



ACTIVITIES CALENDAR | JANURARY 2019

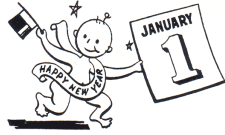
30th Street Senior Center

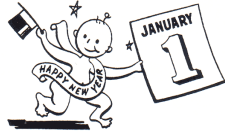


225 30th Street, 3rd Floor | San Francisco, CA94131 | (415) 550 - 2210 | www.30thStreetSeniorCenter.org | www.facebook.com/30thStreetSeniorCenter





2019

HAPPY NEW YEAR



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1-New Year's Concert 10:30-11:30 New Year's Concert #SR Manny Constancio 2:00 pm Holiday Matinee #SR "Crazy Rich Asians" 	2- 8:50-9:50a Always Active #323 9:30-10:30a Tai Chi Chuan #GR 10-11a Spanish Class #318 10-12p Computer Tutoring #319 2-4p Matinee #SR 2-5p Sewing Class #306 *2:30-3:30p Fall Prevention 2 #323	3- 8:50-9:50a Always Active #323 10a-12p Chess #309 10a-11a Zumba #323 10-12p Computer Tutoring #319 10a-1p Canvas Class #305 11a-2p Drawing and Painting #306 1-15-3p Western Line Dance #SR 2:00-3:30pm UCSF Brain Health Writing Workshop #309 2:15-3:15p Karaoke #314	4- 8:50-9:50a Always Active #323 9-10:00a Self Defense Class #314 9:30-10:30a Tai Chi Chuan #GR 9:30-11:30a Jewelry Making #306 10-12p Painting Class #318 11a-1p Embroidery Class #305 1-3 p Arts and Crafts #306 2-4:30p Latin Music Dance and Raffle #SR *2:30-3:30p Fall Prevention 2 #323	5- Epiphany Celebration 9a Belly Dance #323 10-11a Yoga #323 10a-11:45a Line Dance #SR 1-5:00p Chess #318 1:30-2p Bingo Sales #HC 1:30-3:30p Karaoke #314 1:30 Epiphany Celebration#SR 2-4p Bingo #DR 	
MONDAY 7- Art Exhibition/Choir Class Returns 8:50-9:50a Always Active #323 9a-12p Grandma Project #305 9:45-11:45a Choir Class #314 10-12p Computer Tutoring #319 11a-2p Drawing and Painting #306 11-11:45am Art Exhibition #SS (Drawing and Painting Class) 1:30-3:30pm Beginning Bridge Group #309 2-3p Volunteer Committee #SR	TUESDAY 8- Casino: CACHE CREEK 8:30a Leave for Casino #EN 8:50-9:50a Always Active #323 10-11:45a Ballroom Line Dance #SR 10a-12p Computer Tutoring #319 10a-1p Knitting Class #305 10:45-11:45a Blood Pressure ✓ #312 12-2p Art Workshop #318 2p Yoga #323 2:15-3p Activities Committee #SR	WEDNESDAY 9- Garden Market/ BookMobile 8:50-9:50a Always Active #323 9:30-10:30a Tai Chi Chuan #GR 10-11a Spanish Class #318 10-12p Computer Tutoring #319 10:30-12:45p Garden Market #GR 11:15a-12p BookMobile #EN 1:30-3:30pm Intermediate Bridge Group #309 2-4p Matinee #SR 2-5p Sewing Class #306 *2:30-3:30p Fall Prevention 2 #323	THURSDAY 10-UCSF Memory Clinic Brain Health Presentation/ Origami/Stress Talk 8:50-9:50a Always Active #323 10a-12p Chess #309 10a-11a Zumba #323 10-12p Computer Tutoring #319 10a-1p Canvas Class #305 10:30am UCSF Memory Clinic Brain Health Presentation #SR 11a-2p Drawing and Painting #306 11:30-11:45a Stress Talk #SR 1-2pm Origami #309 1:15-3p Western Line Dance #SR 2:00-3:30pm UCSF Brain Health Writing Workshop #309 2:15-3:15p Karaoke #314	FRIDAY 11- Cooking for Your Health Workshop 8:50-9:50a Always Active #323 9-10:00a Self Defense Class #314 9:30-10:30a Tai Chi Chuan #GR 9:30-11:30a Jewelry Making #306 10-12p Painting Class #318 10:30 Cooking for your Health Workshop #SR 11a-1p Embroidery Class #305 1-3 p Arts and Crafts #306 2-4:30p Latin Music Dance & Raffle #SR *2:30-3:30p Fall Prevention 2 #323	SATURDAY 12- Plant Clinic 9a Belly Dance #323 10a-11a Yoga #323 10a-12p Line Dance #SR 10a-12p Plant Clinic #GR 1-5:00p Chess #318 1:30-2p Bingo Sales #SR 1:30-3:30p Karaoke #314 2:30-4:30p Bingo #DR
MONDAY 14-Psychology Class CITY COLLEGE CLASSES RETURN 8:50-9:50a Always Active #323 9a-12p Grandma Project #305 9:45-11:45a Choir Class #314 10:45-11:45a Psychology Class #SR 10a-12pm Body Dynamic CCSF#323 11a-2p Drawing and Painting #306 *12-1p Fall Prevention 1 #323 1:30-3:30pm Beginning Bridge Group #309 2-3p Volunteer Committee #SR	TUESDAY 15- 8:50-9:50a Always Active #323 10-11:30a Computer Tutoring #319 10-11:45a Ballroom Line Dance #SR 10a-1p Knitting Class #305 10:45-11:45a Blood Pressure ✓ #312 12-2p Art Workshop #318 2p Yoga #323 2:15-3p Activities Committee #SR 	WEDNESDAY 16- La Raza Centro Legal Senior Legal Clinic 8:50-9:50a Always Active #323 9:30-10:30a Tai Chi Chuan #GR 10-11a Spanish Class #318 10a-12p Body Dynamics CCSF #323 *10-12pm Legal Senior Clinic #309 *1:30-2:30p Fall Prevention 1 #323 1:30-3:30pm Intermediate Bridge Group #309 2-4p Matinee #SR 2-5p Sewing Class #306 *2:30-3:30p Fall Prevention 2 #323	THURSDAY 17- 8:50-9:50a Always Active #323 9:30- 11:30a Nutrition Class CCSF #SR 10a-11a Zumba #323 10-12p Computer Tutoring #319 10a-1p Canvas Class #305 11a-2p Drawing and Painting #306 *12-1p Fall Prevention 1 #323 2:00-3:30pm UCSF Writing Workshop #309 1:15-3p Western Line Dance #SR 2:15-3:15p Karaoke #309	FRIDAY 18- 8:50-9:50a Always Active #323 9:30-10:30a Tai Chi Chuan #GR 9-10:00a Self Defense Class #314 9:30-11:30a Jewelry Making #306 10-12p Body Dynamics CCSF #323 10-12p Painting Class #318 11a-1p Embroidery Class #305 1-1:50 Body Dynamics CCSF #314 1-3 p Arts and Crafts #306 *1:30-2:30p Fall Prevention 1 #323 2-4:30p Latin Music Dance & Raffle #SR *2:30-3:30p Fall Prevention 2 #323	SATURDAY 19- 9a Belly Dance #323 10-11a Yoga #323 10a-12p Line Dance #SR 1-5:00p Chess #318 1:30-2p Bingo Sales #320 1:30-3:30p Karaoke #314 2:30-4:30p Bingo #DR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21-Martin Luther King Jr. Day	22-	23- Senior Council	24-Origami	25- Kick Off Pledge Event	26-
10:30a Civil Rights Reflection #SR 2-4p Matinee "Selma" #SR 	8:50-9:50a Always Active #323 10-11:45a Ballroom Line Dance #SR 10a-12p Computer Tutoring #319 10a-1p Knitting Class #305 10:45-11:45a Blood Pressure ✓ #312 12-2p Art Workshop #318 2p Yoga #323 2:15-3p Activities Committee #SR	8:50-9:50a Always Active #323 9:30-10a Tai Chi Chuan #GR 10-11:30 Senior Council #SR 10-11a Spanish Class #318 11a-12p Computer Tutoring #319 10a-12p Body Dynamics CCSF#323 1:30-3:30pm Intermediate Bridge Group #309 *1:30-2:30p Fall Prevention 1 #323 2-4p Matinee #SR 2-5p Sewing Class #306 *2:30-3:30p Fall Prevention 2 #323	8:50-9:50a Always Active #323 9:30- 11:30a Nutrition Class CCSF #SR 10a-12p Chess #309 10a-11a Zumba #323 10-12p Computer Tutoring #319 10a-1p Canvas Class #305 11a-2p Drawing and Painting #306 *12-1p Fall Prevention 1 #323 1-2pm Origami #309 1:15-3p Western Line Dance #SR 2:00-3:30pm UCSF Brain Health Writing Workshops #309 2:15-3:15p Karaoke #314	8:50-9:50a Always Active #323 9:30-10:30a Tai Chi Chuan #GR 9-10:00a Self Defense Class #314 9:30-11:30a Jewelry Making #306 10-11:30 Pledge Event #SR 10-12p Body Dynamics CCSF #323 10-12p Painting Class #318 11a-1p Embroidery Class #305 1-1:50 Body Dynamics CCSF #314 1-3 p Arts and Crafts #306 *1:30-2:30p Fall Prevention 1 #323 2-4:30p Latin Music Dance & Raffle #SR *2:30-3:30p Fall Prevention 2 #323	9a Belly Dance #323 10-11a Yoga #323 10a-11:45a Line Dance #SR 1-5:00p Chess #318 1:30-2p Bingo Sales #SR 1:30-3:30p Karaoke #314 2-4p Bingo #DR
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
28- UCSF Community of Voices Presentation Open Choir Rehearsal	29-	30- UCSF Helen Diller Cancer Center Workshop on Breast and Prostate Cancer	31-		
8:50-9:50a Always Active #323 9a-12p Grandma Project #305 9:45-11:45a Open Choir Rehearsal UCSF Community of Voices Presentation #314 10-12p Computer Tutoring #319 10a-12pm Body Dynamics CCSF#323 11a-2p Drawing and Painting #306 *12-1p Fall Prevention 1 #323 1:30-3:30pm Beginning Bridge Group #309 2-3p Volunteer Committee #SR	8:50-9:50a Always Active #323 10-11:45a Ballroom Line Dance #SR 10a-12p Computer Tutoring #319 10a-1p Knitting Class #305 10:45-11:45a Blood Pressure ✓ #312 12-2p Art Workshop #318 2p Yoga #323 2:15-3p Activities Committee #SR	8:50-9:50a Always Active #323 9:30-10a Tai Chi Chuan #GR 10am UCSF Breast Cancer and Prostate Cancer Workshop 10-11a Spanish Class #318 10a-12p Computer Tutoring #319 10a-12p Body Dynamics CCSF#323 1:30-3:30pm Intermediate Bridge Group #309 *1:30-2:30p Fall Prevention 1 #323 2-4p Matinee #SR 2-5p Sewing Class #306 *2:30-3:30p Fall Prevention 2 #323	8:50-9:50a Always Active #323 9:30- 11:30a Nutrition Class CCSF #SR 10a-12p Chess #309 10a-11a Zumba #323 10-12p Computer Tutoring #319 10a-1p Canvas Class #305 11a-2p Drawing and Painting #306 *12-1p Fall Prevention 1 #323 1:15-3p Western Line Dance #SR 2:00-3:30pm UCSF Brain Health Writing Workshops #309 2:15-3:15p Karaoke #314		
Regular Center Hours:	Please not the following symbols' meanings: CCSF: City College of San Francisco *= Special requirements. Please inquire at office #316. La Raza Centro Legal Senior Legal Clinic: Please call 415-550-2269 for appointment walk-ins welcomed **= Pre-registered participants only.		Rooms Symbols: #GR=Garden; #SR=Social Room; #EN=Entrance; #TBD=To Be Decided; #DR=Dining Room; #OS=Off Site; #HC=Hospitality Center		

30th Street Senior Center is available to all persons' age 60 and over. Classes are funded in part by The Office on Aging and offered in collaboration with City College of San Francisco (CCSF).

Please check Office #315 for changes or questions for items not listed.