

TEL HI SENIOR PROGRAM

SEPTEMBER 2022

EVENTS

**ALL CLASSES &
WORKSHOPS
ARE FREE!**



Every
MON

Frozen Meal Pickup

Pick up a weeks worth of frozen meals every Monday at TEL HI!

10 am - 11 am | TEL HI 555 Chestnut St.

In-person event

Every
FRIDAY

Gardening - Open Hours

Gardening | Sept 16, 23, 30

10:30 am - 11:30 am | TEL HI 660 Lombard St.

In-person class

Every
TUES - FRI

Tai Chi

Tai Chi classes are for all ages and skill levels.

9 am - 11 am | TEL HI GYM 555 Chestnut St.

In-person class, proof of vaccination required.

**Coming
Soon**

Indoor Hot Meals Oct. 3rd.

Available Monday - Friday for all seniors 60+.

Must provide a copy of a valid ID. Ask for more information.

For more information please contact Koletti Leha Ileremia at Kleha@telhi.org or (415)825-0040.

