



ACTIVITIES CALENDAR | MARCH 2019

30th Street Senior Center



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



WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
FEB 27- Senior Council		FEB 28- Mural Development Workshop		MAR 1-		2- CMC String Orchestra	
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
9:30-10a	Tai Chi Chuan #GR	9:30- 11:30a	Nutrition Class CCSF #SR	9-10:00a	Self Defense Class #314	10-11a	Yoga #323
10-11a	Spanish Class #318	10a-11a	Zumba #323	9:30-10:30a	Tai Chi Chuan #GR	10a-11:45a	Modern Line Dance #SR
10-11:30 Senior Council #SR		10a-12p	Chess #309	9:30-11:30a Jewelry Making #306		1-5:00p	Chess #318
10a-12p	Body Dynamics CCSF#323	10a-1p	Canvas Class #305	10-12p	Body Dynamics CCSF #323	1-30-2p	Bingo Sales #HC
1:30-3:30pm	Intermediate Bridge Group #309	11a-2p	Drawing and Painting#306	10-12p	Painting Class #318	1:30-3:30p	Karaoke #314
*1:30-2:30p	Fall Prevention 1 #323	*12-1p	Fall Prevention 1 #323	1-1:50	Body Dynamics CCSF #314	2-4p Bingo #DR	
2-4p	Matinee #SR	1-2pm Origami #309		1-3 p	Arts and Crafts #306	3p CMC String Orchestra #DR	
2-5p	Sewing Class #306	1:15-3p	Western Line Dance #SR	*1:30-2:30p	Fall Prevention 1 #323		
*2:30-3:30p	Fall Prevention 2 #323	2-4pm Precita Eyes Mural Theme Development Workshop #314		2-4:30p	Latin Music Dance & Raffle #SR		
		2:15-3:15p	Karaoke #314	*2:30-3:30p	Fall Prevention 2 #323		
MONDAY		TUESDAY		FRIDAY		SATURDAY	
4- Spring Flowers Craft		5- Senior Disability Survival School Workshop		8-		9- Plant Clinic/Always Active Saturday Class Begins	
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
9-12pm	Grandma Project #305	9:30-10:30a	Tai Chi Chuan #GR	9:30- 11:30a	Nutrition Class CCSF #SR	10a-11a	Yoga #323
9:45-11:45a	Choir Class #314	10-11a	Spanish Class #318	10a-11a	Zumba #323	10a-12p	Mod. Line Dance #SR
10-11am Spring Flowers Craft #306		10a-12p	Body Dynamics CCSF #323	10a-12p	Chess #309	9:30-11:30a Jewelry Making #306	
10a-12p	Body Dynamics CCSF #323	10:30am Name Tag Day #SR		10a-1p	Canvas Class #305	10-12p	Body Dynamics CCSF #323
11a-2p	Drawing and Painting #306	*1:30-2:30p	Fall Prevention 1 #323	10-12p	Drawing and Painting #306	10-12p	Painting Class #318
*12-1p	Fall Prevention 1 #323	1:30-3:30pm	Intermediate Bridge Group #309	10-12p	Painting Class #318	1-5:00p	Chess #318
1:30-3:30pm	Beginning Bridge Group #309	2-4p	Matinee #SR	11a-2p	Drawing and Painting #306	1:30-2p	Bingo Sales SR
2-3p	Volunteer Committee #SR	2-5p	Sewing Class #306	*12-1p	Fall Prevention 1 #323	1:30-3:30p	Karaoke #314
		*2:30-3:30p	Fall Prevention 2 #323	1:15-3p	Western Line Dance #SR	2pm-3pm Always Active #323	
				2:15-3:15p	Karaoke #314	2:30-4:30p	Bingo #DR
MONDAY		TUESDAY		FRIDAY		SATURDAY	
11-Psychology Class		12- Casino: COLUSA & Senior Disability Survival School Workshop		15- St. Patrick's Day Celebrations		16-	
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
9-12pm	Grandma Project #305	9:30-10:30a	Tai Chi Chuan #GR	9:30- 11:30a	Nutrition Class CCSF #SR	10-11a	Yoga #323
9:45-11:45a	Choir Class #314	10-11a	Spanish Class #318	10a-11a	Zumba #323	10a-12p	Modern Line Dance #SR
10:45-11:45a Psychology Class #SR		10a-12p	Body Dynamics CCSF #323	10-12p	Chess #309		
10a-12pm	Body Dynamics CCSF#323	10:30-12:45p Garden Market #GR		10a-1p	Canvas Class #305	1-5:00p	Chess #318
11a-2p	Drawing and Painting #306	11:15a-12p BookMobile #EN		11a-2p	Drawing and Painting #306	1:30-2p	Bingo Sales #320
*12-1p	Fall Prevention 1 #323	*1:30-2:30p	Fall Prevention 1 #323	11:30-11:45a	Stress Talk #SR	1:30-3:30p	Karaoke #314
1:30-3:30pm	Beginning Bridge Group #309	1:30-3:30pm	Intermediate Bridge #309	*12-1p	Fall Prevention 1 #323	2pm-3pm Always Active #323	
2-3p	Volunteer Committee #SR	2-4p	Matinee #SR	1-2pm Origami #309		2:30-4:30p	Bingo #DR
		2-5p	Sewing Class #306	1:15-3p	Western Line Dance #323		
		*2:30-3:30p	Fall Prevention 2 #323	2:15-3:15p	Karaoke #309		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18-	19-	20-	21-	22- UCSF Mentis Activas	23-
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
9-12pm Grandma Project #305	10-11:45a Modern Line Dance #SR	9:30-10:30a Tai Chi Chuan #GR	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	10-12pm DEEP Workshop #314	10-11a Spanish Class #318	10a-11a Zumba #323	9:30-10:30a Tai Chi Chuan #GR	10a-11:45a Modern Line Dance #SR
10a-12pm Body Dynamics CCSF#323	(Span.)	10a-12p Body Dynamics CCSF #323	10a-12p Chess #309	9:30-11:30a Jewelry Making #306	1-5:00p Chess #318
11a-2p Drawing and Painting #306	10a-1p Knitting Class #305	*1:30-2:30p Fall Prevention 1 #323	10a-1p Canvas Class #305	10-12p Body Dynamics CCSF #323	1:30-2p Bingo Sales #SR
*12-1p Fall Prevention 1 #323	10:45-11:45a Blood Pressure ✓ #312	1:30-3:30pm Intermediate	11a-2p Drawing and Painting #306	10-12p Painting Class #318	1:30-3:30p Karaoke #314
1:30-3:30pm Beginning	12-2p Art Workshop #318	Bridge Group #309	*12-1p Fall Prevention 1 #323	10:30 UCSF Mentis Activas Series (Span) #SR	2pm-3pm Always Active #323
Bridge Group #309	2p Yoga #323	2-4p Matinee #SR	1:15-3p Western Line Dance #SR	1-1:50 Body Dynamics CCSF #314	2:30-4:30p Bingo #DR
2-3p Volunteer Committee #SR	2:15-3p Activities Committee #SR	2-5p Sewing Class #306	2:15-3:15p Karaoke #314	*1:30-2:30p Fall Prevention 1 #323	
		*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
25- CITY COLLEGE SPRING BREAK STARTS 3/25-3/29	26-	27- Senior Council	28-Origami	29-San Francisco Fire Department Fire Safety Workshop	30-
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
9-12pm Grandma Project #305	10-11:45a Modern Line Dance #SR	9:30-10a Tai Chi Chuan #GR	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	10-12pm DEEP Workshop #314	10-11:30 Senior Council #SR	10a-11a Zumba #323	9:30-10:30a Tai Chi Chuan #GR	10a-11:45a Mod. Line Dance #SR
10a-12pm Body Dynamics CCSF#323	(Span.)	10-11a Spanish Class #318	10a-12p Chess #309	9:30-11:30a Jewelry Making #306	1-5:00p Chess #318
11a-2p Drawing and Painting #306	10a-1p Knitting Class #305	10a-12p Body Dynamics CCSF#323	10a-1p Canvas Class #305	10-12p Body Dynamics CCSF #323	1:30-2p Bingo Sales #SR
*12-1p Fall Prevention 1 #323	10:45-11:45a Blood Pressure ✓ #312	*1:30-2:30p Fall Prevention 1 #323	11a-2p Drawing and Painting #306	10-12p Painting Class #318	1:30-3:30p Karaoke #314
1:30-3:30pm Beginning	12-2p Art Workshop #318	1:30-3:30pm Intermediate	*12-1p Fall Prevention 1 #323	10:30-11:30 SFFD Fire Safety Workshop #SR	2pm-3pm Always Active #323
Bridge Group #309	2p Yoga #323	Bridge Group #309	1-2pm Origami #309	1-1:50 Body Dynamics CCSF #314	2:30-4:30p Bingo #DR
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	
		2-5p Sewing Class #306	2:15-3:15p Karaoke #314	*1:30-2:30p Fall Prevention 1 #323	
		*2:30-3:30p Fall Prevention 2 #323		2-4:30p Latin Music Dance & Raffle #SR	
				*2:30-3:30p Fall Prevention 2 #323	



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

DEEP: Diabetes Education and Empowerment Program

*= Special requirements. Please inquire at office #316.

**= 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.

