

# ACTIVITIES CALENDAR | FEBRUARY 2019

## 30th Street Senior Center

225 30<sup>th</sup> Street, 3<sup>rd</sup> Floor | San Francisco, CA94131 | (415) 550 – 2210 | [www.30thStreetSeniorCenter.org](http://www.30thStreetSeniorCenter.org) | [www.facebook.com/30thStreetSeniorCenter](http://www.facebook.com/30thStreetSeniorCenter)



February is...  
**BLACK HISTORY MONTH**



FRIDAY			SATURDAY		
<b>1-</b>			<b>2- Candlemas Celebration</b>		
8:50-9:50a	Always Active	#323	9a	Belly Dance	#323
9-10:00a	Self Defense Class	#314	10-11a	Yoga	#323
9:30-10:30a	Tai Chi Chuan	#GR	10a-11:45a	Modern Line Dance	#SR
9:30-11:30a	Jewelry Making	#306	1-5:00p	Chess	#318
10-12p	Body Dynamics CCSF	#323	1:30-2p	Bingo Sales	#HC
10-12p	Painting Class	#318	1:30-3:30p	Karaoke	#314
1-1:50	Body Dynamics CCSF	#314	<b>1:30 Candlemas Celebration</b>		<b>#SR</b>
1-3 p	Arts and Crafts	#306	2-4p	Bingo	#DR
*1:30-2:30p	Fall Prevention 1	#323			
2-4:30p	Latin Music Dance & Raffle	#SR			
*2:30-3:30p	Fall Prevention 2	#323			

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
<b>4-</b>		<b>5- Chinese New Year Show</b>		<b>6-</b>		<b>7-</b>		<b>8- Art Exhibition</b>		<b>9- Plant Clinic</b>			
8:50-9:50a	Always Active #323	8:50-9:50a	Always Active #323	8:50-9:50a	Always Active #323	8:50-9:50a	Always Active #323	8:50-9:50a	Always Active #323	9a	Belly Dance #323		
9a-12p	Grandma Project #305	10-11:45a	Modern Line Dance #323	9:30-10:30a	Tai Chi Chuan #GR	9:30- 11:30a	Nutrition Class CCSF #SR	9-10:00a	Self Defense Class #314	10a-11a	Yoga #323		
9:45-11:45a	Choir Class #314	10a-1p	Knitting Class #305	10-11a	Spanish Class #318	10a-11a	Zumba #323	9:30-10:30a	Tai Chi Chuan #GR	10a-12p	Modern Line Dance #SR		
10a-12p	Body Dynamics CCSF #323	<b>10:30 Chinese New Year Show #SR</b>		10a-12p	Body Dynamics CCSF #323	10a-12p	Chess #309	9:30-11:30a	Jewelry Making #306		Line Dance #SR		
11a-2p	Drawing and Painting #306	10:45-11:45a	Blood Pressure √ #312	*1:30-2:30p	Fall Prevention 1 #323	10a-1p	Canvas Class #305	10-12p	Body Dynamics CCSF #323	<b>10a-12p Plant Clinic #GR</b>	<b>10a-12p Plant Clinic #GR</b>		
*12-1p	Fall Prevention 1 #323	12-2p	Art Workshop #318	1:30-3:30pm	Intermediate Bridge Group #309	11a-2p	Drawing and Painting #306	<b>10-12p Art Exhibition #SR</b>	1-5:00p	Chess #318	1-5:00p	Chess #318	
1:30-3:30pm	Beginning Bridge Group #309	2p	Yoga #323		Matinee #SR	*12-1p	Fall Prevention 1 #323	1-1:50	Body Dynamics CCSF #314	1:30-2p	Bingo Sales SR	1:30-2p	Bingo Sales SR
2-3p	Volunteer Committee #SR	2:15-3p	Activities Committee #SR	2-4p	Matinee #SR	1:15-3p	Western Line Dance #SR	1-3 p	Arts and Crafts #306	1:30-3:30p	Karaoke #314	1:30-3:30p	Karaoke #314
				2-5p	Sewing Class #306	2:15-3:15p	Karaoke #314	*1:30-2:30p	Fall Prevention 1 #323	2:30-4:30p	Bingo #DR	2:30-4:30p	Bingo #DR
				*2:30-3:30p	Fall Prevention 2 #323			2-4:30p	Latin Music Dance & Raffle #SR				
								*2:30-3:30p	Fall Prevention 2 #323				



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
<b>11-Psychology Class</b>		<b>12- Casino: THUNDER VALLEY</b>		<b>13- Garden Market/ BookMobile</b>		<b>14-Valentine's Day Matinee/Stress Talk/ Origami</b>		<b>15- Valentine's Program and Dance</b>		<b>16-</b>		
8:50-9:50a	Always Active #323	<b>8:30a Leave for Casino #EN</b>		<b>Pledge Event Valentines Performance</b>		8:50-9:50a	Always Active #323	8:50-9:50a	Always Active #323	9a	Belly Dance #323	
9a-12p	Grandma Project #305	8:50-9:50a	Always Active #323	8:50-9:50a	Always Active #323	9:30- 11:30a	Nutrition Class CCSF #SR	9-10:00a	Self Defense Class #314	10-11a	Yoga #323	
9:45-11:45a	Choir Class #314	10-11:45a	Modern Line Dance #SR	9:30-10:30a	Tai Chi Chuan #GR	10a-11a	Zumba #323	9:30-10:30a	Tai Chi Chuan #GR	10a-12p	Modern Line Dance #SR	
<b>10:45-11:45a Psychology Class #SR</b>		10a-1p	Knitting Class #305	10-11a	Spanish Class #318	10-12p	Chess #309	9:30-11:30a	Jewelry Making #306		Dance #SR	
10a-12pm	Body Dynamic CCSF#323	10:45-11:45a	Blood Pressure √ #312	10a-12p	Body Dynamics CCSF #323	10-12p	Canvas Class #305	10-12p	Body Dynamics CCSF #323	1-5:00p	Chess #318	
11a-2p	Drawing and Painting #306	12-2p	Art Workshop #318	10a-12p	Body Dynamics CCSF #323	10a-1p	Drawing and Painting #306	10-12p	Painting Class #318	1:30-2p	Bingo Sales #320	
*12-1p	Fall Prevention 1 #323	2p	Yoga #323	<b>10:30-12:45p Garden Market #GR</b>		11a-2p	Drawing and Painting #306	<b>10:15am Valentine's Day Program #SR</b>	1-1:50	Body Dynamics CCSF #314	1:30-3:30p	Karaoke #314
1:30-3:30pm	Beginning Bridge Group #309	2:15-3p	Activities Committee #SR	<b>11:15a-12p BookMobile #EN</b>		*12-1p	Fall Prevention 1 #323	1-3 p	Arts and Crafts #306	2:30-4:30p	Bingo #DR	
2-3p	Volunteer Committee #SR			*1:30-2:30p	Fall Prevention 1 #323	1-2pm	Origami #309	*1:30-2:30p	Fall Prevention 1 #323			
				1:30-3:30pm	Intermediate Bridge #309	1:15-3p	Western Line Dance #323	<b>2:30-4:30p Valentine's Dance #DR</b>	2:30-3:30p	Fall Prevention 2 #323		
				2-4p	Matinee #SR	<b>2-4pm Valentine's Day Matinee #S</b>						
				2-5p	Sewing Class #306	<b>"La La Land"</b>						
				<b>2:30 Pledge Event #SR</b>		2:15-3:15p	Karaoke #309					
				*2:30-3:30p	Fall Prevention 2 #323							

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>18-Presidents Day</b>	<b>19- Senior Disability Survival School Workshop/ Diabetes Empowerment Education Program Presentation</b>	<b>20-</b>	<b>21-</b>	<b>22- Red Envelope Lanterns Craft</b>	<b>23-</b>
10:30a Musical Performance #SR 11a-2p Drawing and Painting #306 2-4p Matinee #SR "Funny Face"	8:50-9:50a Always Active #323 10-11:45a Modern Line Dance #SR 10a-1p Knitting Class #305 10:45-11:45a Blood Pressure ✓ #312 11:30 DEEP Workshop Presentation #SR 12-2p Art Workshop #318 1:30-4:30pm Senior Disability Survival School Workshop #314 2p Yoga #323 2:15-3p Activities Committee #SR	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 *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	8:50-9:50a Always Active #323 9:30- 11:30a Nutrition Class CCSF #SR 10a-11a Zumba #323 10a-12p Chess #309 10a-1p Canvas Class #305 11a-2p Drawing and Painting #306 *12-1p Fall Prevention 1 #323 1:15-3p Western Line Dance #SR 2:15-3:15p Karaoke #314	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 10am Red Envelope Lanterns Craft #314 10-12p Body Dynamics CCSF #323 10-12p Painting Class #318 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 Modern 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
<b>25-</b>	<b>26- Senior Disability Survival School Workshop/DEEP Workshop (Span)</b>	<b>27- Senior Council</b>	<b>28-Origami</b>
8:50-9:50a Always Active #323 9a-12p Grandma Project #305 9:45-11:45a Choir Class #314 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 Modern Line Dance #SR 10-12pm DEEP Workshop #314 (Spanish) 10a-1p Knitting Class #305 10:45-11:45a Blood Pressure ✓ #312 12-2p Art Workshop #318 1:30-4:30pm Senior Disability Survival School Workshop #314 2p Yoga #323 2:15-3p Activities Committee #SR	8:50-9:50a Always Active #323 9:30-10a Tai Chi Chuan #GR 10-11a Spanish Class #318 10-11:30 Senior Council #SR 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-11a Zumba #323 10a-12p Chess #309 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 2-4pm Precita Eyes Mural Theme Development Workshop #314 2:15-3:15p Karaoke #309



**Regular Center Hours:**

- ❖ Registration: Monday- Saturday, 9:00am-4:30pm
- ❖ Happy Heart Gym\*: Monday- Saturday, 8:30am-3pm
- ❖ Computer Lab: Monday- Saturday, 8: 30am-4:30pm
- ❖ Alicia's Place: walk-ins or by appointment. Call #415-375-2324

**Please not the following symbols' meanings:**  
**CCSF: City College of San Francisco**  
 \*= Special requirements. Please inquire at office #316.  
 \*\*= Pre-registered participants only.  
**DEEP= Diabetes Empowerment Education Program**

**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.

