


30th Street Senior Center

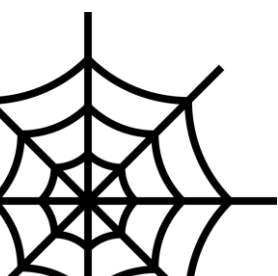
October 2020

Virtual Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
			10am Body Dynamics zoom 10a Always Active Bilingual zoom 10:30a Nutrition & Health zoom 11:30a Leah's Pantry zoom 1:30a Fall Prevention zoom 3pm Bingo zoom 3pm Tech Drop-in zoom	10 am Always Active zoom 10-12 ADV LINE DANCE zoom 1p Chair Yoga zoom	10am Body Dynamics zoom
					
5	6	7	8	9	10
9:45a Coro De La 30 zoom 10 am Always Active zoom 1:30a Fall Prevention zoom 3pm D.E.E.P. zoom	10am Body Dynamics zoom 10a Always Active Bilingual zoom 1p Spanish Tech drop-in zoom 3p D.E.E.P. zoom	10 am Always Active zoom 2pm Chair Yoga zoom 3pm D.E.E.P. zoom	KATHY MATA BALLET 10am Body Dynamics zoom 10a Always Active Bilingual zoom 10:30a Nutrition & Health zoom 1:30a Fall Prevention zoom 2p Kathy Mata zoom 3pm Bingo zoom 3pm Tech Drop-in zoom	10 am Always Active zoom 10-12 ADV LINE DANCE zoom	10am Body Dynamics zoom
12	13	14	15	16	17
9:45a Coro De La 30 zoom 10 am Always Active zoom 1:30a Fall Prevention zoom 3pm D.E.E.P. zoom	10am Body Dynamics zoom 10a Always Active Bilingual zoom 1p Spanish Tech drop-in zoom 3p D.E.E.P. zoom	10 am Always Active zoom 10a Café con leche call 2pm Gentle Yoga zoom 3p Conversation Circle zoom 3pm D.E.E.P. zoom	10am Body Dynamics zoom 10a Always Active Bilingual zoom 10:30a Nutrition & Health zoom 1:30a Fall Prevention zoom 3pm Bingo zoom 3pm Tech Drop-in zoom	10 am Always Active zoom 10-12 ADV LINE DANCE zoom 12p Brain and Memory workshop	10am Body Dynamics zoom

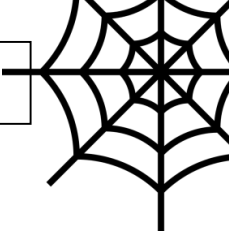




****HIGHLIGHTED ACTIVITY IN GRAY IS SPANISH ONLY/ TEXTO DESTACADO EN GRIS ES SOLO ESPAÑOL**





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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24
9:45a Coro De La 30 zoom 10 am Always Active zoom 1:30a Fall Prevention zoom 3pm D.E.E.P. zoom	9am Body Dynamics zoom 10a Always Active Bilingual zoom 11:30 Stress Busters zoom 12p ART CLUB zoom	10 am Always Active zoom 2pm Chair Yoga zoom 3pm D.E.E.P zoom	9am Body Dynamics zoom 10a Always Active Bilingual zoom 10:30a Nutrition & Health zoom 1:30a Fall Prevention zoom 3pm Tech Drop-in zoom	10 am Always Active zoom 10-12 ADV LINE DANCE zoom	9am Body Dynamics zoom 
26	27	28	29	30	31
9:45a Coro De La 30 zoom 10 am Always Active zoom 1:30p Fall Prevention zoom 3pm D.E.E.P. zoom	9am Body Dynamics zoom 10a Always Active Bilingual zoom 12p ART CLUB zoom	10 am Always Active zoom 10a Café con leche call 11:30a Senior Council Meeting 2pm Gentle Yoga zoom 3p Conversation Circle zoom 3pm D.E.E.P zoom	9am Body Dynamics zoom 10a Always Active Bilingual zoom 10:30a Nutrition & Health zoom 1:30p Fall Prevention zoom 3pm Tech Drop-in zoom	10 am Always Active zoom 10-12 ADV LINE DANCE zoom 1-2p Halloween Costume Contest And Talent show zoom 	9am Body Dynamics 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 support please register with Mbravo@onlok.org or call 415-550-2210

Para obtener asistencia técnica / zoom, llame / envíe un mensaje a mbravo@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



CORO DE LA 30 / Choir at 30th

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**

