

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	11:00-12:00	The Healing Well		10:15-11:00	10:00-10:45
Tai Chi	TECH TUESDAY SFPL			Chair Yoga Class	Vet-to-Vet
Veterans Building CLOSED DURING COVID	https://sfpl.org/locations/virtual-library			On Zoom SEE REVERSE FOR WEBSITE	Virtual Videoconference REGISTRATION REQUIRED SEE REVERSE SIDE FOR INFO
1:00-2:00	Mindfulness and Meditation			1:30-2:30	11:00-11:30
Main Library 5th Floor CLOSED DURING COVID				Every 3rd Thursday	Heroes Voices Community Class
				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			
ON HIATUS	Veterans Building Room 212 ON HIATUS	Veterans Building Room 202 ON HAITUS			

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, 5th 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>