



# 30<sup>TH</sup> STREET SENIOR CENTER VIRTUAL PROGRAM SCHEDULE JULY 2021

Activities listed in bold and marked with (SP) are in Spanish or (BIL) Bilingual.  
**Actividades en negrita y marcadas con (SP) son en español o (BIL) Bilingue.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Always Active (BIL) 10:00 D.E.E.P. 10:00 Body Dynamics 1:30 Fall Prevention	2 10:00 Always Active 10:00 Line Dance 5:30 Game Night	3 10:00 Body Dynamics 1:30 Project LITE Tech
5 Independence Day Observance <b>No Activities</b>	6 9:45 Coro de la 30 (BIL) 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance	7 10:00 Always Active 10:00 D.E.E.P. (SP) 2:00 Chair Yoga	8 10:00 Always Active (BIL) 10:00 D.E.E.P. 10:00 Body Dynamics 1:30 Fall Prevention	9 10:00 Always Active 10:00 Line Dance	10 10:00 Body Dynamic 1:30 Project LITE Tech
12 10:00 Always Active 1:30 Fall Prevention	13 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	14 10:00 Always Active 10:00 D.E.E.P. (SP) 2:00 Gentle Yoga	15 10:00 Always Active (BIL) 10:00 D.E.E.P. 10:00 Body Dynamics 1:30 Fall Prevention	16 10:00 Always Active 10:00 Line Dance	17 10:00 Body Dynamics 1:30 Project LITE Cyber
19 10:00 Always Active 1:30 Fall Prevention	20 9:45 Coro de la 30 (BIL) 10:00 Always Active (BIL) 11:30 Beginners Line Dance	21 10:00 Always Active 2:00 Chair Yoga	22 10:00 Always Active (BIL) 10:00 D.E.E.P. 1:30 Fall Prevention	23 10:00 Always Active 10:00 Line Dance	24 1:30 Project LITE Cyber

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
10:00 Always Active 1:30 Fall Prevention	<b>9:45 Coro de la 30 (BIL)</b> <b>10:00 Always Active (BIL)</b> 11:30 Beginners Line Dance <b>11:30 Senior Council (BIL)</b>	10:00 Always Active 2:00 Gentle Yoga	<b>10:00 Always Active (BIL)</b> 10:00 D.E.E.P. 1:30 Fall Prevention	10:00 Always Active 10:00 Line Dance	1:30 Project LITE Cyber

### Interested in participating in virtual scheduled activities?

Please call 415-550-2210 or email [lduran@onlok.org](mailto:lduran@onlok.org) for more information on how to register.

### Interesado en participar en actividades virtuales?

Llame al 415-550-2210 o envíe un correo electrónico a [lduran@onlok.org](mailto:lduran@onlok.org) para obtener más información.



#### Choir / Coro

#### Community Music Center / Coro de la 30 / Choir

If you are interested in participating in choir collaboration with CMC, please contact Melissa 415-550-2269

*Si esta interesado e participar en el coro en colaboracion con CMC, llame a Meilssa 415-550-2269*



#### UCSF Memory and Aging Center – UCSF MAC

In collaboration with UCSF MAC: Monthly interactive Brain and Memory meetings, Creative Mind activities, Art and Neuro Nose. For more info contact [mbravo@onlok.org](mailto:mbravo@onlok.org) 415-550-2269

*En colaboración con UCSF MAC: Reuniones interactivas mensuales de Cerebro y Memoria, actividades de Mente Creativa, Arte y Neuro Nariz. Para más información contacte [mbravo@onlok.org](mailto:mbravo@onlok.org) 415-550-2269*

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