

Hello,

Forwarding this message from our colleagues at the Downtown Center. Kathy Mata's "Chair Ballet" class continues this Friday at 11:00am. The class is now offered via Zoom to make access easier for everyone who wants to participate.

If her name sounds familiar, Kathy is a San Francisco-based adult ballet instructor, and the director of Kathy Mata Ballet, an all-volunteer adult amateur ballet company which performs regularly around the city. You may possibly have seen her in person as she has been kindly donating tickets to her popular performances to Aquatic Park for years. She has used her decades of teaching experience to design a class especially for seniors, with all exercises done while seated. The class begins with a simple warm-up and then moves through some exercises to strengthen and stretch the upper body, and ends with a gentle series of stretches to cool down. If this sounds interesting, I encourage you to check out her class. Kathy is warm and engaging and will give you a comfortable "workout" with a smile on your face.

**Thanks,
Frank**

Hello SFSC friends-

Check out the link below for the updated Zoom link for Kathy Mata's Friday 11:00am Chair Ballet class, offered to you by the San Francisco Senior Center! This is an ongoing class, and you may use this link for each class.

Topic: Kathy Mata's Chair Ballet Class

Time: Fridays @ 11:00am to 11:30am

Join Zoom Meeting

<https://us02web.zoom.us/j/87661772718>

Meeting ID: 876 6177 2718

One tap mobile

+16699009128,,87661772718# US (San Jose)

+12532158782,,87661772718# US (Tacoma)

Dial by your location

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 876 6177 2718

Find your local number: <https://us02web.zoom.us/j/kdfLPaIZI6>