

# TEL HI Seniors & Family Programs

Monday to Friday  
9AM - 1:30PM



## SPECIAL EVENTS

- **Oct. 10: Get Your Flu Shot**  
10:00 AM | TEL HI MPR/STEM LAB
- **Oct. 14: TEL HI Closed**  
HOLIDAY | INDIGENOUS PEOPLE'S DAY
- **Oct. 15: Stress Busters**  
11:20 AM | TEL HI LUNCH ROOM
- **Oct. 30: Tech & Fitness Classes**  
11:00 AM | TEL HI GYM
- **Nov. 21: Thanksgiving Dinner**  
6:00 PM | TEL HI GYM

FOR MORE INFORMATION  
Contact Koletti Leha at  
KLeha@telhi.org or 415.421.6443, x34

**telhi** 660 Lombard Street  
San Francisco, CA 94133  
telhi.org  
Neighborhood Center

## 2019 FALL PROGRAM SCHEDULE

|                           | Monday                        | Tuesday                            | Wednesday                                       | Thursday                      | Friday                        |
|---------------------------|-------------------------------|------------------------------------|---|-------------------------------|-------------------------------|
| <b>9:00am -- 1:30pm</b>   | Computer Lab                  | Computer Lab                       | Computer Lab                                    | Computer Lab                  | Computer Lab                  |
| <b>9:30am -- 11:00am</b>  | Coffee/Tea Lunch Room         | Coffee/Tea Lunch Room              | Coffee/Tea Lunch Room                           | Coffee/Tea Lunch Room         | Coffee/Tea Lunch Room         |
| <b>10:00am -- 11:00am</b> | Healthy Aging NB Library*     | Computer Class TEL HI              | Healthy Aging TEL HI MPR                        | Special Activities/ Workshops | Yoga NB Place**               |
| <b>10:30am -- 12:00pm</b> | Tai Chi TEL HI Gym            | Tai Chi TEL HI Gym                 | Tai Chi TEL HI Gym                              | Tai Chi TEL HI Gym            | Special Activities/ Workshops |
| <b>10:30am -- 12:00pm</b> | Special Activities/ Workshops | Yoga <b>10:30-11:30</b> NB Place** | Tech & Fitness Class <b>11-12:30</b> TEL HI Gym | Bingo Lunch Room              | Special Activities/ Workshops |
| <b>11:45am -- 12:45pm</b> | Meal Program*** Lunch Room    | Meal Program*** Lunch Room         | Meal Program*** Lunch Room                      | Meal Program*** Lunch Room    | Meal Program*** Lunch Room    |

\*North Beach Library, 850 Columbus Ave. | \*\*North Beach Place, 567 Bay Street  
\*\*\*Meals Provided by Project Open Hand, For ages 60 & up (\$5 suggested donation)