

Virtual Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
10 am Always Active zoom	10a Always Active Bilingual zoom	10 am Always Active zoom	10a Always Active Bilingual zoom	10 am Always Active zoom	10am Body Dynamics zoom
9:45 Coro de la 30 zoom	10am Body Dynamics zoom	10am Café con Leche zoom	10am Body Dynamics zoom	10am Line Dance zoom	
1:30a Fall Prevention zoom	11:30am Fall Prevention* zoom	2pm Gentle Yoga zoom	1pm Latin Dance zoom	11:30am Fall Prevention* zoom	
	11:30a Stress Busters zoom	3pm Conversation Circle zoom		1pm Creative Spark* zoom	
	11:30a Beginner Line Dance zoom		1:30a Fall Prevention zoom		
	3pm Aging Mastery* zoom		2pm D.E.E.P. zoom		
8	9	10	11	12	13
9:45 Coro de la 30 zoom	10a Always Active Bilingual zoom	10 am Always Active zoom	10a Always Active Bilingual zoom	10 am Always Active zoom	10am Body Dynamics zoom
10 am Always Active zoom	10am Body Dynamics zoom	10am Café con Leche zoom	10am Body Dynamics zoom	10am Line Dance zoom	
11am Psychology zoom	11:30am Fall Prevention* zoom		11:30a SAFETY TIPS 2021 zoom	11:30am Fall Prevention* zoom	
11:30 UCSF MAC ART zoom	11:30a Beginner Line Dance zoom	2pm Chair Yoga zoom	1pm Latin Dance zoom	1pm Creative Spark* zoom	
1:30a Fall Prevention zoom	3pm Aging Mastery* zoom	3pm Conversation Circle zoom	1:30a Fall Prevention zoom		
			2pm D.E.E.P. zoom		
			2pm House Plants 101 zoom		
15	16	17	18	19	20
9:45 Coro de la 30 zoom	10a Always Active Bilingual zoom	10 am Always Active zoom	10a Always Active Bilingual zoom	10 am Always Active zoom	10am Body Dynamics zoom
10 am Always Active zoom	10am Body Dynamics zoom	10am Café con Leche zoom	10am Body Dynamics zoom	10am Line Dance zoom	
11:30 UCSF MAC: ART zoom	11:30am Fall Prevention* zoom	11:30 UCSF MAC: Neuro Nose*	1pm Latin Dance zoom	11:30am Fall Prevention* zoom	
1:30a Fall Prevention zoom	11:30a Stress Busters zoom	2pm Gentle Yoga zoom		12pm UCSF Brain and Memory	
	11:30a Beginner Line Dance zoom	3pm Conversation Circle zoom	1:30a Fall Prevention zoom	1pm Creative Spark* zoom	
	3pm Aging Mastery* zoom		2pm D.E.E.P. 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
22	23	24	25	26	27
10 am Always Active zoom 9:45 Coro de la 30 zoom 11:30 UCSF MAC ART zoom 1:30a Fall Prevention zoom	10a Always Active Bilingual zoom 10am Body Dynamics zoom 11:30am Fall Prevention* zoom 11:30a Beginner Line Dance zoom 3pm Aging Mastery* zoom	10 am Always Active zoom 10am Café con Leche zoom 11:30 UCSF MAC: Neuro Nose* 2pm Chair Yoga zoom 3pm Conversation Circle zoom 3pm Aging Mastery* zoom	10a Always Active Bilingual zoom 10am Body Dynamics zoom 1pm Latin Dance zoom 1:30a Fall Prevention zoom 2pm D.E.E.P. zoom	10 am Always Active zoom 10am Line Dance zoom 11:30am Fall Prevention* zoom	10am Body Dynamics zoom
29	30	31			
10 am Always Active zoom 11:30 UCSF MAC ART zoom 1:30a Fall Prevention zoom	10a Always Active Bilingual zoom 11:30am Fall Prevention* zoom 11:30 Senior Council meeting 11:30a Beginner Line Dance zoom 3pm Aging Mastery* zoom	10 am Always Active zoom 10am Café con Leche zoom 11:30 UCSF MAC: Neuro Nose* 2pm Gentle Yoga zoom 3pm Conversation Circle zoom 3pm Aging Mastery* zoom			



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 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 415-550-2269

<p>Interested in participating in any of the virtual scheduled activities?</p> <p>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.</p> <p><i>Interesado en participar en actividades?</i></p> <p><i>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.</i></p>	<p>Center is open Monday-Saturday to answer any of your calls from 8:30am-5pm.</p> <p><i>El centro está abierto de lunes a sábado para responder cualquiera de sus llamadas de 8:30am-5pm.</i></p>	<p>Please note the Activities with an * will need to register prior to attending workshop series.</p> <p>Contact mbravo@onlok.org or call the center at 415-550-2210</p> <p><i>Tenga en cuenta que las actividades con un * deberán registrarse antes de asistir a la serie de talleres.</i></p> <p><i>Póngase en contacto con mbravo@onlok.org o llame al centro al 415-550-2210</i></p>
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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 e 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.**