

HIGHLIGHTS



For the latest event information, visit www.sfcommunityliving.org/events.

If things go wrong, a neighbor's bond can help you stay strong.
 當困難來臨時，鄰里之情能讓你更加堅強。

Meet 6 neighbors | 認識你的6位鄰居。

SFHSA.org/Neighbor

Join us in celebrating our first-ever **NorCal Coalition Social Connection Week!** This week is dedicated to celebrating the power of human connection and sparking meaningful action to reduce loneliness and social isolation in our communities. social-connection-week.

Building Coalitions for Social Connection, co-hosted by the Foundation for Social Connection (Mon., Oct. 6 from 12:00 pm-1:00 pm PT, Zoom).

Social Connection Resource Fair and Panel (Tues., Oct. 7 from 1:00 pm - 4:00 pm PT at the San Francisco Public Library-Main Branch)

Building Neighbors and Generations, co-hosted with the California Volunteers, Office of the Governor (Wed., Oct. 8 from 12 pm-1:15 pm PT, Zoom).

Community & Connection Celebration! (Thurs., Oct. 9 from 5:30 pm-7:30 pm PT at Ruth's Table 3160 21st Street San Francisco, CA)

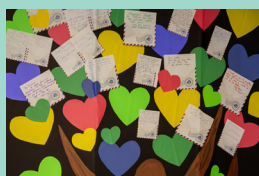
Spread the Word! Visit <https://www.sfhhsa.org/neighbor-neighbor-program> to share your story and help launch the Meet 6 Neighbors campaign, encouraging people to get to know their neighbors since research shows this can improve health, reduce loneliness, and strengthen communities.

Register for events at: <https://socialconnectionsandaging.ucsf.edu/content/social-connection-week>

CLC's individual connector network events can be found at: <https://sfcommunityliving.org/socialconnection/>

Celebrate CLC Good Neighbors

Friday, Nov. 7
1:00-3:00 pm)



St. Anne of the Sunset, 850 Judah St.
 Each year, the Community Living Campaign honors San Franciscans who volunteer their time and care to make their neighborhoods better places for us to age and thrive together. They are some of the many neighbors who contribute to vibrant communities all over our City. Join us in celebrating the impact these Good Neighbors working with us have had throughout San Francisco. Together, we are keeping our neighborhoods vibrant and connected.

Neighbor to Neighbor

October: The Importance of Hydration

Learn the: signs of dehydration, the health benefits of water, hydration helpers. Did you know water oxygenates your blood and gives your brain and kidneys the boost they need to function. Learn more about the importance of H2O!



Find Full Schedule: <https://sfcommunityliving.org/n2n/>

This program serving the community is funded by the City of San Francisco's Department of Disability and Aging Services. We also rely on private grants and donations to fund about 30% of our Community Connector Networks.



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

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Learn & Enjoy *Join your neighbors in person and online for a great selection of events!*

THE HARD STUFF



3rd Monday of the Month, 4:00 pm - 5:00 pm

Oct. 20: Depression and Loneliness

Nov. 17: The Holidays Upon Us

MOVIE NIGHT



Saturdays, 6:00 pm - 8:00 pm

Share a virtual communal experience on CLC's tech Zoom line while watching a classic film online with a crowd.

Oct. 4: Carnival of Souls

Oct. 18: Dr. Jekyll and Sister Hyde

Nov. 1: Invasion of the Body Snatchers

Nov. 22: The Miracle Worker

BOOMER MUSIC



2nd & 4th Mondays, 6:00 pm - 7:30 pm

Join Music Expert Richie Unterberger as he explores the music that defined a generation.

Oct. 13: Tribute to Creedence Clearwater Revival

Oct. 27: Joni Mitchell, the Early Years, Part 1

Nov. 10: Joni Mitchell, the Early Years, Part 2

Nov. 24: Tribute to Johnny Cash

DRAMA WITH FRIENDS



Monday, Oct. 20, Nov. 17 6:50 pm - 8:30 pm

Drama with Friends is a free Zoom production.

Enjoy an evening of captivating performances, followed by a discussion with the actors, directors, and playwrights.

ART VIEWING ADVENTURES



2nd & 4th Mondays, 1:00 pm - 2:00 pm

Explore the magic of art with CLC experts.

Oct. 13: Photography in Mexico

Oct. 17: Charlie and Rodney Show

Nov. 10: Mindfulness and Photography

Nov. 24: The Mystery Show

GEN BLEND OPEN MIC!



1st Thursdays, 5:30 pm - 7:30 pm

Ruth's Table, 3160 21st St

Gen Blend Open Mic is a vibrant celebration of self-expression across generations. From poetry and personal stories to music, reflections, and more, all forms of creative sharing are welcome. Featuring work from writers in the Community Living Campaign Writing Program, Litquake's Elder Project, Decentered Arts, local artists of all ages—and you! Open mic time is available for pieces under 3 minutes.

SIDEWALK SEARCH PARTY



2nd & 4th Tuesdays, 2:30 pm - 3:30 pm

Learn safety and identify sidewalk problems.

Oct. 14: 311 and How It Works (Online)

Oct. 28: In Person Waddle

Nov. 11: Virtual Meeting

Nov. 25: In Person Waddle

To request disability-related accommodations, or to obtain a printed or digital version of activity materials (when relevant), please contact us at ccnetworks@sfcommunityliving.org or 415-821-1003. Give at least 72 hours' notice to help us make accommodations to the greatest extent we can.



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

Listed classes happen every week unless noted below. For more details, see our calendar at www.sfcommunityliving.org/events.

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

- **Join Online:** <https://us02web.zoom.us/j/86098466927>, register, then wait for the activity to start.
Meeting ID: 860 9846 6927
- **To join other activities,** use the links listed below.

MONDAY

11:30–12:30 **Writing for Remembering with MG**
1:00–2:00 **Art Viewing Adventures** Oct. 13, 27 Nov. 10, 24
2:00–4:00 *****Art with Elders: Drawing & Painting**
4:00–5:00 **Qigong with David Wei** (Bilingual)
4:00–5:00 *******The Hard Stuff**, Oct. 20, Nov. 17
6:00–7:30 **Boomer Music** Oct. 13, 27 Nov. 10, 24
7:00–8:30 ****Drama with Friends**: Oct. 20, Nov. 17

THURSDAY

3:00–4:00 **Singing Class** (Cantonese & Mandarin)
6:00–7:30 (PM) **Art of Remembering Readings**
Oct. 16

FRIDAY

4:00–5:00
Qigong with David Wei (Bilingual)

TUESDAY

2:30–3:30 *******Sidewalk Search Party** (Online)
Nov. 11
2:30–3:30 *******311: How it Works** (Online) **Oct. 14**
3:00–4:00 **Singing Class** (Cantonese & Mandarin)
3:15–4:15 **Job Match with SF ReServe** **Nov. 4**
4:30–6:00 **Writing Through Reading**

WEDNESDAY

1:00–2:30 **Writing for Remembering with Marina**
2:00–5:00 **Chinese-English Cultural Exchange + Social Hour**
2:00–3:00: **Mandarin Class**
3:00–4:00: **English Class**
4:00–5:00: **Social Hour**
6:00–7:45 **Litquake Elder Writing Project**

SPECIAL NOTES:

****Drama with Friends**: Zoom Meeting ID: 853 5220 0751
 Join at: <https://us02web.zoom.us/j/85352200751>
 *****Art with Elders**: Zoom Meeting ID: 885 1720 8387
 Join at: <https://us02web.zoom.us/j/88517208387>
 *******Sidewalk Search Party/311 How It Works**:
 Zoom Meeting ID: 846 7609 4850
 Join at: <https://us02web.zoom.us/j/84676094850>
 ***** **The Hard Stuff**: Meeting ID: 814 7581 2289
 Join at: <https://us02web.zoom.us/j/81475812289>

CLC Tech Zoom. Most Tech Help Desks and Classes are on our Tech Zoom line. Join as follows:

- **Join Online:** <https://us02web.zoom.us/j/81853178807>, register, then wait for the class to start.
Meeting ID: 818 5317 8807
- **To join hybrid classes in person,** visit us at the CLC Tech Lab, 1663 Mission Street, Suite 525.

MONDAY

9:00–10:00 **Translation & Diction Tools** (Virtual)

Oct. 6, 20, Nov. 3, 17

9:00–10:00 **Recipes**(Virtual)

Oct. 13, 27 Nov. 10

TUESDAY

9:00–10:00 **Internet Safety** (Virtual)

10:00–12:00 **Microsoft Excel** (Virtual)

12:00–1:00 **SF Fun Cheap** (Virtual)

1:00–2:00 **Choosing a Medical Alert Bracelet**
(Virtual) **Oct. 14, 28 Nov. 11, 25**

1:00–2:00 **My Social Security** (Virtual)

Oct. 7, 21 Nov. 4, 18

WEDNESDAY

9:00–10:00 **Meet AI: Your Virtual Assistant** (Virtual)

10:00–11:30 **Computer Basics** (In Person)

Oct. 1, 8, 15 Nov. 5, 12, 19

12:00–2:00 **Making Art on the Computer: Release Your Creativity** (Virtual) **No Class on 10/15**

THURSDAY (CLC CLOSED ON THANKSGIVING, NOV 27)

9:00–10:00 **Coffee & News** (Virtual)

10:00–11:00 **Transportation** (Virtual)

Oct. 2, 16, 30 Nov. 13, 27

10:00–11:00 **Video Calls & Meetings on Zoom**
(Virtual) **Oct. 9, 23 Nov. 6, 20**

11:00–12:00 **Create a Keepsake Photo Book** (Virtual)

3:00–4:30 **A Collage a Day Keeps the Blues Away**

Oct. 2, 16, 30 Nov. 13

FRIDAY

9:00–10:00 **Internet Safety - Bilingual Spanish,English** (Virtual)

A vast digital world is ready for you to explore! Whether you're a newcomer to the Internet or have been browsing for years, there's always something new to discover. Weekly classes and tech help desks are available. For more details, visit our calendar at www.sfcommunityliving.org/events.

Daily Tech Support

CLC holds Virtual Help Desk Hours from 10:am - 12:00 pm daily. (No Class on 10/15)

Zoom Line: <https://us02web.zoom.us/j/83418191446>

Meeting ID: 834 1819 1446

CLC holds Free Tech In Person Tech Support in the CLC Office (1663 Mission) from Noon to 2:00 pm daily.



Stay connected with your neighbors

Join your neighbors for group exercise and other activities. Depending on the day and location, exercise includes **Always Active**, **Dance for Strength**, and **Chair Yoga**.

Neighborhoods also host social hours, craft, and other healthy aging activities before or after exercise. To find out more, please contact 415-821-1003 ext. 106, ccnetworks@sfccommunityliving.org, or your local Community Connector.

Cayuga Bethel Church, 2525 Alemany Blvd.

- **Indoor Exercise (English)**
Mondays and Wednesdays, 10:00–11:00am
- **Tea & Talk (English)**
Mondays 11:00–12:00pm
- **Writing Workshop: Do You Remember?**
All writing levels are welcome. Wednesdays, 11:15–12:15pm
- **Tai Chi (Chinese)** Thursdays, 9:00–10:00am

Miraloma Park

Cornerstone Trinity Baptist, 480 Teresita Blvd.

- **Indoor Exercise**
Tuesdays & Thursdays, 10:30–11:30am
- **Ukulele Class** Tuesdays, 2:00–3:00pm

Crocker Amazon

Crocker Amazon Clubhouse, 799 Moscow St. at Italy

- **Indoor Exercise (English)**
Wednesdays, 10:30–11:30am
- **Tea & Talk (English)**
Mondays & Wednesdays 11:30–12:30pm
- **Chinese Dance (Chinese)** Fridays, 10:15–11:15am
- **Tai Chi in the Park (Chinese)** Fridays, 9:00–10:00am

Reading Series at Ruth's Table

3160 21st St, San Francisco, CA 94110, 5:30–7:30pm
Oct. 2, Nov. 6

Midtown Terrace

Forest Hills Church, 250 Laguna Honda Blvd.

- **Indoor Exercise** Wednesdays, 1:30–2:30pm
- **Tea & Talk (English)**, Wednesdays 2:30–3:30pm

Merced Extension Triangle

Golden Gate Church, 201 Head St.

- **Indoor Exercise** Tuesdays, 10:00–11:00am
- **Tea & Talk (English)**, Tuesdays, 11:30–12:30pm

Potrero Hill

PH Neighborhood House, 953 De Haro St.

- **Indoor Exercise** Thursdays, 11am–12:00pm
- **Tea & Talk (English)**, Thursdays, 12:00–1:00pm

Inner Sunset St. John of God, 1290 Fifth Ave at Irving St.

- **Tai Chi in the Garden** Golden Gate Park Botanical Garden on Mondays, 11:45am–12:30pm
- **Botanical Garden Walk** Golden Gate Park Botanical Garden on Mondays, 1:00–2:30pm
- **Indoor Exercise (English)** Tuesdays & Thursdays, 1:00pm–2:00pm

Sunnyside at St. Finn Barr Church, 415 Edna St.

- **Indoor Exercise** Mondays, 10:00–11:00am
- **Tea & Talk (English)**, Mondays, 11:00–12:00pm

Sidewalk Search Waddles (Location varies)

Tuesday, **Oct. 28, Nov. 25**, 2:30–3:30pm. Contact jennifer@sfccommunityliving.org to sign up.