



**Thursday, February 6  
9:30 AM – 10:30 AM  
Tai Chi Introductory Class**

Marvin Feldman, a senior student of Ben Lo with over 45 years of practice, is offering a beginning Tai Chi class held Tuesday and Thursday mornings 9:30 to 10.30 am. Come to this free introductory class to discover the benefits of this ancient practice and find out if it is for you.



**Sunday February 9, 3:30pm kickoff!  
Noe Valley Big Game Watch Party!**

Hey Noe Valley – come watch the Big Game with friends and neighbors on a Jumbotron LED screen! Bring your lawn chairs and cheer your favorite team. Haystack pizza, beer, & wine available for purchase at the Square. Football trivia game with prizes from local merchants. Football toss game for the kids.



**Sundays February 16 & 23  
11:00 AM - noon**

**Free Sunday Morning Yoga**

Free community yoga class. Folk features a Vinyasa Flow unique to each instructor for new and experienced students alike. Please bring your own mat.



**Sunday February 23, 1:00 pm - 3:00pm  
Acoustic Sunday: Swing Shift**

Swing Shift plays American swing – songs from the 1920s through the present day. Led by Richard Southwick on vocals and guitar, the trio features Nathan Ladyzhensky on violin and melodica, and Olivier Zyngier on double bass. While the focus is on songs from the Great American Songbook, the band also likes to mix in Latin rhythms, Western swing, and modern pop tunes reimagined in a swing style.



**Tuesday February 25, 3:00 - 7:00 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. This monthly event – held on the last Tuesday of the month – is free with Eventbrite RSVP, and all are welcome! Learn more at [noemerchants.com](http://noemerchants.com).



**Noe Valley Farmers Market  
Saturdays 8 AM – 1 PM**

Enjoy local produce, delicious foods and live music!

