

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 Guided Group Meditation Schedule on zoom | 9:30-10:00 Community Chat The Healing Well on Zoom | 9:00-10:00 Yoga Class The Healing Well on Zoom | WESITE ZOOM LINK Guided Group Meditation The Healing Well | 11:30-12:30 12 Steps for Healing The Healing Well on Zoom | 9:00-10:00 Yoga Class The Healing Well on Zoom |
| 10:15-11:15 COFFE AND COMMUNITY The Healing Well on Zoom | 10:15-11:15 Poetry The Healing Well on Zoom |  Schedule on website OFFERINGS ON ZOOM The Healing Well | This spot intentionally blank | 1:00-2:00 Computer Basics Class Main Library 5th Floor Computer Training Center ON HIATUS | HEALING WELL WEBSITE ON ZOOM The Healing Well Classes |
| 12:00--1:00 Tai Chi Veterans Building CLOSED DURING COVID |  1:00-2:00 Basic Computer Skills Main Library 5th Floor Computer Training Center CLOSED DURING COVID |  |  | 10:15-11:00 Chair Yoga Class On Zoom SEE REVERSE FOR WEBSITE | 10:00-10:45 Vet-to-Vet Virtual Videoconference REGISTRATION REQUIRED SEE REVERSE SIDE FOR INFO |
| 1:00-2:00 Mindfulness and Meditation Main Library 5th Floor CLOSED DURING COVID |  |  | 1:30-2:30 Every 3rd Thursday Recovering Yourself through Video at BAVC Virtual Videoconference SEE REVERSE SIDE FOR LINK | 10:45-11:30 Heroes Voices Community Inclusion with VA Virtual Video Class on VA platform LEAVE YOUR EMAIL AT x22839 TO GET LINK OR FOR MORE INFO | |
| MONDAY TO FRIDAY | |  | 2:30-3:30 Every 2nd & 4th Thursdays Drumming for Change CALL x22839 FOR INFO/LINK | 11:30am-1:30pm Heroes Voices Guitar Corps on Zoom | |
| 12:00-5:00 Veterans' Resource Center Benefits, Services, Resources, and more! Main Library 5th Floor Computer Training Center CLOSED DURING COVID | 1:00-5:00 AMVETS Success Center Employment and Career Services Veterans Building 2nd Floor CLOSED DURING COVID |  | | 4:00-5:00 Digital Device Drop-In Main Library 5th Floor Computer Training Center ON HIATUS | |
| 11:00-3:00 Sahaja Yoga Meditation ON HIATUS | 5:00-9:00 Veterans Tango Veterans Building Room 212 ON HIATUS | 8:30-10:00 Veteran Meditation Course Veterans Building Room 202 ON HAITUS |  | | |
| | |  | | 3:00-4:00 Veteran Photography Class With 6th on 7th Gallery LEAVE YOUR EMAIL AT x22839 TO GET VIDEO LINK | |

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.)

- **Veteran's Resource Center, 5th Floor, Computer Training Center**
M-F 12:00-5:00pm
- **Bridge at Main Learning Center**
Mon 10-6, Tue-Thu 9am-8pm, Fri 12-6, Sat 10-6, Sun Closed
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>