

# CLASSES & RESOURCES IN THE COMMUNITY!

Please contact PRRC 415-221-4810 x22839 and/or organizations on reverse side for updates on COVID 19 closures

MONDAY	TUESDAY	WEDNESDAY	THURSDAY AM	THURSDAY PM	FRIDAY
See website	9:30-10:00	9:00-10:00	WESITE ZOOM LINK	11:30-12:30	9:00-10:00
Guided Group Meditation	Community Chat	Yoga Class	Guided Group Meditation	12 Steps for Healing	Yoga Class
Schedule on zoom	The Healing Well on Zoom	The Healing Well on Zoom	The Healing Well	The Healing Well on Zoom	The Healing Well on Zoom
10:15-11:15	10:15-11:15		This spot intentionally blank	1:00-2:00	FRIDAYS WITH NAT'L PARKS
COFFE AND COMMUNITY	Poetry	Schedule on website		Computer Basics Class	ON ZOOM
The Healing Well on Zoom	The Healing Well on Zoom	OFFERINGS ON ZOOM		Main Library 5th Floor Computer Training Center ON HIATUS	Mark.Smith2211e7@va.gov
12:00--1:00		The Healing Well		10:15-11:00	10:00-10:45
Tai Chi	11:00-12:00			Chair Yoga Class	Vet-to-Vet
Veterans Building CLOSED DURING COVID	TECH TUESDAY SFPL			On Zoom SEE REVERSE FOR WEBSITE	Virtual Videoconference REGISTRATION REQUIRED SEE REVERSE SIDE FOR INFO
1:00-2:00	<a href="https://sfpl.org/locations/virtual-library">https://sfpl.org/locations/virtual-library</a>			1:30-2:30	11:00-11:30
Mindfulness and Meditation				Every 3rd Thursday	Heroes Voices Community Class
Main Library 5th Floor CLOSED DURING COVID				Recovering Yourself through Video at BAVC	Virtual Video Class LEAVE YOUR EMAIL AT x22839 TO REGISTER OR FOR MORE INFO
				Virtual Videoconference SEE REVERSE SIDE FOR LINK	
				2:30-3:30	11:30am-1:30pm
				Every 2nd & 4th Thursdays	Heroes Voices Guitar Corps on Zoom
				Drumming for Change	LEAVE YOUR EMAIL AT Heroes Voices Website FOR MORE INFO
				CALL x22839 FOR INFO/LINK	1:00-3:00
				4:00-5:00	Self-Directed Art Lab
				Digital Device Drop-In	LEAVE YOUR EMAIL AT x22839 TO GET LINK OR FOR MORE INFO
				Main Library 5th Floor Computer Training Center ON HIATUS	3:00-4:00
				For FRIDAYS with National Parks via Zoom, please email Mark.Smith2211e7@va.gov	Veteran Photography Class
					With 6th on 7th Gallery LEAVE YOUR EMAIL AT x22839 TO GET VIDEO LINK
					
MONDAY TO FRIDAY					
12:00-5:00	1:00-5:00				
Veterans' Resource Center	AMVETS Success Center				
Benefits, Services, Resources, and more!	Employment and Career Services				
Main Library 5th Floor Computer Training Center PHONE HELP AVAILABLE	Veterans Building 2nd Floor PHONE HELP AVAILABLE				
					
SATURDAY	SUNDAY	SUNDAY			
11:00-3:00	5:00-9:00	8:30-10:00			
Sahaja Yoga Meditation	Veterans Tango	Veteran Meditation Course			
	Veterans Building Room 212 ON HIATUS	Veterans Building Room 202 ON HAITUS			
ON HIATUS					

## CLASSES & RESOURCES IN THE COMMUNITY: Locations & Contact Information

**\*\*ALL Veterans Welcome\*\***

### **VETERANS BUILDING**

**401 Van Ness Avenue** (Between McAllister & Grove St.)

- AMVETS Success Center, 2nd Floor, M-F, 1:00-5:00pm
- Vet-to-Vet; Drumming for Change; Self Directed Art Lab; and Veteran Writing, Art, & Music (WAM) Class  
Contact Dan Evenhouse at 415-221-4810 x22839 or x16019
- Yoga for Veterans  
Contact Carl Schuler at 415-221-4810 x25890
- Heroes Voices Guitar Corps  
Contact Richard Harrell at 415-385-0596  
r.harrell@heroesvoices.org
- Veterans Tango and Art of Dressing  
Contact Ivan Shvarts, 415-760-9374  
GoldenAgeTangoAcademy@gmail.com

### **SAN FRANCISCO PUBLIC LIBRARY, Main Library**

**100 Larkin Street** (Between Fulton & Grove St.)

<https://sfpl.org/locations/virtual-library>

- Veteran's Resource Center, 5th Floor, Computer Training Center  
Bridge at Main Learning Center

Contact Brian Castagne, 5<sup>th</sup> floor, 415-557-4388

### **BAY AREA VIDEO COALITION**

**2727 Mariposa Street** (Between Florida & Bryant St.)

### **SIXTH ON SEVENTH GALLERY**

**105 7th Street** (Between Mission & Minna St.)

Contact Dan Evenhouse, 415-221-4810 x22839 or x16019

### **THE HEALING WELL**

**476 Eddy Street**

Contact 415-500-2099  
support@healingwellsf.org

### **GOLDEN GATE NATIONAL PARKS VOLUNTEERING**

Contact Yakuta Poonawalla, Community Programs Manager,  
917-689 8515  
ypoonawalla@parksconservancy.org

### **VA W.A.R.I.O.R. PROGRAM**

10am-3pm every *first* Friday, unless otherwise posted.  
Free community shuttle from Ft. Miley VA to Golden Gate National  
Parks sites for hiking, meditation, nature, etc.  
Meet in front of building 200 at Ft. Miley VA.  
Contact Mark Smith to register, 415-609-7986  
mark.smith2211e7@va.gov

**FunCheap SF Events Calendar:**

<http://sf.funcheap.com/>

**Veterans Building Calendar**

<http://bit.ly/1RaVr2b>

**PRRC Community Events Calendar:**

<http://tinyurl.com/hf6b3he>