

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	11:30a Somatic Movement 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				
	11:30a Beginner Line Dance zoom	2pm Café con Leche zoom	1:30a Fall Prevention zoom		
	2pm Tomando Control de Salud	3pm Conversation Circle zoom	2pm D.E.E.P. zoom		
	3pm Mastery of Aging* zoom				
8	9	10	11	Lunar New Year 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 Somatic Movement zoom	1pm Latin Dance zoom	11:30am Fall Prevention* zoom	
1:30a Fall Prevention zoom	11:30a Beginner Line Dance zoom	2pm Chair Yoga zoom	1:30a Fall Prevention zoom		
	2pm Tomando Control de Salud	3pm Conversation Circle zoom	2pm D.E.E.P. zoom		
	3pm Mastery of Aging* zoom				
President's Day 15	16	17	18	19	20
	10a Always Active Bilingual zoom	10 am Always Active zoom	10a Always Active Bilingual zoom	10 am Always Active zoom	10am Body Dynamics zoom
	10am Body Dynamics zoom	10am Café con Leche zoom	10am Body Dynamics zoom	10am Line Dance zoom	
	11:30am Fall Prevention* zoom	2pm Gentle Yoga zoom	1pm Latin Dance zoom	11:30am Fall Prevention* zoom	
	11:30a Stress Busters zoom				
	11:30a Beginner Line Dance zoom	3pm Conversation Circle zoom	1:30a Fall Prevention zoom	12pm UCSF Brain and Memory	
	2pm Tomando Control de Salud		2pm D.E.E.P. zoom		
	3pm Mastery of Aging* 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	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	Chair Yoga	zoom	1pm	Latin Dance	zoom	11:30am	Fall Prevention*	zoom			
			11:30a	Beginner Line Dance	zoom	3pm	Conversation Circle	zoom	1:30a	Fall Prevention	zoom						
			2pm	Tomando Control de Salud					2pm	D.E.E.P.	zoom						
			3pm	Mastery of Aging*	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



COMMUNITY MUSIC CENTER
MUSIC FOR EVERYONE SINCE 1921



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.**