



TOWN SQUARE DANCE!



Saturday, October 5, 6:00 PM – 8:00 PM

Noe Valley Town Square Dance

Back by popular demand! The fabulous duo Skillet Licorice returns to lead us in a down home hoe-down. No experience necessary. Prizes awarded for best square dance outfits! Plus...a surprise county fair-style contest! Bring dinner and your comfiest dancing shoes for an evening of square dancing frivolity.

YOGA FLOW

Sundays October 6 & 20, 11:00 AM - noon

Free Sunday Morning Yoga

Join us for a free 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, October 6, 2:00 PM – 5:30 PM

Glo Rituals Wellness Event

Join us for a day of skincare from within hosted by Glo Rituals featuring complimentary chair massages, a skincare Q&A session with founder Paige, and a wellness talk by Dr. Lay. Don't miss a free fitness class—space is limited, so sign up online at www.glo-rituals.com/events.



Tuesday October 8, 6:00 PM – 7:00 PM

Annual Fleet Week Performance with the Navy Band

An annual crowd favorite! Part of Fleet Week's celebrations, the incredible Navy Band returns to Noe Valley for their annual concert featuring All-American favorites! Join in for the raffle with great prizes from local merchants! (Must be present to win.)



Saturday October 12, 4:00 – 5:00 PM

Rhythm & Motion Dance Workout

Rhythm & Motion's high-energy dance workout program cultivates a welcoming, accepting atmosphere that promotes health & well-being for all people regardless of age, ability or background.



Sundays October 13 & 27, 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 October 13, 1:00 pm - 3:00pm

Acoustic Sunday: El Guajiro

El Guajiro, a favorite in Noe Valley and beyond will get you on your feet for some dancing to their interpretations of songs inspired by rhythms of Cuba and Latin America as well as stateside! Feel free to bring a picnic!



Sunday October 27, 1:00 pm - 3:00pm

Acoustic Sunday: The Loose Interpretations

The Loose Interpretations, San Francisco's premiere all-female cappella group, has performed all over the Bay Area since 2004. They sing original arrangements of pop, rock, soul and standard cover songs. Find them online at www.loosies.com or follow on Instagram (@theloosies)!



**NOE VALLEY
FARMERS
MARKET**

Noe Valley Farmers Market

Saturdays 8 AM – 1 PM

Enjoy local produce, delicious foods and live music!



Noe Valley Association
A Community Benefit District
noevalleyassociation.org



Events take place weather permitting. Free and open to the public. 24th Street between Sanchez & Vicksburg
www.noevalleytownsquare.com Questions? Please email info@noevalleytownsquare.com

