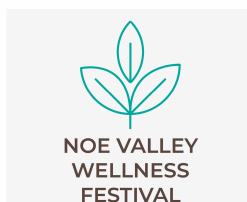




YOGA FLOW



Sundays, August 9, 16, 23 (no yoga 8/30)
11:00 AM – NOON

Free Sunday Morning Yoga

Community Yoga Class with Yoga Flow SF! Join us for an all levels flow class, suitable for beginner to advanced practitioners to align body, mind and spirit. Please bring a mat and water bottle.

Sunday, August 9 • Sunday in the Square

1:00 PM - 2:00 PM: Amy Obenski

Amy's crystalline vocals float over haunting, cinematic backdrops, drawing listeners from quiet confession into luminous release. Her music has reached television audiences through "Carousel," featured on season four of Grey's Anatomy. Obenski has built a body of work shaped by sonically-adventurous arrangements, layered harmonies, and melodies that unfold with quiet intensity.

2:00 PM - 3:00 PM: Jackson Moran & Nathaniel Vincent

San Francisco natives Nathaniel Vincent (clarinet) and Jackson Moran (guitar), both 2022 graduates of the Ruth Asawa School of the Arts, have been making music together for years. Their repertoire spans a variety of jazz standards, with a strong influence from the legendary Django Reinhardt. Come enjoy & bring a picnic!

Wednesday, August 12. 6:00 PM - 8:00 PM

District 8 Supervisor Debate

Join United Democratic Club to hear from all of the Democratic Candidates registered for the Nov/26 D8 Supervisor Race! "Doors open" at 6pm and the forum starts promptly at 6:30pm.

Thursday, August 20, 4:30 PM - 7:30 PM

California Dreamin' Summer Wine Walk

Back by popular demand! Join us for an evening of delicious wines, good company, and a stroll through the charming streets of Noe Valley. Sip on an array of California wines from local vintners while exploring the neighborhood at your own pace, the perfect way to celebrate summer in one of San Francisco's most beloved neighborhoods. Details and TICKETS at noemerchants.com.

Sunday, August 23 • Sunday in the Square

1:00 PM - 2:00 PM: Cabernet Quartet

Four musical friends from San Francisco—Denisse, Yanzhao, Ken, and Catherine—came together through their shared love of classical music. After meeting in local orchestra rehearsals, they created the ensemble to explore the rich, intimate world of chamber repertoire. They'll perform some of the string quartet canon's most beloved works—sit back and enjoy the music!

2:00 PM - 3:00 PM: Barb Murphy

Barb Murphy's music blends folk, rock, country, and blues into raw, heartfelt songs about love, loss, friendship and the beautiful mess of being human.

Tuesday, August 25, 4:30 PM – 8:30 PM

Noe Valley Night Market

Join us for an evening of live music, food and drink specials as well as many other offerings from our stellar Noe Valley merchants. Free and open to all! Learn more at www.noemerchants.com.

Saturday, August 29, 4:00 PM – 5:00 PM

Rhythm & Motion Dance Workout

Join in the monthly Rhythm & Motion Town Square dance workouts. These high-energy dance workout programs cultivate a welcoming, accepting atmosphere that promotes health & well-being for all people regardless of age, ability or background.

Sunday, August 30, 11:00 AM – 3:00 PM

Noe Valley Wellness Festival

A free, community-wide event offering live wellness classes and a merchant village in the Noe Valley Town Square. First 50 attendees receive a FREE Noe Valley Tote with a Wellness Passport tucked inside — a curated punch/crossover card with exclusive offers from participating businesses.