

Virtual Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy New year 1	2
				NO ACTIVITIES	10am Line Dance zoom
4	5	6	7	8	9
10 am Always Active zoom 1:30a Fall Prevention zoom	10a Always Active Bilingual zoom 11:30a Stress Busters zoom 11:30am Fall Prevention* zoom	10 am Always Active zoom 11:30a Somatic Movement zoom 2pm Gentle Yoga zoom	10a Always Active Bilingual zoom 1:30a Fall Prevention zoom	10 am Always Active zoom 10am LINE DANCE zoom 11:30am Fall Prevention* zoom	
11	12	13	14	15	16
10 am Always Active zoom 11am Psychology zoom 1:30a Fall Prevention zoom	10a Always Active Bilingual zoom 11:30am Fall Prevention* zoom 3pm Mastery of Aging* zoom	10 am Always Active zoom 11:30a Somatic Movement zoom 2pm Chair Yoga zoom	10a Always Active Bilingual zoom 1pm Latin Dance zoom 1:30a Fall Prevention zoom 2pm Kathy Mata Ballet zoom	10 am Always Active zoom 10am LINE DANCE zoom 11:30am Fall Prevention* zoom 12p Brain and Memory workshop 3pm PACE info session zoom	

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23
10 am Always Active zoom 1:30a Fall Prevention zoom	10a Always Active Bilingual zoom 10am Body Dynamics zoom 11:30 Stress Busters zoom 11:30am Fall Prevention* zoom 2pm Control de Su Salud zoom 3pm Mastery of Aging* zoom	10 am Always Active zoom 11:30a Somatic Movement zoom 11a Well Connected zoom 2pm Gentle Yoga zoom	10a Always Active Bilingual zoom 10am Body Dynamics zoom 1pm Latin Dance zoom 1:30a Fall Prevention zoom	10 am Always Active zoom 10-12 LINE DANCE zoom 11:30am Fall Prevention* zoom 3pm PACE: Fall Prevention zoom	10am Body Dynamics zoom
25	26	27	28	29	30
10 am Always Active zoom 1:30a Fall Prevention zoom	10a Always Active Bilingual zoom 10am Body Dynamics zoom 11:30a Senior Council Meeting 11:30am Fall Prevention* zoom 2pm Control de Su Salud zoom 3pm Mastery of Aging* zoom	10 am Always Active zoom 11:30a Somatic Movement zoom 2pm Chair Yoga zoom	10a Always Active Bilingual zoom 10am Body Dynamics zoom 1pm Latin Dance zoom 1:30a Fall Prevention zoom 2p Food Strategies zoom	10 am Always Active zoom 10am LINE DANCE zoom 11:30am Fall Prevention* zoom	10am Body Dynamics zoom

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 tutoring please register with lduran@onlok.org or call 415-550-2210.

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

Please note the Activities with an * will need to register prior to attending workshop series.
Contact mbravo@onlok.org or call the center at 415-550-2210

***Tenga en cuenta que las actividades con un * deberán registrarse antes de asistir a la serie de talleres.
Póngase en contacto con mbravo@onlok.org o llame al centro al 415-550-2210***



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 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.**