



## April 2021 Highlights

See the attached print calendar or visit [sfcommunityliving.org/events](https://sfcommunityliving.org/events) for more details.



### Celebrate Spring and Earth Day

- **Hidden San Francisco: Ecology History.** Join historian Chris Carlsson on **April 14 from 2:45-3:35** for a look at our city's ecological history, with the rapid and radical alteration of an environment of sand dunes and seasonal wetlands.
- **Community Tales: Spring Has Sprung!** Join emcees Sherri Sawyer and Laura Atkins to share what you love best about spring on **April 22 from 11:15-12:15**.
- **Gardening 101 with Master Gardener Arete Nicholas** Gardening is a great way to reduce stress and cultivate joy. Join Arete for a wealth of tips and resources for creating and tending your garden on **April 22 from 1:00-2:00**.
- **Kitchen Wisdom: Planting an Herb Garden.** Learn about the benefits of gardening and the basics of growing your own herbs in your kitchen or backyard on **April 29 from 11:15-12:15**.

### Enjoy the Arts and Make Some of Your Own

- Join museum guide Rodney Paul and docents from MOAD for **Art Viewing Adventures: African American Portraits** on **April 12 from 1:00-2:00**. And learn to draw your own with artist d'Arci Bruno with **About Faces** on **April 13 from 11:15-12:15** and **The Eyes Have It** on **April 27**.
- Join theater maker Evan Johnson's **LGBTQ Time Capsule Project** to explore the power of sharing intergenerational stories. Now twice a month on **Mondays April 5 & 19 from 1:00 to 2:00**.
- Don't miss multi-genre vocal powerhouse Dr. Mwanda Furaha's **Live Dinner Show: An Evening of Song** on **April 15 from 6:00-7:00**, readings by our writing workshop participants during the **Art of Remembering Reading Series** on **April 18 from 6:00-7:30**, and **Drama with Friends: The Plays of Cass Brayton** on **April 19 from 6:45 to 8:30**.

### Stay Safe

- Continue our series of talks on taking care of yourself and your loved ones with: **Safe Hospital Discharge: Know Your Rights** on **April 8 from 1:00-2:00**, **Palliative Care Q&A** on **April 15 from 1:00-2:00**, and **All About Homecare** on **April 29 from 1:00-2:00**.
- **Sign up for Vaccination Appointments & Notifications** call **833-422-4255** or visit **myturn.ca.gov** and **sf.gov/covid-19-vaccine-san-francisco**. Need help navigating sign-up options? Our tech tutors can help: call **415-821-1003, ext 109** or email **tech@sfcommunityliving.org**.

---

Follow us on Facebook at [www.facebook.com/CommunityLivingCampaign](https://www.facebook.com/CommunityLivingCampaign)


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

# Helpful Resources

**Transportation Support.** Do you need help figuring out how to get around San Francisco with all the changes due to the pandemic? SF Paratransit's discounted Essential Trip Card taxi rides are available for San Franciscans 65 or older, living with a disability, or with health conditions or mobility challenges that prevent them from using Muni.

**How are you getting to a vaccination site?** Thanks to a generous funder, we are offering subsidies to provide neighbors with up to \$60 in free taxi rides through the City's Essential Trip Card program to and from vaccination sites. Contact Cathy DeLuca at [cathy@sfccommunityliving.org](mailto:cathy@sfccommunityliving.org) or **415-638-9183** to learn more.

## Get Connected from Home

- **Get Free or Low-Cost Internet and Tablets.** Getting online from the safety of your home is more important than ever. Community Living Campaign is setting up San Francisco seniors and people with disabilities with **tablets, Internet access, and training.** To find out if you qualify, contact [tech@sfccommunityliving.org](mailto:tech@sfccommunityliving.org) or **415-821-1003, ext. 109.**
- **Learn Computer Basics and More.** Join us for even more virtual tech classes, including two new classes for tablets and smartphones: **Android Help Desk on Mondays from 10:00 to noon**, and **Apple Help Desk on Thursdays from 3:30 to 5:30.** 
- **Get Tips on Using Google Applications.** This month's **Wednesday Help Desk from 10:00 to noon** and **Friday Help Desk from 11:00 to 1:00** will feature tips on using Google Suite (Gmail, Google Docs, and more). If you're not able to get on Zoom, just call in to the class or schedule an individual phone or video help desk appointment by contacting [tech@sfccommunityliving.org](mailto:tech@sfccommunityliving.org) or **415-821-1003, ext. 109.**

**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](http://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.**

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).



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

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



# April 2021 Event Calendar

## CLC Virtual Community Connector Network

Stay connected with your neighbors from the safety of your own home!  
 For more details, see our calendar at [www.sfcommunityliving.org/events](http://www.sfcommunityliving.org/events).

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>10:00-12:30</b>	<b>10:00-11:00</b>	<b>10:00-12:30</b>	<b>10:00-11:00</b>	<b>10:00-1:00</b>
<b>10:00-11:00 *</b> Always Active <b>10:00-12:00</b> Android Help Desk <b>11:30-12:30</b> Writing for Remembering with MG	<b>Dance for Strength with Kyra</b> <b>11:15-12:15</b> • <b>Varies Weekly:</b> - Healthy Aging & Nutrition - Let's Make Stuff	<b>10:00-11:00 *</b> Always Active <b>10:00-12:00</b> Google Suite & Tech Help Desk <b>11:30-12:30</b> Chair Yoga with Kyra	<b>Dance for Strength with Kyra</b> <b>11:15-12:45</b> • <b>Varies Weekly</b> - Art with Elders - Community Tales - Planting Herbs	<b>10:00-11:00 *</b> Always Active <b>11:00-1:00</b> Google Suite & Tech Help Desk <b>12:00-1:00 *</b> Coronavirus Chat with Dr. Chodos
<b>1:00-2:00</b>		<b>1:00-2:30</b>	<b>1:00-2:00</b>	<b>12:15-1:45</b>
• <b>Varies Weekly:</b> - LGBT Time Capsule - Art Viewing Adventures		<b>Writing for Remembering with Marina</b>	• <b>Varies Weekly:</b> - Hospital Discharge - Palliative Care - Gardening 101 - Homecare	<b>Memoir Writing with Melanie</b>
<b>2:30-3:30</b>	<b>2:00-3:30</b>	<b>2:00-3:45</b>	<b>2:30-3:30</b>	<b>2:30-3:30</b>
 <b>Cook with Chef Lorraine</b>	 <b>Zoom Help Desk</b>	<b>2:00-3:00</b> Staying Safe Online Apr. 14, 21 & 28 <b>2:45-3:45</b> Line Dancing Apr. 7 & 28 Ecology History Apr. 14	 <b>Yoga Nidra for Sleep</b>	 <b>Qigong with David</b> (bilingual English & Chinese)
<b>4:00-5:00</b>			<b>3:30-5:30</b>	
<b>Qigong with David Wei</b> (bilingual)			<b>Apple Help Desk: Macs, iPads &amp; iPhones</b>	
<b>6:00-7:30</b>		<b>6:00-7:45</b>	<b>6:00-7:30</b>	
<b>Boomer Music with Richie</b> Apr. 12 & 26	<b>Drama with Friends *</b> Apr. 19, 6:45-8:30	<b>LitQuake Writing Project</b>	<b>Live Music: Mwanza Furaha</b> Apr. 15	

Updated: 3/24/2021

Most activities are on our main Zoom line. You can join as follows:

**Join Online:** <https://zoom.us/j/86567474200>, register, then wait for the activity to start.

**Call In by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 865 6747 4200**, press # #.

**Special Zoom line for all Tech Help Desks and Classes**

**Join Online:** <https://us02web.zoom.us/s/86055771933>, register, then wait for the class to start.

**Call in by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 860 5577 1933**, press # #.

\* For other activities with an asterisk, see page 2 for special link and call-in information.

## 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 when 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](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). **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 [amy@sfcommunityliving.org](mailto:amy@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.



### Computer Classes and Tech Help Desks

**Phone:** Dial 888-475-4499 (toll free). Enter **Meeting ID: 860 5577 1933 ##.**

**Video:** <https://us02web.zoom.us/j/86055771933>.

### \* Always Active Classes

Please contact **Luz** at 415-550-2265 or [lvillaneuva@onlok.org](mailto: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.

### \* 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 Diabetes Empowerment Education Program (DEEP™)

**Phone:** Dial 888-475-4499 (toll free). Enter **Meeting ID: 831 8731 6462 ##.**

**Video:** <https://us02web.zoom.us/j/83187316462>. You'll be asked to register when you join.

### \* 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.

# CLC Virtual Activity Calendar for April 2021


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.

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. Give at least 72 hours' notice to help us make accommodations to the greatest extent we can.

## THURSDAY, APR. 1

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:45 Art with Elders: Drawing & Painting  
Express your creativity! Bring colored pencils, paper, cotton balls, and a pencil sharpener. Paint and brushes optional.
- 2:30–3:30 Yoga Nidra for Sleeplessness  
Pearl Howell, MS, CYT, will introduce you to Yoga Nidra, a guided meditation for deep relaxation that can help you sleep better.
- 3:30–5:30 Apple Help Desk   
Join Peter for skilled assistance with your Apple desktop computer, laptop, iPhone or iPad. Bring your questions!

## FRIDAY, APR. 2

- 10:00–11:00 Always Active \*
- 11:00–1:00 Google Suite & Tech Help Desk   
Join Molly and Liz to learn more about Gmail, Google Docs, and the rest of the Google suite from 11:00 to 12:00, and to get help with general questions from 12:00 to 1:00.
- 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, treatment, and vaccinations.
- 12:15–1:45 Memoir Writing with Melanie
- 2:30–3:30 Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)

## SATURDAY, APR. 3

- 10:00–11:00 Movement for Memory with Kyra  
Exercise your body while sparking creativity and memories.

### Let's Get Moving!



#### ALWAYS ACTIVE

\* Mondays–Fridays, 10:00–11:00

#### QIGONG WITH DAVID WEI

Mondays, 4:00–5:00

Fridays, 2:30–3:30

Bilingual English and Chinese

#### DANCE FOR STRENGTH WITH KYRA

Tues. & Thurs., 10:00–11:00

#### CHAIR YOGA WITH KYRA

Wednesdays, 11:30–12:30

#### LINE DANCING WITH LANAY

Wed., Apr. 7 & 28, 2:45–3:45

#### YOGA NIDRA FOR SLEEPLESSNESS

Thursdays, 2:30–3:30

Join Pearl Howell, MS, CYT for guided meditation that can aid in releasing the stress that may be robbing you of a good night's sleep.

#### KYRA'S MOVEMENT FOR MEMORY

Saturdays, 10:00–11:00

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

## MONDAY, APR. 5

10:00–11:00

Always Active \*

10:00–12:00

Android Help Desk 

Join Peter for skilled and patient assistance with your Android tablets or smartphones. Bring your questions!

11:30–12:30

Writing for Remembering with MG

1:00–2:00

LGBTQ Time Capsule Project

Join theater maker and teaching artist Evan Johnson and connect with other LGBTQ elders. Together we will share intergenerational stories and experiences through writing, dialogue, poetry, movement, and improvisation.

2:30–3:30

Cooking with Chef Lorraine: Prima Vera

Join Chef Lorraine to learn about early spring vegetables to grow and prepare.

3:00–5:00

Diabetes Empowerment Education Program (DEEP™), Part 4 of 6 \*

Join OnLok/30th Street Senior Center for this excellent 6-week workshop. Increase coping skills, improve nutrition and physical activity, encourage behavioral goals, and decrease diabetes risk factors.

4:00–5:00

Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)

## TUESDAY, APR. 6

10:00–11:00

Dance for Strength with Kyra

11:15–12:15

Healthy Aging and Nutrition

Join Darlene to learn about our body systems, healthy lifestyle choices, and what we can do to make the best of our senior years.

2:00–3:30

Zoom Help Desk: Zoom Etiquette 

2:30–3:30

Sidewalk Search Party \*

## WEDNESDAY, APR. 7

10:00–11:00

Always Active \*

10:00–12:00

All About Google Suite & General Tech Help Desk with Molly 

Join Molly to learn more about Gmail, Google Docs, and the rest of the Google suite from 10:00 to 11:00, and to get help with general questions from 11:00 to 12:00.

11:30–12:30

Chair Yoga with Kyra

1:00–2:30

Writing for Remembering with Marina

2:45–3:45

Line Dancing with LaNay

Get moving to easy-to-learn line dances with a variety of songs and rhythms! Accessible for standing, seated and with a chair for balance support.

6:00–7:45

LitQuake Elder Writing Project


## THURSDAY, APR. 8

10:00–11:00


Dance for Strength with Kyra

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

## THURSDAY, APR. 8 (CONTINUED)

- 1:00–2:00 **Safe Hospital Discharge**  
Learn about patient rights, the importance of having a healthcare advocate, and how to make sure you have a good plan for leaving the hospital.
- 2:30–3:30 **Yoga Nidra for Sleeplessness**
- 3:30–5:30 **Apple Help Desk** 


## FRIDAY, APR. 9

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

## SATURDAY, APR. 10


- 10:00–11:00 **Movement for Memory with Kyra**


## MONDAY, APR. 12


- 10:00–11:00 **Always Active \***
- 10:00–12:00 **Android Help Desk** 
- 11:30–12:30 **Writing for Remembering with MG**
- 1:00–2:00 **Art Viewing Adventures: African American Portraits**  
Join museum guide Rodney Paul and other docents from the Museum of the African Diaspora to discuss historic drawings and paintings of Black subjects and by Black artists.
- 2:30–3:30 **Cooking with Chef Lorraine: Breakfast**  
How do you kickstart your days? Learn recipes for simple, healthy breakfasts.
- 3:00–5:00 **Diabetes Empowerment Education Program (DEEP™), Part 5 of 6 \***
- 4:00–5:00 **Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)**

## Stay Connected from Home




 **Dedicated Zoom Line for all English-Language Tech classes.** Phone: 888-475-4499, Meeting ID: 860 5577 1933 ##. Video: <https://us02web.zoom.us/j/86055771933>.

**ANDROID HELP DESK**   
Mondays, 10:00–12:00

**ALL ABOUT ZOOM**   
Tuesdays, 2:00–3:30  
Apr. 6: Zoom Etiquette  
Apr. 13: Hosting a Meeting  
Apr. 20: Internet Safety  
Apr. 27: Getting Started

**GOOGLE SUITE & GENERAL TECH HELP**   
Wednesdays, 10:00–12:00  
Fridays, 11:00–1:00

**APPLE HELP DESK**   
Thursdays, 3:30–5:30

**CHINESE TECH HELP DESK**  
Mondays, 9:30–11:30 & 1–3  
Tuesdays, 10–12 & 1–3  
Wednesdays, 10–12, 1–3 & 3–5  
Thursdays, 10–12 & 1–3  
Fridays, 10–12 & 1–2:30  
Saturdays, 10–12

\* See online calendar, email [wanda@sfcommunityliving.org](mailto:wanda@sfcommunityliving.org) or call 415-371-8119 for details.



**INDIVIDUAL APPOINTMENTS**  
Call 415-821-1003 x109 or email [tech@sfcommunityliving.org](mailto:tech@sfcommunityliving.org) to schedule an hour of phone or video help.

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

## MONDAY, APR. 12 (CONTINUED)

6:00–7:30 **Boomer Music Talk: The Kinks**  
Rock historian and author Richie Unterberger spotlights one of the greatest British rock bands from the 1960s, which developed a knack for sharp-witted, satirical social commentary.

## TUESDAY, APR. 13

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

11:15–12:15 **Let's Make Stuff with d'Archi: About Face**  
Local artist d'Archi Bruno shows what makes a great portrait that reveals something about a person's essence. See our online calendar for a full materials list or call us at 415-821-1003.

2:00–3:30 **Zoom Help Desk: Hosting Your Own Zoom Meeting** 

## WEDNESDAY, APR. 14

10:00–11:00 **Always Active \***

10:00–12:00 **Google Suite & Tech Help Desk** 

11:30–12:30 **Chair Yoga with Kyra**

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

2:45–3:45 **Hidden San Francisco: Ecology History**  
Join historian Chris Carlsson for a look at our ecological history, with the rapid and radical alteration of an environment of sand dunes and seasonal wetlands. Cutting down hills, filling in the bay, epic battles over freeways, nuclear power, San Bruno Mountain, and much more.

6:00–7:45 **LitQuake Elder Writing Project**

## THURSDAY, APR. 15

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

11:15–12:45 **Art with Elders: Drawing & Painting**

1:00–2:00 **Palliative Care Q&A**

Wondering about what palliative care includes and how it might impact you? This is your opportunity to ask! Dr. Grant Smith of Stanford University and his team will be here to answer your questions about palliative care.

2:30–3:30 **Yoga Nidra for Sleeplessness**

3:30–5:30 **Apple Help Desk** 

6:00–7:30 **Dinner Show with Singing Powerhouse Mwanza Furaha**

Are you ready to have your socks blown off? Dr. Mwanza Furaha is coming to make your evening magical! Enjoy her multi-genre repertoire, including jazz, show tunes, rock & roll, rhythm & blues, funk, folk, classical, gospel, and more.

## FRIDAY, APR. 16

10:00–11:00 **Always Active \***

11:00–1:00 **Google Suite & Tech Help Desk** 

12:00–1:00 **Coronavirus Chat with Dr. Chodos \***

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



## FRIDAY, APR. 16 (CONTINUED)

- 12:15–1:45 Memoir Writing with Melanie  
2:30–3:30 Qigong: Chinese Yoga (bilingual English & Chinese)

## SATURDAY, APR. 17

- 10:00–11:00 Movement for Memory with Kyra


## SUNDAY, APR. 18

- 6:00–7:30 Art of Remembering Reading Series  
join us for an evening of poignant, funny, and fascinating stories and poems written and read by participants in our writing workshops.

## MONDAY, APR. 19

- 10:00–11:00 Always Active \*
- 10:00–12:00 Android Help Desk 
- 11:30–12:30 Writing for Remembering with MG
- 1:00–2:00 LGBTQ Time Capsule Project
- 2:30–3:30 Cooking with Chef Lorraine
- 3:00–5:00 Diabetes Empowerment Education Program (DEEP™), Part 6 of 6 \*
- 4:00–5:00 Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)
- 6:45–8:30 Drama with Friends: Cass Brayton \*  
Exercise your acting chops or just listen to three short plays by this Bay Area playwright. *If you want to read a part, email judygoddess@gmail.com by Apr. 12 and plan on attending rehearsal on Apr. 19 from 4:30–6:00.*

## TUESDAY, APR. 20

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:15 Healthy Aging and Nutrition
- 2:00–3:30 Zoom Help Desk:  
Internet Safety & Security 
- 2:30–3:30 Sidewalk Search Party \*

## WEDNESDAY, APR. 21

- 10:00–11:00 Always Active \*
- 10:00–12:00 Google Suite & Tech Help Desk 

## Celebrate Creativity

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

### LGBTQ TIME CAPSULE PROJECT

Explore the power of sharing intergenerational stories with theater maker Evan Johnson  
Mon. Apr. 5 & 19, 1:00–2:00



### ART WITH ELDERLS: DRAWING AND PAINTING

Thursday Apr. 1, 11:15–12:45  
Thursday Apr. 15, 11:15–12:45

### ART VIEWING ADVENTURES WITH RODNEY PAUL

African American Portraits  
Monday Apr. 12, 1:00–2:00  
Modern Art  
Monday Apr. 26, 1:00–2:00

### BOOMER MUSIC WITH RICHIE

The Kinks  
Monday Apr. 12, 6:00–7:30  
Rock in Cinema  
Monday Apr. 26, 6:00–7:30



### LET'S MAKE STUFF!

with local artist d'Arci Bruno  
Alternate Tues., 11:15–12:15  
Apr. 13: About Face  
Apr. 27: The Eyes Have It



### LIVE DINNER SHOW

Vocalist Mwanza Furaha  
Thursday Apr. 15, 6:00–7:30  
Join talented singer and performer Dr. Mwanza Furaha for an evening of song!



### DRAMA WITH FRIENDS

Plays of Cass Brayton  
Monday Apr. 19, 6:45–8:30



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


### WEDNESDAY, APR. 21 (CONTINUED)

- 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, APR. 22

- 10:00–11:00 Dance for Strength with Kyra  
11:15–12:15 **Community Tales: Spring Has Sprung!**  
How do you celebrate spring? Is it planting a garden? Looking out for your favorite signs of new growth? Come share what you love best.  
1:00–2:00 **Gardening 101 with Master Gardener Arete Nicholas**  
Happy Spring! Gardening is a great way to reduce stress and cultivate joy. Join Arete for tips and resources for creating and tending your garden—whether it's a container on your windowsill or a whole back yard.  
2:30–3:30 Yoga Nidra for Sleeplessness  
3:30–5:30 Apple Help Desk 


### FRIDAY, APR. 23

- 10:00–11:00 Always Active \*
- 11:00–1:00 Google Suite & 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, APR. 24


- 10:00–11:00 Movement for Memory with Kyra

### MONDAY, APR. 26


- 10:00–11:00 Always Active \*
- 10:00–12:00 Android Help Desk 
- 11:30–12:30 Writing for Remembering with MG  
1:00–2:00 **Art Viewing Adventures: What's Modern About Modern Art?**  
Anna Ewins will discuss how and when art became “modern” or “contemporary” and how it can invite us to contemplate the world we live in and the issues we face.  
2:30–3:30 **Cooking 101 with Chef Lorraine**  
Learn lamb and dessert preparations in honor of Greek Easter.  
4:00–5:00 **Qigong: Chinese Yoga with David Wei (bilingual English & Chinese)**  
6:00–7:30 **Boomer Music Talk: Rock in Cinema—The Early Years**  
Relive great rock performances in feature films (and occasional TV productions) of the 1950s and 1960s including Elvis Presley, Jerry Lee Lewis, Ritchie Valens, Chuck Berry, Gene Chandler, the Beatles, Annette Funicello, Lulu, and more.

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


## TUESDAY, APR. 27

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:15 **Let's Make Stuff with d'Arci: The Eyes Have It**  
Local artist d'Arci Bruno shows how the slightest alterations of lines and shapes of the eye, nose, and mouth can change the expression in your portraits. See our online calendar for a full materials list or call us at 415-821-1003.
- 2:00–3:30 **Zoom Help Desk: Signing in Safely with the Right Platform for You** 


## WEDNESDAY, APR. 28

- 10:00–11:00 Always Active \*
- 10:00–12:00 Google Suite & Tech Help Desk 
- 11:30–12:30 Chair Yoga with Kyra
- 1:00–2:30 Writing for Remembering with Marina
- 2:45–3:45 Line Dancing with LaNay
- 6:00–7:45 LitQuake Elder Writing Project

## THURSDAY, APR. 29

- 10:00–11:00 Dance for Strength with Kyra
- 11:15–12:15 **Kitchen Wisdom: Planting an Herb Garden**  
Learn about the benefits of gardening and the basics of growing your own herb garden in your kitchen or your backyard.
- 1:00–2:00 **All About Homecare**  
Do you or someone you know need help at home? Learn about hiring a home care provider and information about programs such as Support at Home. Join Senior and Disability Action for tips on your rights and responsibilities, how to find workers, how to create a fair and positive working relationship, and more.
- 2:30–3:30 Yoga Nidra for Sleeplessness
- 3:30–5:30 Apple Help Desk 

## FRIDAY, APR. 30

- 10:00–11:00 Always Active \*
- 11:00–1:00 Google Suite & 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)

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

# Outdoor Activities for April

## SENIOR POWER PRESENTS: SUNSET SENIOR SHOWCASE

New!

Second Thursdays from 9am to 1pm, starting April 8!

Sunset Wellness Mercantile, 37th Ave. between Ortega and Pacheco



Come see, enjoy, and learn about the hobbies, talents, and interests of your older neighbors, families, and friends. This month we're featuring:

- Watercolors by James
- Succulents by Les
- Poetry and Stories by Mary Gayle

Join in the al fresco spirit and get connected! Pick up information about phone and video classes, find other helpful information, and sign up for Senior Power's weekly news.

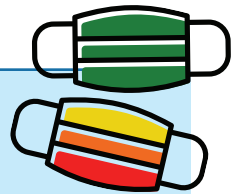
Interested in participating in future showcases? Sign up to show off your COVID pastime, your flair, your passion, and aptitude, be it musical, artistic, or craft. Contact M. Graf at [opoygan1@yahoo.com](mailto:opoygan1@yahoo.com) or 415-652-4751 to learn more.

## NEIGHBORHOOD WALKS

### Day and Time Varies by Neighborhood

Many of our Community Connector neighborhoods are holding small (12 people or fewer) outdoor walks where neighbors can meet in person.

Please contact Lauren Bactad at [lauren@sfccommunityliving.org](mailto:lauren@sfccommunityliving.org), 415-821-1003, or **your Community Connector** if you'd like more information, want to sign up for an existing walk, or want to start a walking group in your neighborhood.



## Outdoor Group Guidelines

To keep everyone safe, we ask that each participant agree to follow San Francisco health ordinances. Each participant will need 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

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