



# May 2024 Community Events & Classes



## Sundays May 12, 19 & 26

### Free Sunday Morning Yoga 11:00 AM – Noon

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



## Sunday May 12, 2:00 pm - 4:00pm

### Acoustic Sunday: Luke Schwartz and Heath Proskin

Luke Schwartz is a San Francisco-based jazz guitarist whose style is influenced by contemporary and old-school players such as Jim Hall, Joe Pass, Jesse Van Ruller, and Peter Bernstein. Luke returned to the Bay Area to make his mark on the local scene after stints in New Orleans and New York. He can be found performing regularly throughout the Bay Area under his own name, as well as with a variety of other jazz, rock and eclectic musicians. Luke and Heath have been playing jazz duets together for several years. The duo have developed their own unique sound, blending a traditional straight ahead jazz approach with more spontaneous and harmonically adventurous sensibilities.

## Saturday May 18, 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.



## Saturday May 18, 6:00 – 9:00 PM

### Salsa Dance Party featuring Agua Pura

Agua Pura is a Bay Area-based salsa band comprised of all femme/queer musicians. They play a mix of traditional Cuban music, Cumbia, Salsa, Timba, and R&B fusion. The band features Rebecca Rodríguez on conga and vocals, Gaby Aldaz on piano, Mireya Leon on bass, Mena Ramos on timbales, Amanda Magaña on bongo and vocals, Belén Cortés on percussion and vocals, Jacqui Corona on vocals and hand percussion, Alexis Harnage on trumpet, Maddie Liu on trombone, and Eos Black on baritone saxophone and vocals. Their mission is to create a safe space for femme/queer musicians to express themselves and connect to their ancestry. ¡Ay, que sigue la salsa, Mamá! Come at 6:00 for a great dance lesson with Ysmay Ramos and Dennis Bain Savigne, direct from Cuba! Don't miss this blowout springtime salsa event!



## NOE VALLEY FARMERS MARKET

## Noe Valley Farmers Market

Saturdays 8 AM – 1 PM

Enjoy local produce, delicious foods and live music!

