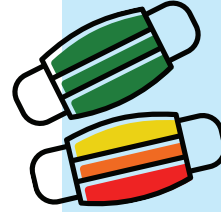
Join the Sidewalk Search Team to help make San Francisco's sidewalks safe and comfortable for all of us!

From July 26 to September 7, take pictures (or send descriptions) to Jennifer Walsh at [jennifer@sfcommunityliving.org](mailto:jennifer@sfcommunityliving.org) or call 650-488-0259. We'll be awarding prizes for:

- Most 311 reports filed with the city.
- Most uneven sidewalk.
- Worst ramp
- Best decorated duck
- Best and worst sidewalks along a construction site.
- Best and worst sidewalks near a school or park
- Most attractive sidewalk, both safe and accessible.

And more! Find out more at <http://bit.do/BrokenSidewalkContest>

## Walk & Wave and Other Outdoor Groups



We are starting to hold 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, keep physical distance, and sanitize your hands

Please **contact your Community Connector, [info@sfcommunityliving.org](mailto: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

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**Not sure  
how to use  
Zoom?**

**Need tips  
on how to  
use social  
media?**

**Two virtual sessions held weekly** *(or by appointment)*  
**Our friendly and patient tech trainers can help!**

**Tuesday Session**

2:30–3:30 P.M. by phone or video  
*with Peter and Simon*

**Phone:** 888-475-4499 (toll free)  
 or 669-900-6833 (local).

**Meeting ID:** 865 6747 4200 ##

**Video:** <https://zoom.us/j/86567474200>

**Friday Session**

11:00-1:00 P.M. by phone or video  
*with Molly and Liz*

**Phone:** 888-475-4499 (toll free)  
 or 669-900-6833 (local).

**Meeting ID:** 898 1047 9808 ##

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

**Tutoring By Appointment in English, Spanish and Chinese**

Call 415-821-1003 x109 or email [tech@sfcommunityliving.org](mailto:tech@sfcommunityliving.org)

