



30TH STREET SENIOR CENTER VIRTUAL PROGRAM SCHEDULE October 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 10:00 Always Active (*) 2:00 Planning Committee (BIL) (*)	2 10:00 Body Dynamics
4 10:00 Always Active (*) 10:00 Healthier Living 11:30 Tai Chi Arthritis (*) 1:30 Fall Prevention Maintenance (*)	5 9:45 Coro de la 30 (BIL) (*) 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:00 Stress Busters 1:15 Fall Prevention Basic (*) 3:00 Leah's Pantry (CH) (*)	6 10:00 Always Active (*) 10:00 Diabetes DEEP(SP) (*) 11:30 Tai Chi Arthritis (*) 2:00 Yoga (*) 3:00 Leah's Pantry (*)	7 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:15 Fall Prevention Basic (*) 1:30 Fall Prevention Maintenance (*)	8 10:00 Always Active (*) 2:00 Planning Committee (BIL) (*)	9 10:00 Body Dynamics
11 10:00 Always Active (*) 10:00 Healthier Living 11:00 Psychology Lectures 11:30 Tai Chi Arthritis (*) 1:30 Fall Prevention Maintenance (*)	12 9:45 Coro de la 30 (BIL) (*) 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 11:30 Beginners Line Dance 1:15 Fall Prevention Basic (*) 2:00 Choosing Healthy Beverages (CH) (*) 3:00 Leah's Pantry (CH) (*)	13 10:00 Always Active (*) 10:00 Café Con Leche (SP) 10:00 Diabetes DEEP(SP) (*) 1:00 Conversation Circle 2:00 Yoga (*) 2:00 Planning Committee (BIL) (*) 3:00 Leah's Pantry (*)	14 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:15 Fall Prevention Basic (*) 1:30 Fall Prevention Maintenance (*)	15 10:00 Always Active (*) 10:00 High Beginner/Improver Line Dance	16 10:00 Body Dynamics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:00 Always Active (*) 10:00 Healthier Living 1:30 Fall Prevention Maintenance (*)	19 9:45 Coro de la 30 (BIL) (*) 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 11:30 Beginners Line Dance 1:00 Stress Busters 1:15 Fall Prevention Basic (*) 2:00 Choosing Healthy Beverages (*) 3:00 Leah's Pantry (CH) (*)	20 10:00 Always Active (*) 10:00 Healthier Living (CH) 2:00 Yoga (*) 3:00 Leah's Pantry (*)	21 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:15 Fall Prevention Basic (*) 1:30 Fall Prevention Maintenance (*)	22 10:00 Always Active (*) 10:00 High Beginner/Improver Line Dance	23 10:00 Body Dynamics
Halloween Spirit Week 25 10:00 Always Active (*) 1:30 Fall Prevention Maintenance (*)	26 9:45 Coro de la 30 (BIL) (*) 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Senior Council (BIL) 1:15 Fall Prevention Basic (*) 3:00 Leah's Pantry (CH) (*)	27 10:00 Always Active (*) 10:00 Café Con Leche 10:00 Healthier Living (CH) 1:00 Conversation Circle 2:00 Chair Yoga 3:00 Leah's Pantry (*)	28 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:15 Fall Prevention Basic (*) 1:30 Fall Prevention Maintenance (*)	29 10:00 Always Active (*) 10:00 High Beginner/Improver Line Dance	30 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
- **Planning Committee/ Leah's Pantry** - 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.

225 30th Street, 3rd Floor | San Francisco, CA 94131 | 415.550.2210 | onlok.org/senior-center | [Find us on Facebook](#)