



HEALTHY AGING AND DISABILITY PROGRAM

362 Capp Street, San Francisco CA 94110


415.206.7759

WEEKLY CLASSES

Monday	8:45-9:30 TAI CHI	Meeting ID: 978 146 5382 Password: sfstate
	10:00-11:00 FOOD SMARTS (LAST CLASS APRIL 5TH)	Meeting ID: 723 161 4019 Password: 4eesqX
	2:00-4:00 GUITAR CLASS	
Tuesday	10:30-12:30 ART WORKSHOP	Meeting ID: 723 161 4019 Password: 4eesqX
	2:15-3:15 LATIN DANCE	
Wednesday	8:45-9:30 AEROBICS	Meeting ID: 978 146 5382 Password: sfstate
	10:00-12:00 HEALTHIER LIVING (APRIL 7TH, 14TH, 21ST)	Meeting ID: 723 161 4019 Password: 4eesqX
	2:00-3:00 INT NUTRITION CLASS	
	3:30-4:30 COMPUTER CLASS	
Thursday	9:00 SENIORS MEETING (ONLY ON APRIL 1)	Meeting ID: 723 161 4019 Password: 4eesqX
	10:00-12:00 GUITAR CLASS	
	1:00-2:00 KEEP YOUR BRAIN HEALTHY (ONLY ON APRIL 8TH)	
	2:15-3:15 LATIN DANCE	
Friday	8:45-9:30 CHAIR EXERCISE	Meeting ID: 978 146 5382 Password: sfstate
	10:00-12:00 UCSF ART CLASS	Meeting ID: 723 161 4019 Password: 4eesqX
	1:00-3:00 CORO SOLERA	Meeting ID: 393 569 9729 Pasword: 5439638
	3:00-4:00 INT DRUMS CLASS	Meeting ID: 723 161 4019 Password: 4eesqX
Saturday	9:00-10:00 PSYCHOEDUCATION GROUP	Meeting ID: 723 161 4019 Password: 4eesqX
	10:30-12:30 ART WORKSHOP	
	1:00-2:30 INT SUPPORT SESSION	

COVID-19 VIRTUAL ACTIVITES SCHEDULE

APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HEALTHY AGING & DISABILITY PROGRAM 362 Capp Street San Francisco, CA (415) 206.7759			1	2	3
			9:00 SENIORS MEETING 10:00 GUITAR CLASS 2:15 LATIN DANCE	8:45 CHAIR EXERCISE 9:30 HEALTH SCREENING 1:00 CORO SOLERA 3:00 INTERGENERATIONAL DRUMS CLASS	9:00 PSYCHOEDUCATION GROUP 10:30 ART WORKSHOP 1:00 INTERGENERATIONAL SUPPORT SESSION
5	6	7	8	9	10
8:45 TAI CHI 10:00 FOOD SMARTS 2:00 GUITAR CLASS	10:30 ART WORKSHOP 2:15 LATIN DANCE	8:45 AEROBICS 10:00 HEALTHIER LIVING 2:00 INTERGENERATIONAL NUTRITION CLASS 3:30 COMPUTER CLASS	10:00 GUITAR CLASS 1:00 "KEEP YOUR BRAIN HEALTHY" 2:15 LATIN DANCE	8:45 CHAIR EXERCISE 10:00 UCSF ART CLASS 1:00 CORO SOLERA 3:00 INTERGENERATIONAL DRUMS CLASS	9:00 PSYCHOEDUCATION GROUP 10:30 ART WORKSHOP 1:00 INTERGENERATIONAL SUPPORT SESSION
12	13	14	15	16	17
8:45 TAI CHI 2:00 GUITAR CLASS	10:30 ART WORKSHOP 2:15 LATIN DANCE	8:45 AEROBICS 10:00 HEALTHIER LIVING 2:00 NUTRITION WORKSHOP 3:30 COMPUTER CLASS	10:00 GUITAR CLASS 2:15 LATIN DANCE	8:45 CHAIR EXERCISE 9:30 HEALTH SCREENING 10:00 UCSF ART CLASS 1:00 CORO SOLERA 3:00 INTERGENERATIONAL DRUMS CLASS	9:00 PSYCHOEDUCATION GROUP 10:30 ART WORKSHOP 1:00 INTERGENERATIONAL SUPPORT SESSION
19	20	21	22	23	24
8:45 TAI CHI 2:00 GUITAR CLASS	10:30 ART WORKSHOP 2:15 LATIN DANCE	8:45 AEROBICS 10:00 HEALTHIER LIVING 2:00 INTERGENERATIONAL NUTRITION CLASS 3:30 COMPUTER CLASS	10:00 GUITAR CLASS 2:15 LATIN DANCE	8:45 CHAIR EXERCISE 10:00 UCSF ART CLASS 1:00 CORO SOLERA 3:00 INTERGENERATIONAL DRUMS CLASS	9:00 PSYCHOEDUCATION GROUP 10:30 ART WORKSHOP 1:00 INTERGENERATIONAL SUPPORT SESSION
26	27	28	29	30	
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