



November-December Self-Care Activities

WHO: Zaccho Studio

WHAT: Afro Rhythm Movement Master Classes with Byb Chanel Bibene

WHERE: Zaccho Studio, [1777 Yosemite Ave, Studio 330](#)

WHEN: November 18, Youth 12-1:30pm, Adults 2-4pm

NOTES: All levels welcome! \$20 youth, \$25 adults at Zaccho Studio. Join Mbongui Square festival director Byb Chanel Bibene for a taste of his unique contemporary dance style grounded in the ethnic dance aesthetic from the Congo. This class will explore movements inspired by Congolese traditional dances and how they can become a springboard for a new contemporary dance form. Byb's teaching style is warm, friendly, and filled with humor. Whether you are new to or experienced in African, Ethnic or Contemporary dance forms, you are welcome and sure to find your place in this class.

WHO: Bayview/ Linda Brooks-Burton Branch Library

WHAT: Modern Calligraphy Open Lab

WHERE: 5075 3rd St. (at Revere)

WHEN: Tuesday, 11/07/2017, 4:30 - 5:30

CONTACT: [\(415\) 355-5757](tel:4153555757)

NOTES: We will provide the supplies (pens, ink, practice sheets) for you to practice with others or self-learn modern calligraphy. There are no instructors at these workshops. Limited supplies available for use during the program, please call [415-355-5757](tel:4153555757) or e-mail annie.tang@sfpl.org to reserve a spot. For ages 10-18.

WHO: SF Recreation & Parks

WHAT: Peace Parks

WHERE: Youngblood Coleman Park, 1098 Hudson Ave

WHEN: Thursday-Saturday 6pm-10pm

CONTACT: Linda Barnard linda.barnard@sfgov.org

NOTES: Classes and activities include culinary cuisine, hair braiding, Barber exquisite, Etiquette Class, Character Building, Health and Hygiene, Fashion Design/Modeling, movie night, dance night, DJ lessons.

WHO: Healthy Parks Healthy People Bay Area

WHAT: Walking Group

WHERE: Heron's Head Park @ Jennings Street & Cargo Way

WHEN: Fourth Saturday from 10am-12noon

CONTACT: (415) 970-8062 or www.hphpbayarea.org for more info.

NOTES: These free and fun walks happen every Saturday in San Francisco's beautiful parks. They are led by Park staff and designed for all ages and all abilities. Come join us outside to explore and enjoy nature. Remember to wear comfortable shoes, use sun screen protection, and bring a water on walks. Muni Bus lines 44 & 19.

WHO: REACH Healthy Hearts SF

WHAT: Healthy Hearts SF Walking Group

WHERE: Southeast Health center, 2401 Keith Street, San Francisco

WHEN: Wednesdays at 12:00pm-1:00pm

CONTACT: For more information: (415) 671-7000

NOTES: FREE walking group, call for more information.
