



30TH STREET SENIOR CENTER VIRTUAL PROGRAM SCHEDULE MAY 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 Body Dynamics 1:30 Project LITE Tech
3 10:30 Coro de la 30 Cinco De Mayo Sing-Along (BIL) 10:00 Always Active 11:30 Leah's Pantry (SP) 1:30 Fall Prevention 2:00 ART UCSF MAC (SP)	4 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Fall Prevention* 11:30 Beginners Line Dance 11:30 Tai-Chi for Arthritis* 1:00 Stress Busters 3:00 Mastery of Aging*	5 10:00 Always Active 10:00 Café con Leche (SP) 12 CINCO DE MAYO Karaoke (BIL) 2:00 Chair Yoga 3:00 Conversation Circle 3:00 Mastery of Aging*	6 10:00 Always Active (BIL) 10:00 Body Dynamics 1:30 Fall Prevention 2:00 Leah's Pantry (Chinese) 2:00 Nutrition Myths	7 10:00 Always Active 10:00 Line Dance 11:30 Fall Prevention* 11:30 Tai Chi for Arthritis*	8 10:00 Body Dynamic 1:30 Project LITE Tech
10 9:45 Coro de la 30 (BIL) 10:00 Always Active 11:00 Psychology Lect (BIL) 1:30 Fall Prevention 2:00 ART UCSF MAC (SP)	11 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Fall Prevention* 11:30 Beginners Line Dance 11:30 Tai-Chi for Arthritis* 3:00 Mastery of Aging*	12 10:00 Always Active 10:00 Café con Leche (SP) 11:30 NEURONOSE UCSF MAC 2:00 Gentle Yoga 3:00 Conversation Circle 3:00 Mastery of Aging*	13 10:00 Always Active (BIL) 10:00 Body Dynamics 1:30 Fall Prevention 2:00 D.E.E.P. (SP) 2:00 Nutrition Myths (SP)	14 10:00 Always Active 10:00 Line Dance 11:30 Fall Prevention* 11:30 Tai Chi for Arthritis*	15 10:00 Body Dynamics
17 9:45 Coro de la 30 (BIL) 10:00 Always Active 1:30 Fall Prevention 2:00 ART UCSF MAC (SP)	18 10:00 Always Active (BIL) 11:30 Fall Prevention* 11:30 Beginners Line Dance 11:30 Tai-Chi for Arthritis* 1:00 Stress Busters 3:00 Mastery of Aging*	19 10:00 Always Active 10:00 Café con Leche (SP) 11:30 NEURONOSE UCSF MAC 2:00 Chair Yoga 3:00 Conversation Circle 3:00 Mastery of Aging*	20 10:00 Always Active (BIL) 1:30 Fall Prevention 2:00 D.E.E.P. (SP) 2:00 Nutrition Myths (Chinese)	21 10:00 Always Active 10:00 Line Dance 11:30 Fall Prevention* 11:30 Tai Chi for Arthritis*	22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29
9:45 Coro de la 30 (BIL) 10:00 Always Active 1:30 Fall Prevention	10:00 Always Active (BIL) 11:30 Fall Prevention* 11:30 Beginners Line Dance 11:30 Senior Council (BIL) 11:30 Tai-Chi for Arthritis* 3:00 Mastery of Aging*	10:00 Always Active 10:00 Café con Leche (SP) 11:30 NEURONOSE UCSF MAC 2:00 Gentle Yoga 3:00 Conversation Circle 3:00 Mastery of Aging*	10:00 Always Active (BIL) 1:30 Fall Prevention 2:00 D.E.E.P. (SP)	10:00 Always Active 10:00 Line Dance 11:30 Fall Prevention* 11:30 Tai Chi for Arthritis*	
31					
9:45 Coro de la 30 (BIL) 10:00 Always Active 1:30 Fall Prevention					

Interested in participating in virtual scheduled activities?

Please call 415-550-2210 or email 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 para obtener más información.



Choir / Coro

Community Music Center / Coro de la 30 / Choir

If you are interested in participating in choir in 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 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

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