

415-771-7950

\* MARCH 2020

Downtown Senior Center 481 O'Farrell Street

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## REGULARLY SCHEDULED ACTIVITIES

9:30-11:30 Computer Lab 1-3:30 Computer Lab 1:30-3:30 Chinese Chorus	<b>9:00-3:00 Ping Pong</b> 9:00-10:00 Coffee & Bagels 11:30 Nutrition Counseling 9:30- 11:30 Computer Lab 1:30 - 3:30 Computer Lab	9:30-11:30 Computer Lab 1:30-3:30 Computer Lab (English & Spanish)	9:30-11:30 Computer Lab 1:30-3:30 Chinese Folk Dancers 12-2:00 Computer Lab (Eng + Chi)	9:30-11:30 Computer Lab 9:45-11:00 Songfest/Open Mike 1-3:00 Computer Lab
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## SPECIAL EVENTS AND ACTIVITIES

<b>2</b> 10:00-11:00 WALKING GROUP 12:30 – 1:30 Tai Chi 12:45 - 3:00 Movie: Breakfast at Tiffany's 2:30 – 3:15 Gentle Movement class at Opening Day of the Turk-Hyde Mini Park	<b>3</b> 10:30-11:30 Sit n' Stretch w/Sally 11:00 Nutrition Talk: NO CLASS TODAY 12:30 Jewish Museum Trip – Levi Strauss	<b>4</b> 10:30-11:30 Always Active exercise 12:45-3:00 Movie: Desperado	<b>5</b> 12:30 Line Dancing w/Crystal	<b>6</b> 9:30 - 3:00pm Food Bank 9:30 – 11:00 Art With Elders painting 10:30-11:30 Always Active class 12:45 - 3:00 Movie: American Factory 1:00 -2:30 Bingo
<b>9</b> 10:00-11:00 WALKING GROUP 12:30 – 1:30 Tai Chi 12:45 - 3:00 Movie: Chitty Chitty Bang Bang	<b>10</b> 10:30-11:30 Sit n' Stretch w/Sally 11:00 Nutrition Talk: Go For The Leafy Greens 12:30 – 1:30 Team LEAD (SPECIAL DAY)	<b>11</b> 10:30-11:30 Always Active exercise 12:45-3:00 Movie: Goldfinch	<b>12</b> 12:30 Line Dancing w/Crystal	<b>13</b> 9:30 – 11:00 Art With Elders painting 10:30-11:30 Always Active exercise 12:30 – 2:30 Birthday Party 12:45-3:00 Movie: As Good As It Gets
<b>16</b> 10:00-11:00 WALKING GROUP 12:30 – 1:30 Tai Chi 12:45 - 3:00 Movie: Dark Passage	<b>17</b> 10:30-11:30 Sit n' Stretch w/Sally 11:00 Nutrition Talk: Look To The Rainbow 1:00 – 2:30 St. Patrick's Day party	<b>18</b> 9:00 – 3:00 Alcatraz Trip**Sign-up ahead** 10:30-11:30 Always Active exercise 12:45-3:00 Movie: Sully 1:00 Kaiser Health Series – Managing Stress 1:30 – 2:30 Bookmobile	<b>19</b> 9:30 – 12:30 SMART Money Coaching **Sign-up ahead of time** 12:30 Line Dancing w/Crystal	<b>20</b> 9:30 – 11:00 Art With Elders painting 10:30-11:30 Always Active exercise 12:45-3:00 Movie: Klute 1:00 – 2:30 Wills and Estate Planning Presentation – Hastings College
<b>23</b> 10:00-11:00 WALKING GROUP 12:30 – 1:30 Tai Chi 12:45 - 3:00 Movie: Planet of the Apes	<b>24</b> 10:30-11:30 Sit n' Stretch w/Sally 11:00 Nutrition Talk: Healthy Body/Healthy Skin	<b>25</b> 10:30-11:30 Always Active exercise 12:45 - 3:00 Movie: Independence Day	<b>26</b> 12:30 Line Dancing w/Crystal 2:00 – 3:30 Membership Appreciation party. *Sign up at the Front Desk	<b>27</b> 9:30 – 11:00 Art With Elders painting 10:30-11:30 Always Active exercise 12:30 - 3:00 Movie: Baby Steps 1:00 – 2:30 Trivia
<b>30</b> 10:00-11:00 WALKING GROUP 12:30 – 1:30 Tai Chi 12:45 - 3:00 Movie: Days of Wine and Roses	<b>31</b> 10:30-11:30 Sit n' Stretch w/Sally 11:00 Nutrition Talk: NO CLASS TODAY			