



30TH STREET SENIOR CENTER VIRTUAL PROGRAM SCHEDULE November 2021

Activities listed in bold and marked with (SP) are in Spanish, (CH) are in Chinese, and (BIL) are Bilingual.

Activities with a (*) require an additional pre-registration process to participate.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
10:00 Always Active (*) 10:00 Diabetes DEEP (*) 11:30 Tai Chi Arthritis (*) 1:30 Fall Prevention Maintenance (*)	9:45 Coro de la 30 (BIL) (*) 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Fall Prevention 1 (*) 1:00 Stress Busters 3:00 Leah's Pantry (CH) (*)	9:30 Healthier Living (CH) (*) 10:00 Always Active (*) 10:00 Diabetes DEEP (SP) (*) 10:00 Café con Leche (SP) 11:30 Tai Chi Arthritis (*) 1:00 Conversation Circle 2:00 Gentle Yoga 2:00 Diabetes DEEP(SP) (*)	10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance (*)	10:00 Always Active (*) 10:00 High Beginner/Improver Line Dance 11:30 Fall Prevention 1 (*) 2:00 Computer Tutoring with CTN (*) 3:00 Leah's Pantry (*)	10:00 Body Dynamics
8	9	10	11	12	13
10:00 Always Active (*) 10:00 Diabetes DEEP (*) 11:00 Psychology Lectures 11:30 Tai Chi Arthritis (*) 1:30 Fall Prevention Maintenance (*)	9:45 Coro de la 30 (BIL) (*) 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Fall Prevention 1(*) 3:00 Leah's Pantry (CH) (*)	9:30 Healthier Living (CH) (*) 10:00 Always Active (*) 10:00 Diabetes DEEP (SP) (*) 11:30 Tai Chi Arthritis (*) 2:00 Chair Yoga 2:00 Diabetes DEEP(SP) (*)	10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance (*)	10:00 Always Active (*) 10:00 High Beginner/Improver Line Dance 11:30 Fall Prevention 1 (*) 2:00 Computer Tutoring with CTN (*) 3:00 Leah's Pantry (*)	10:00 Body Dynamics
15	16	17	18	19	20
10:00 Always Active (*) 10:00 Diabetes DEEP (*) 11:30 Tai Chi Arthritis (*) 1:30 Fall Prevention Maintenance (*)	9:45 Coro de la 30 (BIL) (*) 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Fall Prevention 1(*) 1:00 Stress Busters 3:00 Leah's Pantry (CH) (*)	9:30 Healthier Living (CH) (*) 10:00 Always Active (*) 10:00 Café con Leche (SP) 10:00 Diabetes DEEP (SP) (*) 11:30 Tai Chi Arthritis (*) 1:00 Conversation Circle 2:00 Gentle Yoga 2:00 Diabetes DEEP(SP) (*)	10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance (*)	10:00 Always Active (*) 10:00 High Beginner/Improver Line Dance 11:30 Fall Prevention 1(*) 2:00 Computer Tutoring with CTN (*) 3:00 Leah's Pantry (*)	10:00 Body Dynamics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27
10:00 Always Active (*) 10:00 Diabetes DEEP (*) 11:30 Tai Chi Arthritis (*) 1:30 Fall Prevention Maintenance (*)	9:45 Coro de la 30 (BIL) (*) 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Fall Prevention 1(*) 1:15 Fall Prevention Basic (*)	9:30 Healthier Living (CH) (*) 10:00 Always Active (*) 10:00 Diabetes DEEP (SP) (*) 11:30 Tai Chi Arthritis (*) 2:00 Chair Yoga 2:00 Diabetes DEEP(SP) (*)	THANKSGIVING HOLIDAY NO ACTIVITIES	OBSERVANCE of THANKSGIVING HOLIDAY NO ACTIVITIES	10:00 Body Dynamics
29	30	Dec 1	2	3	4
10:00 Always Active (*) 10:00 Diabetes DEEP (*) 11:30 Tai Chi Arthritis (*) 1:30 Fall Prevention Maintenance (*)	9:45 Coro de la 30 (BIL)(*) 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Fall Prevention 1(*) 11:30 Senior Council (BIL) 1:15 Fall Prevention Basic (*)	9:30 Healthier Living (CH) (*) 10:00 Always Active (*) 10:00 Diabetes DEEP (SP) (*) 11:30 Tai Chi Arthritis (*) 2:00 Gentle Yoga 2:00 Diabetes DEEP (SP) (*)	10:00 Always Active (BIL) (*) 10:00 Body Dynamics 11:30 Fall Prevention Maintenance (*)	10:00 Always Active (*) 10:00 High Beginner/Improver Line Dance 11:30 Fall Prevention 1(*) 2:00 Computer Tutoring with CTN (*) 3:00 Leah's Pantry (*)	10:00 Body Dynamics

Interested in participating in virtual scheduled activities?

For more information on our activities program and how to register, please call: Lupe Duran, *Hospitality Coordinator* at 415-550-2210 or email: lduran@onlok.org

To pre-register for classes with a (*) please reach out to the appropriate staff members:

- **Always Active/ Fall Prevention Maintenance & Basic** - Luz Villanueva, *Always Active Specialist* at 415-550-2265 or email: lvillanueva@onlok.org
- **Tai Chi Arthritis** - Diana Lara, *Health Promotion Program Assistant* at 415-550-2209 or email: dlararodgers@onlok.org
- **Healthier Living** - Ken Wong, *Healthier Living Program Coordinator* at 415-550-6002 or email: kwong@onlok.org
- **DEEP (Diabetes Empowerment Education Program)**- Miguel Jimenez, *DEEP Coordinator* at 415-550-2201 or email: mjimenez@onlok.org
- **Aging Mastery** - Valorie Villela, *Director of WELL Senior Programming* at 415-439-9364 or email: valorie@onlok.org
- **Activities & Volunteers** - Michelle Lopez, *Volunteer Program Manager* at 415-550-2205 or email: mlopez1@onlok.org

30th Street Senior Center is available to all persons age 60 and over. Classes are funded in part by the Office of Community Partnerships/Department of Disability and Aging Services.