

Ongoing Virtual Classes

Zumba Gold - with Nora Napier continues online from 10:00-11:10am every Tuesday. Email noranap1@gmail.com to get signed up.



American Line Dancing - Join the Outdoor Parking Lot Series with instructor Allen Isidro! This class meets outside in neighboring City parks for some fun and exercise. All levels welcome. LDVALI uses a unique and skillful program and methodology to help students of various levels learn and grow together the numerous forms of line dancing. Contact Allen at ldvali@netzero.net for more information.

Rosen Classes- continue online with Jane Pittsinger at 10:30am every Wednesday. Contact Jane at rjanepittsinger@icloud.com to sign up. Please bring a sturdy chair, space to move a few steps away from the chair, a mat to lie on the floor, bed or couch. There is a \$5-10 class fee to participate.

Aerobics- with Susan Watson continue every Tuesday, Wednesday, and Thursday at 10:30am via Zoom. Email sueegg@aol.com for the link to the class.

Ukulele - with Abby Margolis continues on Wednesdays at 1:00-2:15pm and Fridays at 11:30am -12:45pm via Zoom. Email Abby at abbymargolis@yahoo.com for the link to the class.

Senior Planet - FREE CLASSES, WORKSHOPS, LECTURES, AND SOCIAL EVENTS! These events are hosted by Senior Planet locations nationwide, and are open to anyone 60 and older. Visit seniorplanet.org for more information.

Qi Gong - with Judy Pruzinsky includes Taoist longevity breathing, and meditation. Classes are held on Tuesdays at 1pm and Thursdays at 7:30pm via Zoom. Email Judy at judy@judypruzinsky.com for a link to the class. All offerings are on a donation basis.

Mat Yoga - Judy Orloff is offering Mat Yoga on Tuesdays from 11:15am-12:35pm. Contact Judy at judyorloff1@gmail.com to sign up. There is an \$8 required fee to sign up for this class.



Chair Yoga - with Judy Orloff continues online from 10:00-11:00am every Tuesday. Contact Judy at judyorloff1@gmail.com to sign up. There is a \$5 required fee to sign up for this class.

Stages Peer Counseling meets every Tuesday via Zoom at 11:00am. Engage in lively conversation reflecting the past, enriching the present, and envisioning the future with a community of your peers. Please email Michelle at mepstein@peninsulafamilyservice.org for the Zoom link.

Bingo - meets every Wednesday via Zoom at 3:00pm. Join PB&R staff for an online version of everyone's favorite family game! Please email Dana at dieterled@ci.pacifica.ca.us for the Zoom link. Get your digital Bingo card at bingobaker.com/play/1228516

Coffee Happy Hour - meets every Thursday via Zoom at 10:00-11:00am. Whether you like it foamy, creamy, or black – bring your favorite cup of coffee for Coffee and Conversations. Please email Dana at dieterled@ci.pacifica.ca.us for the Zoom link.

Drop in Grief Support Group - Mission Hospice is offering bereavement services every Tuesday at 6:00-7:30pm, Thursdays at 4:00-5:30pm, and Saturdays at 10:00am-11:30am. Please email Christina Kovach at ckovach@missionhospice.org

