



## ***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.

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**WHO:** Bayview/ Linda Brooks-Burton Branch Library

**WHAT:** Modern Calligraphy Open Lab

**WHERE:** 5075 3<sup>rd</sup> 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](mailto:annie.tang@sfpl.org) to reserve a spot. For ages 10-18.

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**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](mailto: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.

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**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](http://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.

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**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.

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