

Virtual Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Stress Busters 1	2	3	4	5
	10am Body Dynamics zoom 10a Always Active Bilingual zoom 11:30 Stress Busters zoom	10 am Always Active zoom 10 a Café Con Leche zoom 12pm ART CLUB zoom 2pm Yoga zoom 3p Conversation Circle zoom	10am Body Dynamics zoom 10a Always Active Bilingual zoom 1:30a Fall Prevention zoom 3pm Tech Drop-in zoom	10 am Always Active zoom 10-12 LINE DANCE zoom	10am Body Dynamics zoom
Psychology Lecture 7	8	Hora De Salud 9	10	11	12
9:45a Coro De La 30 zoom 10 am Always Active zoom 11am Psychology zoom 1:30a Fall Prevention zoom 3pm Wellness hour zoom	10am Body Dynamics zoom 10a Always Active Bilingual zoom	10 am Always Active zoom 12pm ART CLUB zoom 2pm Yoga zoom 3pm Hora de Salud zoom	10am Body Dynamics zoom 10a Always Active Bilingual zoom 1:30a Fall Prevention zoom 2p Kathy Mata zoom 3pm Tech Drop-in zoom	10 am Always Active zoom 10-12 LINE DANCE zoom	10am Body Dynamics zoom
Wellness Hour 14	15	16	17	18	19
9:45a Coro De La 30 zoom 10 am Always Active zoom 1:30a Fall Prevention zoom 3pm Wellness hour zoom	10am Body Dynamics zoom 10a Always Active Bilingual zoom 11:30 Stress Busters zoom	10 am Always Active zoom 10a Café Con Leche zoom 2pm Yoga zoom 3p Conversation Circle zoom 3pm Hora de Salud zoom	10am Body Dynamics zoom 10a Always Active Bilingual zoom 1:30a Fall Prevention zoom 3pm Tech Drop-in zoom	10 am Always Active zoom 10-12 LINE DANCE zoom 12p Brain and Memory workshop	10am Body Dynamics zoom

****HIGHLIGHTED ACTIVITY IN GRAY IS SPANISH ONLY/ TEXTO DESTACADO EN GRIS ES SOLO ESPAÑOL**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	Senior Council Meeting 22	Winter Festival 23	24	25	26
10 am Always Active zoom 1:30a Fall Prevention zoom	10a Always Active Bilingual zoom	10 am Always Active zoom 1pm Winter Festival zoom 2pm Yoga zoom	10a Always Active Bilingual zoom 1:30a Fall Prevention zoom	No Activities	
28	29	End of year - Carnival 30	31		
10 am Always Active zoom 1:30a Fall Prevention zoom	10a Always Active Bilingual zoom 1p Senior Council Meeting zoom	10 am Always Active zoom 1p End of Year Carnival zoom 2pm Yoga zoom	10a Always Active Bilingual zoom 1:30a Fall Prevention zoom		

What is zoom?

Zoom is a video and call platform for virtual meetings, Have a smartphone, tablet, or computer with internet access? We can help you get connected and learn zoom so you can participate in our virtual activities.

¿Qué es el zoom?

Zoom es una plataforma de video y llamadas para reuniones virtuales. ¿Tiene un teléfono inteligente, tableta o computadora con acceso a Internet? Podemos ayudarlo a conectarse y aprender acerca del zoom para que pueda participar en nuestras actividades virtuales.

Interested in participating in any of the scheduled activities?

Please call 415-550-2210 or email lduran@onlok.org for more information on how to register or to answer any questions you may have.

Interesado en participar en actividades?

Llame al 415-550-2210 o envíe un correo electrónico a lduran@onlok.org para obtener más información sobre cómo registrarse o responder cualquier pregunta que pueda tener.

To get zoom/tech tutoring please register with Lduan@onlok.org or call 415-550-2210.

Para obtener asistencia técnica / zoom, llame / envíe un mensaje a lduran@onlok.org o llame a 415-550-2210.

Center is open Monday-Saturday to answer any of your calls from 8:30am-5pm.

El centro está abierto de lunes a sábado para responder cualquiera de sus llamadas de 8:30am-5pm.



COMMUNITY MUSIC CENTER
MUSIC FOR EVERYONE SINCE 1921



Choir / Coro

Community Music Center / Coro de la 30 / Choir

If you are interested in participating in choir in collaboration with CMC, please contact Michelle at 415-647-6015 ext. 181.

Si esta interesado en participar en el coro en colaboracion con CMC, llame a Michelle at 415-647-6015 ext. 181.

**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.**