

## Virtual Program Schedule

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
DIA DE LOS MUERTOS 2																	
9:45a	Coro De La 30	zoom	10am	Body Dynamics	zoom	10 am	Always Active	zoom	10am	Body Dynamics	zoom	10 am	Always Active	zoom	10am	Body Dynamics	zoom
10 am	Always Active	zoom	10a	Always Active Bilingual	zoom	12pm	ART CLUB	zoom	10a	Always Active Bilingual	zoom	10-12	LINE DANCE	zoom			
11:30a	DIA DE LOS MUERTOS		2pm	Tech Drop-in	zoom	2pm	Gentle Yoga	zoom	10:30a	Nutrition & Health	zoom						
1:30a	Fall Prevention	zoom				3pm	D.E.E.P	zoom	1:30a	Fall Prevention	zoom						
3pm	D.E.E.P.	zoom							3pm	Bingo	zoom						
									3pm	Tech Drop-in	zoom						
Psychology Lecture 9									Kathy Mata Guest Pianist 12								
9:45a	Coro De La 30	zoom	10am	Body Dynamics	zoom	10 am	Always Active	zoom	10am	Body Dynamics	zoom	10 am	Always Active	zoom	10am	Body Dynamics	zoom
10 am	Always Active	zoom	10a	Always Active Bilingual	zoom	10	Café Con Leche	zoom	10a	Always Active Bilingual	zoom	10-12	LINE DANCE	zoom			
11am	Psychology	zoom	2pm	Tech Drop-in	zoom	12pm	ART CLUB	zoom	10:30a	Nutrition & Health	zoom						
1:30a	Fall Prevention	zoom				2pm	Gentle Yoga	zoom	1:30a	Fall Prevention	zoom						
3pm	D.E.E.P.	zoom				3pm	D.E.E.P	zoom	2p	Kathy Mata	zoom						
						3p	Conversation Circle	zoom	3pm	Bingo	zoom						
									3pm	Tech Drop-in	zoom						
16			SAFETY TIPS 2020 17			18			19			20			21		
9:45a	Coro De La 30	zoom	10am	Body Dynamics	zoom	10 am	Always Active	zoom	10am	Body Dynamics	zoom	10 am	Always Active	zoom	10am	Body Dynamics	zoom
10 am	Always Active	zoom	10a	Always Active Bilingual	zoom	12pm	ART CLUB	zoom	10a	Always Active Bilingual	zoom	10-12	LINE DANCE	zoom			
1:30a	Fall Prevention	zoom	11a	SAFETY TIPS 2020	zoom	2pm	Gentle Yoga	zoom	10:30a	Nutrition & Health	zoom	12p	Brain and Memory workshop				
3pm	D.E.E.P.	zoom	2pm	Tech Drop-in	zoom	3pm	D.E.E.P	zoom	1:30a	Fall Prevention	zoom						
									3pm	Bingo	zoom						
									3pm	Tech Drop-in	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
Gratitude Event 23	Senior Council Meeting 24	25	Thanksgiving 26	Thanksgiving 27	28
9:45a Coro De La 30 zoom 10 am Always Active zoom 11:30a Gratitude Event zoom 1:30a Fall Prevention zoom 3pm D.E.E.P. zoom	10am Body Dynamics zoom 10a Always Active Bilingual zoom 11:30 Stress Busters zoom 1pm Senior Council Meeting 2pm Tech Drop-in zoom	10 am Always Active zoom 12p ART CLUB zoom 2pm Gentle Yoga zoom 3pm D.E.E.P zoom 3pm Conversation Circle zoom	No Activities	No Activities	10am Body Dynamics zoom
30					
9:45a Coro De La 30 zoom 10 am Always Active zoom 1:30a Fall Prevention zoom					

<p><b>What is zoom?</b> Zoom is a video and call platform for virtual meetings, Have a smartphone, tablet, or computer with internet access? We can help you get connected and learn zoom so you can participate in our virtual activities.</p> <p>¿Qué es el zoom? Zoom es una plataforma de video y llamadas para reuniones virtuales. ¿Tiene un teléfono inteligente, tableta o computadora con acceso a Internet? Podemos ayudarlo a conectarse y aprender acerca del zoom para que pueda participar en nuestras actividades virtuales.</p>	<p>Interested in participating in any of the scheduled activities?</p> <p>Please call 415-550-2210 or email <a href="mailto:lduran@onlok.org">lduran@onlok.org</a> for more information on how to register or to answer any questions you may have.</p> <p>Interesado en participar en actividades?</p> <p>Llame al 415-550-2210 o envíe un correo electrónico a <a href="mailto:lduran@onlok.org">lduran@onlok.org</a> para obtener más información sobre cómo registrarse o responder cualquier pregunta que pueda tener.</p>	<p>To get zoom/tech tutoring please register with <a href="mailto:lduran@onlok.org">Lduran@onlok.org</a> or call 415-550-2210.</p> <p>Para obtener asistencia técnica / zoom, llame / envíe un mensaje a <a href="mailto:lduran@onlok.org">lduran@onlok.org</a> o llame a 415-550-2210.</p> <p>Center is open Monday-Saturday to answer any of your calls from 8:30am-5pm.</p> <p>El centro está abierto de lunes a sábado para responder cualquiera de sus llamadas de 8:30am-5pm.</p>
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**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.**