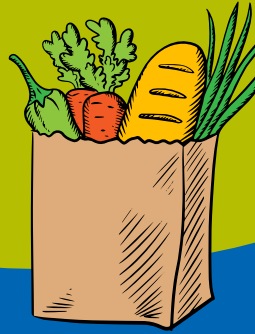


TEL HI SENIOR PROGRAM

SEPTEMBER

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
MON

Technology Support

Get help with your tablets, smart phones email accounts, and more!

10 am - 12 pm | TEL HI 555 Chestnut St.
In-person event

Every
TUES

Technology Support

Get virtual help with your tablets, smart phones email accounts, and more!

10 am - 12 pm | Zoom
Online event; Sign up to get the link

Every
THUR

Gardening

Learn about plants and gardening from an expert!

11 am - 12 pm | TEL HI 660 Lombard St.
In-person class

SEPT
29

Exercise Class

Easy workouts for all ages and levels.

11 am - 12 pm | TEL HI 660 Lombard St.
In-person class

For more info or to sign up: Koletti Leah
KLeha@telhi.org or 415.580.7234

TEL HI SENIOR PROGRAM

OCTOBER

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
MON

Technology Support

Get help with your tablets, smart phones email accounts, and more!

10 am - 12 pm | TEL HI 555 Chestnut St.
In-person event

Every
TUES

Technology Support

Get virtual help with your tablets, smart phones email accounts, and more!

10 am - 12 pm | Zoom
Online event; Sign up to get the link

Every
TUES

Cooking Class

Ingredient pickup on Mondays | 4-Week Class

10:30 - 11:30 am | Zoom
Online Class; Sign up to get the link

Every
WEEK

Tai Chi

Tai Chi classes are for all ages and skill levels.
Dates and times to be determined!