



HEALTHY AGING AND DISABILITY PROGRAM

362 Capp Street, San Francisco CA 94110


415.206.7759

CLASES SEMANALES

Lunes	8:45-9:30 TAI CHI	ID de la Conferencia: 978 146 5382 Password: sfstate
	10:00-11:00 NUTRICIÓN SALUDABLE (ULTIMA CLASE EL 5 DE ABRIL)	ID de la Conferencia: 723 161 4019 Password: 4eesqX
	2:00-4:00 CLASE DE GUITARRA	
Martes	10:30-12:30 CLASE DE ARTE	ID de la Conferencia: 723 161 4019 Password: 4eesqX
	2:15-3:15 DANZA LATINA	
Miércoles	8:45-9:30 AEROBICS	ID de la Conferencia: 978 146 5382 Password: sfstate
	10:00-12:00 TALLER "TOMANDO CONTROL DE SU SALUD" (7, 14, Y 21 DE ABRIL)	ID de la Conferencia: 723 161 4019 Password: 4eesqX
	2:00-3:00 TALLER INTERGENERACIONAL DE NUTRICIÓN	
	3:30-4:30 CLASE DE COMPUTACIÓN	
Jueves	9:00-10:00 REUNION MENSUAL (SOLAMENTE EL 1 DE ABRIL)	ID de la Conferencia: 723 161 4019 Password: 4eesqX
	10:00-12:00 CLASE DE GUITARRA	
	1:00-2:00 MANTEN TU CEREBRO SALUDABLE (SOLAMENTE EL 8 DE ABRIL)	
	2:15-3:15 DANZA LATINA	
Viernes	8:45-9:30 EJERCICIO EN SILLA	ID de la Conferencia: 978 146 5382 Password: sfstate
	10:00-12:00 UCSF ART	ID de la Conferencia: 723 161 4019 Password: 4eesqX
	1:00-3:00 CORO SOLERA	ID de la Conferencia: 393 569 9729 Pasword: 5439638
	3:00-4:00 CLASE INTERGENERACIONAL DE TAMBORES	ID de la Conferencia: 723 161 4019 Password: 4eesqX
Sábado	9:00-10:00 TERAPIA DE SALUD MENTAL	ID de la Conferencia: 723 161 4019 Password: 4eesqX
	10:30-12:30 CLASE DE ARTE	
	1:00-2:30 SESIÓN INTERGENERACIONAL DE APOYO	

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	
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 10:00 UCSF ART CLASS 1:00 CORO SOLERA 3:00 INTERGENERATIONAL DRUMS CLASS	