



30TH STREET SENIOR CENTER VIRTUAL PROGRAM SCHEDULE SEPTEMBER 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 (*) 10:00 Café Con Leche (SP) 11:30 Tai Chi Arthritis (*) 1:00 Conversation Circle 2:00 Chair Yoga 3:00 Aging Mastery Workshop (*)	2 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance (*) 2:00 Diabetes DEEP (*)	3 10:00 Always Active (*) 10:00 Advanced Line Dance 3:00 Aging Mastery Info Session (*)	4 10:00 Body Dynamics
6 Labor Day Holiday NO ACTIVITIES	7 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 2:00 Nourishing Snacks	8 10:00 Always Active (*) 10:00 Diabetes DEEP(SP) (*) 11:30 Tai Chi Arthritis (*) 2:00 Gentle Yoga	9 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:00 Learn the Facts of Stroke Prevention with Kaiser 1:30 Fall Prevention Maintenance (*) 2:00 Diabetes DEEP (*)	10 10:00 Always Active (*) 10:00 Advanced Line Dance 2:00 Planning Committee (BIL) (*) 3:00 Aging Mastery Info Session (*)	11 10:00 Body Dynamics
13 10:00 Always Active (*) 10:00 Healthier Living 11:00 Psychology Lectures 11:30 Tai Chi Arthritis (*) 1:30 Fall Prevention Maintenance (*)	14 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 Aperitivos Nutritivos (SP)	15 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 Chair Yoga	16 10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:15 Fall Prevention Basic (*) 1:30 Fall Prevention Maintenance (*) 2:00 Diabetes DEEP (*) 3:00 Aging Mastery Info Session (*)	17 10:00 Always Active (*) 10:00 Advanced Line Dance 3:00 Latinx Heritage Virtual Celebration (BIL)	18 10:00 Body Dynamics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25
10:00 Always Active (*) 10:00 Healthier Living (*) 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 1:00 Stress Busters 1:15 Fall Prevention Basic (*) 2:00 Nourishing Snacks (CH)	10:00 Always Active (*) 10:00 Diabetes DEEP(SP) (*) 11:30 Tai Chi Arthritis (*) 2:00 Gentle Yoga	10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:15 Fall Prevention Basic (*) 1:30 Fall Prevention Maintenance (*) 2:00 Diabetes DEEP (*)	10:00 Always Active (*) 10:00 Advanced Line Dance 2:00 Planning Committee (BIL) (*)	10:00 Body Dynamics
27	28	29	30	Oct 1	2
10:00 Always Active (*) 10:00 Healthier Living (*) 11:30 Tai Chi Arthritis (*) 1:30 Fall Prevention Maintenance (*) 3:00 Aging Mastery Workshop (*)	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 (*)	10:00 Always Active (*) 10:00 Café Con Leche (*) 10:00 Diabetes DEEP(SP) (*) 11:30 Tai Chi Arthritis (*) 1:00 Conversation Circle 2:00 Chair Yoga	10:00 Always Active (BIL) (*) 10:00 Body Dynamics 1:15 Fall Prevention Basic (*) 1:30 Fall Prevention Maintenance (*)	10:00 Always Active (*) 10:00 Advanced Line Dance	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@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** - 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.