



## March & April 2022 Highlights

We will be continuing virtual activities even as gradually add more in-person options. Please see the new weekly calendars for March and April. Visit our online calendar at [www.sfcommunityliving.org/events](http://www.sfcommunityliving.org/events) for more.

### Declutter & Renew

Spring is an ideal time to declutter, reset, and renew in all aspects of our lives. Join us for health, finance, and other inspiration!

#### **SIMPLE WAYS TO MANAGE YOUR STRESS**

Join Kelly, a Kaiser health educator, to learn simple steps to help reduce stress and improve your peace of mind.

Tues. Mar. 1, 11:15–12:15

#### **KITCHEN WISDOM: SPRING CLEANING**

Join Marina, health educator and expert gardener, for information and recipes.

Tues. 4:00–5:00

- Mar. 15: Love Your Liver
- Apr. 19: Stress & Sleep Maintenance

#### **BANK ONLINE SECURELY & SAFELY**

Are you banking online? Do you have questions about what you could do to ensure it is safe and secure? Adam, Cyber-security Advocate from First Republic Bank, will lead us through best practices.

Wed. March 16, 11:30–12:30

#### **FINANCIAL RENEWAL**

Join Andrea from the SF Office of Financial Empowerment for a special 2-part series.

- Thurs. Mar. 24, 1:00–2:00:  
How to Create a Budget and Build Savings
- Thurs. Mar. 31, 1:00–2:00:  
How to Manage Credit and Debt

#### **CLEAN LIVING: REDUCE YOUR TOXIC LOAD**

Kelly is back to continue the Kaiser Health series. Learn how to examine your daily routines and add in detoxifying practices.

Tues. April 5, 11:15–12:15

### Make Your Voice Heard



#### **KEEP US CONNECTED CAMPAIGN**

We need you! Help more seniors and people with disabilities get affordable internet, devices, technical assistance and training in their language. Join Marie to learn how you can help online and in person to advocate for more funds in the SF City budget.

Thurs. Mar. 17 & Apr. 14, 1:00–2:00

#### **311: HOW IT WORKS & WHEN TO USE IT**

Join the Sidewalk Search Party to learn how to use 311 to report and track progress on broken sidewalks and other issues.

Tues. Mar. 29, 11:15–12:15

#### **SHARING HISTORY THROUGH SHAPING SF**

Join a special Writing for Remembering class to learn about the Shaping San Francisco Project and how to add your stories.

Wed. March 30, 1:00–2:30

#### **SAN FRANCISCO LABOR HISTORY**

Join historian Chris Carlsson for a look at San Francisco's complicated labor history.

Tues. Mar. 15, 11:15–12:15

#### **CELEBRATING CESAR CHAVEZ**

Join Nicky and Olivia for a short history of the farm worker movement, today's farm-workers, and food insecurity.

Thurs. Mar. 31, 6:00–7:30

#### **GET TO KNOW CITY ATTORNEY DAVID CHIU**

Learn what the City Attorney's Office does and who it represents. Bring your questions. What (non-criminal) issues are you the most concerned about?

Thurs. April 7, 1:00–2:00

Updated: 2/24/2022

# More March & April 2022 Highlights

## Be Prepared for an Emergency

### IS YOUR PHONE READY?

Join Peter to learn about steps you can take to prepare your phone for emergencies.

- Wed. Mar 9, 11:30-12:30: Apple iPhone
- Wed. Mar 23, 11:30-12:30: Android Phones

### EMERGENCY PREPAREDNESS 101

Learn more about what you can do to be ready for an emergency.

Wed. April 13, 11:30-12:30

### FIRE SAFETY AT HOME

Join the San Francisco Fire Department for fire safety tips and more.

Thurs. April 21, 1:00-2:00



## Celebrate the Earth

### GROWING HEALTHY HOUSEPLANTS

Master gardener Arete Nicholas will demonstrate how to select and care for your plants to keep them alive and thriving.

Thurs. Mar. 10, 11:15-12:15

### SF ENERGY SAVINGS PROGRAMS

Join Agustina from SF Dept. of the Environment to find out how to reduce your energy costs as well as programs that can help.

Thurs. Mar. 10, 1:00-2:00

### SAN FRANCISCO'S ECOLOGICAL HISTORY

Historian Chris Carlsson will lead us in a fascinating look at San Francisco's ecological history, from sand dunes to creeks, to wetlands, to hills, and more.

Wed. April 20, 11:30-12:30



## Enjoy Arts & Music

### NOW WEEKLY! ART WITH ELDERS:

#### DRAWING & PAINTING WITH SANTIAGO

Join us every week to explore your world and learn drawing and painting techniques. Mondays, 2:30-3:45

### ART VIEWING ADVENTURES

Join Rodney and his guest guides to learn about local artists. Mondays, 1:00-2:00

- Feb. 28: Artists of Hunter's Point Shipyard
- Mar. 14: Wayne Thiebaud
- Mar. 28: Machine Intelligence & the Boundaries of Self
- Apr. 11: Tauba Auerbach at SFMOMA
- Apr. 25: Thomas Hart Benton's Murals

### BOOMER MUSIC WITH RICHIE

Mondays, 6:00-7:30 with Richie, including programs celebrating great women for Women's History Month and Irish rockers for St. Patrick's Day

- Feb. 28: Nina Simone
- Mar. 14: Irish Rock
- Mar. 28: Great Girl Groups of the 1960s
- April 11: British Rock Before the Beatles
- Mar. 25: Three of Rock's Greatest Guitarists



### ART OF REMEMBERING READINGS

Listen to stories written and read by the participants in our writing workshops.

Sun. March 20 & April 17, 1:00-2:00

### DRAMA WITH FRIENDS

Enjoy short plays by Bay Area playwrights.

If you want to read a part, email

[judygoddess@gmail.com](mailto:judygoddess@gmail.com).

Mon. March 21 & April 18, 6:45-8:30

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.

# 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. Contact Cathy DeLuca at [cathy@sfcommunityliving.org](mailto:cathy@sfcommunityliving.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@sfcommunityliving.org](mailto:tech@sfcommunityliving.org) or **415-821-1003, ext. 109**.
- **Learn Computer Basics and More.** Join us for virtual tech classes throughout the week. 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@sfcommunityliving.org](mailto:tech@sfcommunityliving.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**.

## Spring Cleaning: Declutter 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 10am-5pm almost every day at the donation door on Sycamore Alley. If you have furniture, Community Thrift may be able to pick it up for you. Find out more at [www.communitythrifthsf.org](http://www.communitythrifthsf.org).

Use the code #18 to let Community Thrift know you'd like your donations to support Community Living Campaign.

## Virtual Activities: How to Join a Zoom Call

Zoom is a service we use to hold activities by phone and online video.

**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 meeting ID and 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 also type the meeting ID directly into the Zoom app. **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: 859 4154 3946 # #.**

**Video:** <https://us02web.zoom.us/j/85941543946>. 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 app.



### Computer Classes and Tech Help Desks

**Phone:** Dial 888-475-4499 (toll free). Enter **Meeting ID: 873 8317 4373 # #.**

**Video:** <https://us02web.zoom.us/j/87383174373>.

### \* 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 & More

**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 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.

### \* Finding Work: Job Match with SF ReServe First Impressions

Register via the San Francisco Public Library website: <https://sfpl.org/events/2022/03/22/presentation-job-match-sf-reserve-first-impressions>.



# Week of February 28 to March 6

## CLC Community Connector Networks Activity Calendar

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

MONDAY Feb. 28	TUESDAY Mar. 1	WEDNESDAY Mar. 2	THURSDAY Mar. 3	FRIDAY Mar. 4	WEEKEND Mar. 5-6
<b>10:00–11:00 *</b> Always Active  <b>10:00–12:00</b> <b>* Apple</b> <b>Help Desk:</b> Passcode, Face ID & Touch ID  <b>11:30–12:30</b> Writing for Remembering with MG  <b>1:00–2:00</b> Art Viewing Adventures: Hunters Point Shipyards  <b>2:30–3:45</b> Art with Elders: Drawing & Painting  <b>4:00–5:00</b> Qigong with David Wei (bilingual)  <b>6:00–7:30</b> <b>Boomer</b> <b>Music: Nina</b> <b>Simone</b>	<b>10:00–11:00</b> Dance for Strength with Kyra  <b>10:00–12:00</b> <b>* Internet</b> <b>Safety:</b> Passwords & Email  <b>11:15–12:15</b> <b>Simple Ways to</b> <b>Manage Your</b> <b>Stress</b>  <b>2:00–3:30</b> <b>* Zoom</b> <b>Help Desk:</b> Filters & Virtual Backgrounds	<b>10:00–11:00 *</b> Always Active        <b>1:00–2:30</b> Writing for Remembering with Marina  <b>3:00–4:00</b> <b>Senior Self</b> <b>Defense with</b> <b>Janet Gee</b>  <b>3:30–5:30</b> <b>* Android</b> <b>Help Desk</b>  <b>6:00–7:45</b> LitQuake Writing Project	<b>10:00–11:00</b> Dance for Strength with Kyra  <b>10:00–12:00</b> <b>* Tech Help</b> <b>Desk: SF</b> Public Library Online     <b>3:30–5:30</b> <b>* Apple</b> <b>Help Desk:</b> Welcome to iPhone & iPad	<b>10:00–11:00 *</b> Always Active        <b>11:00–1:00</b> <b>* Tech</b> <b>Help Desk:</b> Public Library Online  <b>12:15–1:45</b> Memoir Writing with Melanie   <b>2:30–3:30</b> Qigong with David Wei (bilingual)	

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

**Join Online:** <https://us02web.zoom.us/j/85941543946>, register, then wait for the activity to start.

**Call In by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 859 4154 3946**, press # #.

**Special Zoom line for all Tech Help Desks and Classes**  
**Join Online:** <https://us02web.zoom.us/j/87383174373>, register, then wait for the class to start.

**Call in by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 873 8317 4373**, press # #.

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





# Week of March 7 to March 13

## CLC Community Connector Networks Activity Calendar

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For more details, see our calendar at [www.sfbcommunityliving.org/events](http://www.sfbcommunityliving.org/events).

MONDAY Mar. 7	TUESDAY Mar. 8	WEDNESDAY Mar. 9	THURSDAY Mar. 10	FRIDAY Mar. 11	WEEKEND Mar. 12-13
<p><b>10:00–11:00 *</b> Always Active</p> <p><b>10:00–12:00</b>  <b>Apple Help Desk: Communicating on Your Device</b></p> <p><b>11:30–12:30</b> Writing for Remembering with MG</p> <p><b>2:30–3:45</b> Art with Elders: Drawing &amp; Painting</p> <p><b>4:00–5:00</b> Qigong with David Wei (bilingual)</p>	<p><b>10:00–11:00</b> Dance for Strength with Kyra </p> <p><b>10:00–12:00</b>  <b>Internet Safety: WiFi &amp; Personal Information</b></p> <p><b>2:00–3:30</b>  <b>Zoom Help Desk: How to Host A Zoom Meeting</b></p> <p><b>2:30–3:30 *</b>  <b>Sidewalk Search Party</b></p>	<p><b>10:00–11:00 *</b> Always Active</p> <p><b>11:30–12:30</b>  <b>Is Your iPhone Ready for an Emergency?</b></p> <p><b>1:00–2:30</b> Writing for Remembering with Marina</p> <p><b>3:00–4:00</b>  <b>Chair Yoga with Kyra</b></p> <p><b>3:30–5:30</b>  <b>Android Help Desk</b></p> <p><b>6:00–7:45</b> LitQuake Writing Project </p>	<p><b>10:00–11:00</b> Dance for Strength with Kyra </p> <p><b>10:00–12:00</b>  <b>Tech Help Desk: Borrowing eBooks</b></p> <p><b>11:15–12:15</b> <b>Growing Healthy &amp; Beautiful Houseplants</b> </p> <p><b>1:00–2:00</b> <b>San Francisco Energy Savings Programs</b></p> <p><b>3:30–5:30</b>  <b>Apple Help Desk: Apple ID &amp; Websites</b></p>	<p><b>10:00–11:00 *</b> Always Active</p> <p><b>11:00–1:00</b>  <b>Tech Help Desk: eBooks</b></p> <p><b>12:00–1:00 *</b> Dr. Chodos &amp; Associates Chats: COVID Updates &amp; More </p> <p><b>12:15–1:45</b> Memoir Writing with Melanie</p> <p><b>2:30–3:30</b> Qigong with David Wei (bilingual) </p>	

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

**Join Online:** <https://us02web.zoom.us/j/85941543946>, register, then wait for the activity to start.

**Call In by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 859 4154 3946**, press # #.

**Special Zoom line for all Tech Help Desks and Classes**  
**Join Online:** <https://us02web.zoom.us/j/87383174373>, register, then wait for the class to start.

**Call in by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 873 8317 4373**, press # #.

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



# Week of March 14 to March 20

## CLC Community Connector Networks Activity Calendar

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For more details, see our calendar at [www.sfcommunityliving.org/events](http://www.sfcommunityliving.org/events).

MONDAY Mar. 14	TUESDAY Mar. 15	WEDNESDAY Mar. 16	THURSDAY Mar. 17	FRIDAY Mar. 18	WEEKEND Mar 19-20
<b>10:00–11:00 *</b> Always Active  <b>10:00–12:00</b> * Apple Help Desk: Camera & Photos Apps  <b>11:30–12:30</b> Writing for Remembering with MG  <b>1:00–2:00</b> Art Viewing Adventures: Wayne Thiebaud  <b>2:30–3:45</b> Art with Elders: Drawing & Painting  <b>4:00–5:00</b> Qigong with David Wei (bilingual)  <b>6:00–7:30</b> Boomer Music: Irish Rock	<b>10:00–11:00</b> Dance for Strength with Kyra  <b>10:00–12:00</b> * Internet Safety: Backing Up Your Information  <b>11:15–12:15</b> Labor History with Chris Carlsson  <b>2:00–3:30</b> * Zoom Help Desk: Using Zoom for an Interview  <b>4:00–5:00</b> <b>Kitchen Wisdom: Spring Cleaning Love Your Liver!</b>	<b>10:00–11:00 *</b> Always Active  <b>11:30–12:30</b> <b>Banking Online Safely &amp; Securely</b>  <b>1:00–2:30</b> Writing for Remembering with Marina  <b>3:00–4:00</b> Chair Yoga with Kyra  <b>3:30–5:30</b> * Android Help Desk  <b>6:00–7:45</b> LitQuake Writing Project	<b>10:00–11:00</b> Dance for Strength with Kyra  <b>10:00–12:00</b> * Tech Help Desk: eReaders   <b>1:00–2:00</b> <b>Keep Us Connected: Increasing Tech for Seniors &amp; People with Disabilities</b>  <b>3:30–5:30</b> * Apple Help Desk: Apps & Settings	<b>10:00–11:00 *</b> Always Active  <b>11:00–1:00</b> * Tech Help Desk: eReaders  <b>12:00–1:00 *</b> Dr. Chodos & Associates Chats: COVID Updates & More  <b>12:15–1:45</b> Memoir Writing with Melanie  <b>2:30–3:30</b> Qigong with David Wei (bilingual)	<b>Sunday 6–7:30</b> Reading Series: The Art of Remembering

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**Join Online:** <https://us02web.zoom.us/j/85941543946>, register, then wait for the activity to start.

**Call In by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 859 4154 3946**, press # #.

\* **Special Zoom line for all Tech Help Desks and Classes**  
**Join Online:** <https://us02web.zoom.us/j/87383174373>, register, then wait for the class to start.

**Call in by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 873 8317 4373**, press # #.

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# Week of March 21 to March 27

## CLC Community Connector Networks Activity Calendar

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MONDAY Mar. 21	TUESDAY Mar. 22	WEDNESDAY Mar. 23	THURSDAY Mar. 24	FRIDAY Mar. 25	WEEKEND Mar. 26-27
<b>10:00–11:00 *</b> Always Active <b>10:00–12:00</b> Apple Help Desk: Email Address & Mail App <b>11:30–12:30</b> Writing for Remembering with MG  <b>2:30–3:45</b> Art with Elders: Drawing & Painting  <b>4:00–5:00</b> Qigong with David Wei (bilingual)  <b>6:45–8:30</b> Drama with Friends: Short Plays	<b>10:00–11:00</b> Dance for Strength with Kyra  <b>10:00–12:00</b> Internet Safety: Malware & Viruses  <b>11:15–12:15</b> Healthy Aging & Nutrition  <b>2:00–3:30</b> Zoom Help Desk: Getting Started with Zoom  <b>2:30–3:30 *</b> Sidewalk Search Party  <b>2:15–3:00 *</b> Job Match with SF ReServe First Impressions	<b>10:00–11:00 *</b> Always Active  <b>11:30–12:30</b> Is Your Android Phone Ready for an Emergency?  <b>1:00–2:30</b> Writing for Remembering with Marina  <b>3:00–4:00</b> Chair Yoga with Kyra  <b>3:30–5:30</b> Android Help Des  <b>6:00–7:45</b> LitQuake Writing Project	<b>10:00–11:00</b> Dance for Strength with Kyra  <b>10:00–12:00</b> Tech Help Desk: eBooks <b>11:15–12:45</b> Community Tales: Important Women  <b>1:00–2:00</b> How to Create a Budget and Build Savings  <b>3:30–5:30</b> Apple Help Desk: More Apps & Settings	<b>10:00–11:00 *</b> Always Active  <b>11:00–1:00</b> Tech Help Desk: eBooks  <b>12:15–1:45</b> Memoir Writing with Melanie  <b>2:30–3:30</b> Qigong with David Wei (bilingual)	

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**Join Online:** <https://us02web.zoom.us/j/85941543946>, register, then wait for the activity to start.

**Call In by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 859 4154 3946**, press # #.

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

**Join Online:** <https://us02web.zoom.us/j/87383174373>, register, then wait for the class to start.

**Call in by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 873 8317 4373**, press # #.

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# Week of March 28 to April 3

## CLC Community Connector Networks Activity Calendar

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MONDAY Mar. 28	TUESDAY Mar. 29	WEDNESDAY Mar. 30	THURSDAY Mar. 31	FRIDAY Apr. 1	WEEKEND Apr. 2-3
<b>10:00–11:00 *</b> Always Active	<b>10:00–11:00</b> Dance for Strength with Kyra 	<b>10:00–11:00 *</b> Always Active	<b>10:00–11:00</b> Dance for Strength with Kyra 	<b>10:00–11:00 *</b> Always Active	
<b>10:00–12:00</b>  Apple Help Desk: Searching the Internet	<b>10:00–12:00</b>  Internet Safety: Spotting Fake & Misleading Info		<b>10:00–12:00</b>  Tech Help Desk: Accessibility at the SF Public Library	<b>11:00–1:00</b>  Tech Help Desk: Accessibility at the SF Public Library	
<b>11:30–12:30</b> Writing for Remembering with MG	<b>11:15–12:15</b>  <b>311: How it Works &amp; When to Use It</b>				
<b>1:00–2:00</b> Art Viewing Adventures: Machine Intelligence and the Boundaries of Self	<b>2:00–3:30</b>  Zoom Help Desk: Basic Meeting Controls	<b>1:00–2:30</b> Writing for Remembering: Sharing History Through The Shaping SF Online Project	<b>2:30–3:30</b>  How to Manage Credit and Debt	<b>12:15–1:45</b> M memoir Writing with Melanie	
<b>2:30–3:45</b>  Art with Elders: Drawing & Painting		<b>3:00–4:00</b>  Chair Yoga with Kyra	<b>3:30–5:30</b>  Android Help Desk	<b>2:30–3:30</b> Qigong with David Wei (bilingual) 	
<b>4:00–5:00</b> Qigong with David Wei (bilingual) 		<b>3:30–5:30</b>  Android Help Desk	<b>3:30–5:30</b>  Apple Help Desk: Even More Apps & Settings		
<b>6:00–7:30</b>  Boomer Music: Great Girl Groups		<b>6:00–7:45</b> LitQuake Writing Project 	<b>6:00–7:30</b> Celebrating Cesar Chavez with Nicky & Olivia		

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 **Special Zoom line for all Tech Help Desks and Classes**  
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**Call in by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 873 8317 4373**, press # #.

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# Week of April 4 to April 10

## CLC Community Connector Networks Activity Calendar

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For more details, see our calendar at [www.sfcommunityliving.org/events](http://www.sfcommunityliving.org/events).

MONDAY Apr. 4	TUESDAY Apr. 5	WEDNESDAY Apr. 6	THURSDAY Apr. 7	FRIDAY Apr. 8	WEEKEND Apr. 9-10
<p><b>10:00–11:00 *</b> Always Active</p> <p><b>10:00–12:00</b>  Apple Help Desk: Productivity Apps</p> <p><b>11:30–12:30</b> Writing for Remembering with MG</p> <p><b>2:30–3:45</b> Art with Elders: Drawing &amp; Painting</p> <p><b>4:00–5:00</b> Qigong with David Wei (bilingual) </p>	<p><b>10:00–11:00</b> Dance for Strength with Kyra </p> <p><b>10:00–12:00</b>  Internet Safety: Passwords &amp; Email</p> <p><b>11:15–12:15</b> <b>Clean Living: How to Reduce Your Toxic Load</b></p> <p><b>2:00–3:30</b>  Zoom Help Desk: Audio &amp; Video Settings</p>	<p><b>10:00–11:00 *</b> Always Active</p> <p><b>1:00–2:30</b> Writing for Remembering with Marina</p> <p><b>3:00–4:00</b> <b>Senior Self Defense with Janet Gee</b></p> <p><b>3:30–5:30</b>  Android Help Desk</p> <p><b>6:00–7:45</b> LitQuake Writing Project </p>	<p><b>10:00–11:00</b> Dance for Strength with Kyra </p> <p><b>10:00–12:00</b>  Tech Help Desk: eBooks</p> <p><b>1:00–2:00</b> <b>Getting to Know City Attorney David Chiu</b></p> <p><b>3:30–5:30</b>  Apple Help Desk: Third Party Apps &amp; Voice Activation</p>	<p><b>10:00–11:00 *</b> Always Active</p> <p><b>11:00–1:00</b>  Tech Help Desk</p> <p><b>12:00–1:00 *</b> Dr. Chodos &amp; Associates Chats: COVID Updates &amp; More </p> <p><b>12:15–1:45</b> Memoir Writing with Melanie</p> <p><b>2:30–3:30</b> Qigong with David Wei (bilingual) </p>	

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

**Join Online:** <https://us02web.zoom.us/j/85941543946>, register, then wait for the activity to start.

**Call In by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 859 4154 3946**, press # #.



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

**Join Online:** <https://us02web.zoom.us/j/87383174373>, register, then wait for the class to start.

**Call in by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 873 8317 4373**, press # #.























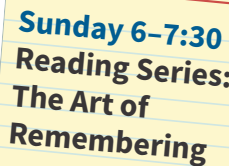
**\* For other activities with an asterisk, see page 2 for special link and call-in information.**



# Week of April 11 to April 17

## CLC Community Connector Networks Activity Calendar

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).

MONDAY Apr. 11	TUESDAY Apr. 12	WEDNESDAY Apr. 13	THURSDAY Apr. 14	FRIDAY Apr. 15	WEEKEND Apr. 16-17
<b>10:00–11:00 *</b> Always Active <b>10:00–12:00</b>  <b>Apple</b>  <b>Help Desk:</b> Even More Productivity Apps <b>11:30–12:30</b> Writing for Remembering with MG <b>1:00–2:00</b> Art Viewing Adventures: Tauba Auerbach at SFMOMA <b>2:30–3:45</b> Art with Elders: Drawing & Painting <b>4:00–5:00</b> Qigong with David Wei (bilingual)  <b>6:00–7:30</b> Boomer Music: British Rock Before The Beatles	<b>10:00–11:00</b> Dance for Strength with Kyra  <b>10:00–12:00</b>  <b>Internet</b>  <b>Safety:</b> WiFi & Your Personal Info <b>11:15–12:15</b> Healthy Aging & Nutrition <b>2:00–3:30</b>  <b>Zoom</b> <b>Help Desk:</b> Accessibility & Other Settings <b>2:30–3:30 *</b>  <b>Sidewalk Search Party</b>	<b>10:00–11:00 *</b> Always Active <b>11:30–12:30</b>  <b>Emergency Preparedness 101</b> <b>1:00–2:30</b> Writing for Remembering with Marina <b>3:00–4:00</b>  <b>Chair Yoga</b> with Kyra <b>3:30–5:30</b>  <b>Android</b> <b>Help Desk</b> <b>6:00–7:45</b> LitQuake Writing Project 	<b>10:00–11:00</b> Dance for Strength with Kyra  <b>10:00–12:00</b>  <b>Tech Help</b>  <b>Desk:</b> eReaders <b>1:00–2:00</b>  <b>Keep Us Connected Campaign Update</b> <b>3:30–5:30</b>  <b>Apple</b>  <b>Help Desk:</b> Passcode, Face ID & Touch ID	<b>10:00–11:00 *</b> Always Active <b>11:00–1:00</b>  <b>Tech</b>  <b>Help Desk:</b> eReaders <b>12:00–1:00 *</b> Dr. Chodos & Associates  Chats: COVID Updates & More <b>12:15–1:45</b> Memoir Writing with Melanie <b>2:30–3:30</b> Qigong with David Wei  (bilingual)	 <b>Sunday 6–7:30</b> Reading Series: The Art of Remembering

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**Call In by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 859 4154 3946**, press # #.

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

**Join Online:** <https://us02web.zoom.us/j/87383174373>, register, then wait for the class to start.

**Call in by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 873 8317 4373**, press # #.

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





















# Week of April 18 to April 24

## CLC Community Connector Networks Activity Calendar

Stay connected with your neighbors from the safety of your own home!

For more details, see our calendar at [www.sfbcommunityliving.org/events](http://www.sfbcommunityliving.org/events).

MONDAY Apr. 18	TUESDAY Apr. 19	WEDNESDAY Apr. 20	THURSDAY Apr. 21	FRIDAY Apr. 22	WEEKEND Apr. 23-24
<b>10:00–11:00 *</b> Always Active  <b>10:00–12:00</b>  Apple  Help Desk: What to Do When Things Go Wrong  <b>11:30–12:30</b> Writing for Remembering with MG  <b>2:30–3:45</b> Art with Elders: Drawing & Painting  <b>4:00–5:00</b> Qigong with David Wei (bilingual)   <b>6:45–8:30</b> Drama with Friends: Short Plays	<b>10:00–11:00</b> Dance for Strength with Kyra  <b>10:00–12:00</b>  Internet  Safety: Backing Up Your Information  <b>2:00–3:30</b>  Zoom Help: Etiquette & Troubleshooting  <b>4:00–5:00</b> <b>Kitchen            Wisdom: Stress,            Anxiety &amp; Sleep            Maintenance</b>	<b>10:00–11:00 *</b> Always Active  <b>11:30–12:30</b> <b>San Francisco's            Ecological            History with            Chris Carlsson</b>  <b>1:00–2:30</b> Writing for Remembering with Marina  <b>3:00–4:00</b>  Chair Yoga with Kyra  <b>3:30–5:30</b>  Android Help Desk  <b>6:00–7:45</b> LitQuake Writing Project 	<b>10:00–11:00</b> Dance for Strength with Kyra  <b>10:00–12:00</b>  Tech Help Desk: eBooks  <b>1:00–2:00</b> <b>Fire Safety            at Home with            the SFFD</b>  <b>3:30–5:30</b>  Apple Help Desk: Communicating on Your Device	<b>10:00–11:00 *</b> Always Active  <b>11:00–1:00</b>  Tech Help Desk: eBooks  <b>12:00–1:00 *</b> Dr. Chodos & Associates Chats: COVID Updates & More  <b>12:15–1:45</b> Memoir Writing with Melanie  <b>2:30–3:30</b> Qigong with David Wei (bilingual) 	

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

**Join Online:** <https://us02web.zoom.us/j/85941543946>, register, then wait for the activity to start.

**Call In by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 859 4154 3946**, press # #.

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

**Join Online:** <https://us02web.zoom.us/j/87383174373>, register, then wait for the class to start.

**Call in by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 873 8317 4373**, press # #.

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

















# Week of April 25 to May 1

## CLC Community Connector Networks Activity Calendar

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MONDAY Apr. 25	TUESDAY Apr. 26	WEDNESDAY Apr. 27	THURSDAY Apr. 28	FRIDAY Apr. 29	WEEKEND 4/30-5/1
<p><b>10:00–11:00 *</b> Always Active</p> <p><b>10:00–12:00</b>  <b>Apple Help Desk:</b> Other Useful Apps &amp; Websites</p> <p><b>11:30–12:30</b> Writing for Remembering with MG</p> <p><b>1:00–2:00</b> Art Viewing Adventures: Thomas Hart Benton's Murals</p> <p><b>2:30–3:45</b> Art with Elders: Drawing &amp; Painting</p> <p><b>4:00–5:00</b> Qigong with David Wei (bilingual)</p> <p> <b>6:00–7:30</b> Boomer Music: Three of Rock's Greatest Guitarists</p>	<p><b>10:00–11:00</b> Dance for Strength with Kyra </p> <p><b>10:00–12:00</b>  <b>Internet Safety:</b> Malware &amp; Viruses</p> <p><b>11:15–12:15</b> Healthy Aging &amp; Nutrition with Darlene</p> <p><b>2:00–3:30</b>  <b>Zoom Help Desk:</b> Video Filters &amp; Virtual Backgrounds</p> <p><b>2:30–3:30 *</b>  <b>Sidewalk Search Party</b></p>	<p><b>10:00–11:00 *</b> Always Active</p> <p><b>1:00–2:30</b> Writing for Remembering with Marina</p> <p><b>3:00–4:00</b>  <b>Chair Yoga with Kyra</b></p> <p><b>3:30–5:30</b>  <b>Android Help Desk</b></p> <p><b>6:00–7:45</b> LitQuake Writing Project </p>	<p><b>10:00–11:00</b> Dance for Strength with Kyra </p> <p><b>10:00–12:00</b>  <b>Tech Help Desk:</b> Accessibility at the Library</p> <p><b>11:15–12:15</b> <b>Community Tales: Spring Renewal</b></p> <p><b>3:30–5:30</b>  <b>Apple Help Desk:</b> The Camera &amp; Photos App</p>	<p><b>10:00–11:00 *</b> Always Active</p> <p><b>11:00–1:00</b>  <b>Tech Help Desk:</b> Accessibility at the Library</p> <p><b>12:15–1:45</b> Memoir Writing with Melanie </p> <p><b>2:30–3:30</b> Qigong with David Wei (bilingual)</p>	

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**Call In by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 859 4154 3946**, press # #.

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

**Join Online:** <https://us02web.zoom.us/j/87383174373>, register, then wait for the class to start.

**Call in by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 873 8317 4373**, press # #.

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



# March & April 2022: In-Person Activities

## NEIGHBORHOOD WALKS

Weather permitting, many of our Community Connector neighborhoods are holding outdoor walks where neighbors can meet in person. Please contact Lauren Bactad at **415-821-1003**, [lauren@sf-communityliving.org](mailto:lauren@sf-communityliving.org), or **your local Community Connector** for more information.

- Inner Sunset Connectors (Golden Gate Park). Mondays, 1–2:30pm
- Midtown Terrace Connectors. Thursdays, 12–1pm
- Miraloma Park Connectors. Thursdays, 1–2pm
- Sunnyside Connectors. Fridays, 9:30–10:30am

## INDOOR EXERCISE CLASSES

We are starting in-person light exercise in neighborhoods where host locations are ready to open. **You must pre-register. To keep everyone safe, capacity is limited.** Seniors and people with disabilities living within the neighborhood will have priority. Everyone must bring **proof of full vaccination**, a **photo ID**, and agree to **wear a high-quality N95, KN95, or KF94 mask** throughout. To register or join the wait list, please contact Lauren at [lauren@sfcommunityliving.org](mailto:lauren@sfcommunityliving.org), **415-821-1003**, or **your local Community Connector**.

- Inner Sunset Connectors. Tuesdays and Thursdays, 1–2pm
- Miraloma Park Connectors. Tuesdays and Thursdays, 10:30–11:30am
- Cayuga Connectors. Mondays and Wednesdays, 10:00–11:00am
- Sunnyside Connectors. Monday mornings, 10–11am.

## IN PERSON TECH HELP FOR SAN FRANCISCO SENIORS & PEOPLE WITH DISABILITIES

Do you need help with your phone, tablet, or computer? We've started in-person appointments to help! **You must pre-register and agree to wear a N95, KN95, or KF94 mask. We will provide masks if needed. To keep everyone safe, capacity is limited.**

Schedule at [tech@sfcommunityliving.org](mailto:tech@sfcommunityliving.org) or **415-821-1003, ext. 109**.

- Inner Sunset Connectors. Tuesdays, 2–3pm
- CLC Computer Lab. Weekdays by Appointment, 10:00am–4:00pm

## SENIOR POWER MEETINGS

**Thursdays March 10 (In Person Only) & April 14 (Hybrid), 1pm–2:30pm**

Join in person at Taraval Police Station Community Room, 2345 24th Ave. OR



**Join by Video:** <https://us02web.zoom.us/j/81176771744>

**Join by Phone:** Dial 888-475-4499 (toll free). Enter the **Meeting ID: 811 7677 1744**, press # #

## In-Person Activity Guidelines

To keep everyone safe, we ask that each participant agree to follow San Francisco health ordinances. Everyone attending our activities agrees 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 high-quality mask, maintain social distancing, and sanitize your hands
- **Indoors Exercise or Eating:** Pre-register. Bring proof of full vaccination (including Booster if eligible) and a photo ID.

