




HEALTHY AGING AND DISABILITY PROGRAM
362 Capp Street, San Francisco CA 94110
415.206.7759

WEEKLY CLASSES

Monday	9:00-11:00 ART WORKSHOP	Meeting ID: 723 161 4019 Password: 4eesqX
	11:00-12:00 LATIN DANCE	
	1:00-2:00 KEEP YOUR BRAIN HEALTHY (ONLY AUGUST 16th)	
	1:00-2:00 HEALTH 4U SUPPORT GROUP (ONLY AUGUST 23rd)	
	2:00-4:00 GUITAR CLASS	
Tuesday	10:30-11:15 TAI CHI	Meeting ID: 723 161 4019 Password: 4eesqX
	1:30-3:30 UCSF ART (NO CLASS AUGUST 10th)	
Wednesday	8:45-9:30 AEROBICS	Meeting ID: 978 146 5382 Password: sfstate
	9:30-11:30 GUITAR CLASS (AUGUST 25th)	Meeting ID: 723 161 4019 Password: 4eesqX
	10:00-12:00 CORO SOLERA (4, 11, Y 18 DE AGOSTO)	Meeting ID: 393 569 9729 Pasword: 5439638
	1:30-3:00 INT NUTRITION CLASS	Meeting ID: 723 161 4019 Password: 4eesqX
	4:30-5:30 COMPUTER CLASS	
Thursday	9:00-10:00 SENIOR MEETING (ONLY ON AUGUST 5th)	Meeting ID: 723 161 4019 Password: 4eesqX
	10:30-11:15 CHAIR EXERCISE	
	1:00-3:00 GUITAR CLASS (AUGUST 5, 12, & 19)	
Friday	11:00-12:00 LATIN DANCE	Meeting ID: 723 161 4019 Password: 4eesqX
	2:00-3:00 INT DRUMS CLASS	
	5:00-6:30 INT SUPPORT SESSION	
Saturday	9:00-10:00 PSYCHOEDUCATION GROUP	Meeting ID: 723 161 4019 Password: 4eesqX
	10:30-12:30 ART WORKSHOP	

COVID-19 VIRTUAL ACTIVITES SCHEDULE

AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
9:00 ART WORKSHOP 11:00 LATIN DANCE 1:30 "SENIOR & DISABILITY ACTION" MEETING 2:00 GUITAR CLASS	10:30 TAI CHI 1:00 BINGO 1:30 UCSF ART	8:45 AEROBICS 10:00 CORO SOLERA 10:00 BLOOD PRES. CHECK 1:30 INTERGENERATIONAL NUTRITION CLASS 1:00 BINGO	9:00 SENIORS MEETING 10:30 CHAIR EXERCISE 1:00 GUITAR CLASS 1:00 BINGO	9:30 HEALTH SCREENING 11:00 LATIN DANCE 1:00 BINGO 2:00 INTERGENERATIONAL DRUMS CLASS 5:00 INTERGENERATIONAL SUPPORT SESSION	9:00 PSYCHOEDUCATION GROUP 10:00 ART WORKSHOP 1:00 SOCIAL DANCE
9	10	11	12	13	14
9:00 ART WORKSHOP 11:00 LATIN DANCE 1:00 BINGO 2:00 GUITAR CLASS	10:30 TAI CHI 1:00 BINGO	8:45 AEROBICS 10:00 CORO SOLERA 10:00 BLOOD PRES. CHECK 1:30 NUTRITION WORKSHOP 1:00 BINGO	10:30 CHAIR EXERCISE 1:00 GUITAR CLASS 1:00 BINGO	11:00 LATIN DANCE 1:00 BINGO 2:00 INTERGENERATIONAL DRUMS CLASS 5:00 INTERGENERATIONAL SUPPORT SESSION	9:00 PSYCHOEDUCATION GROUP 10:00 ART WORKSHOP 1:00 SOCIAL DANCE
16	17	18	19	20	21
9:00 ART WORKSHOP 11:00 LATIN DANCE 1:00 "KEEP YOUR BRAIN HEALTHY" 1:00 BINGO 2:00 GUITAR CLASS	10:30 TAI CHI 1:00 BINGO 1:30 UCSF ART	8:45 AEROBICS 10:00 CORO SOLERA 10:00 BLOOD PRES. CHECK 1:30 INTERGENERATIONAL NUTRITION CLASS 1:00 BINGO	10:30 CHAIR EXERCISE 1:00 GUITAR CLASS 1:00 BINGO	9:30 HEALTH SCREENING 11:00 LATIN DANCE 1:00 BINGO 2:00 INTERGENERATIONAL DRUMS CLASS 5:00 INTERGENERATIONAL SUPPORT SESSION	9:00 PSYCHOEDUCATION GROUP 10:00 ART WORKSHOP 1:00 SOCIAL DANCE
23	24	25	26	27	28
9:00 ART WORKSHOP 11:00 LATIN DANCE 1:00 "HEALTH 4U SUPPORT GROUP" 1:00 BINGO 2:00 GUITAR CLASS	10:30 TAI CHI 1:00 BINGO 1:30 UCSF ART	8:45 AEROBICS 9:30 GUITAR CLASS 10:00 CORO SOLERA 10:00 BLOOD PRES. CHECK 1:00 BINGO	10:30 CHAIR EXERCISE 1:00 BINGO	FIELDTRIP DAY	9:00 PSYCHOEDUCATION GROUP 10:00 ART WORKSHOP 1:00 SOCIAL DANCE
30	31			HEALTHY AGING & DISABILITY PROGRAM 362 Capp Street San Francisco, CA (415) 206.7759	
9:00 ART WORKSHOP 11:00 LATIN DANCE 1:00 BINGO 2:00 GUITAR CLASS	10:30 TAI CHI 1:00 BINGO 1:30 UCSF ART				