



Downtown Center February 2012 Calendar

Downtown Center

481 O'Farrell St.
Direct: 415-771-7950
Fax: 415-923-4495
www.sfsenior.com

Mon.-Thurs. 9-4, Fri. 9-3:30
Sat., Sun., & holidays 10-1:30
Lunch is served at 11:30

Akiyo Kinst-Hori
Center Manager
Direct: 415-923-4490
Email: akinst-hori@sfsenior.com

Dana Leavitt
Homecoming Transitional
Care Program Coordinator
Direct: 415-923-4491
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Ione Ishii
Service Coordinator
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Kathleen Mayeda
Service Coordinator
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Become a SFSC member!
Membership levels begin at:

Sustaining Member
Single \$60, \$100 household

Friend Member
Single \$300, \$580 household

Advocate Member
\$1,000 household

Receive E-access to Monthly Activities Calendars; Discounts to all special events; Subscription to the Mosaic Newsletter, and much more! For more information contact: development@sfsenior.com or 415-923-4485. Household is a 2-person household.



Chinese New Year

Tues., Feb. 2, 11:45, Entertainment at 1:00

It's the year of the Dragon! The dragon is a symbol of power and wealth. It is flamboyant, feisty, vital, and strong. Please make a lunch reservation with Remy at 415-923-4484.

Retirement party for Bob Trevorrow

Wed. Feb. 8, 12:30-2:30 Aquatic Park

Please join our Western themed farewell party for Executive Director Bob Trevorrow.

Help send off Bob as he gallops away into the sunset. RSVP to gloriagarcia@sfsenior.com or 415-923-4480.




Medication Evaluation with a Certified Pharmacist

Mondays, Feb. 27, 1:00-4:00 & March 5, 1:00-4:00

UCSF School of Pharmacy is conducting a research study to analyze medication interaction and side effects to create awareness about medication safety in the senior community. During this 20 minute assessment pharmacists will review your medications, provide information about medication risks, and supply a copy of your report to share and discuss with your own doctor. Sign up at the front desk or call 415-771-7950.

Date	Host	Title	Time	Length
2/1	John	Movie: Thank Your Lucky Stars	1:00	2:07
2/7	Robert	Opera: Carmen (Blu-ray)	12:45	1:00
2/8	John	Movie: Stagecoach	1:00	1:36
2/13	Robert	Music: Love songs (various artists)	10:15	1:00
2/14	Robert	Music: Love songs (various artists)	12:45	
2/15	John	Movie: Stage Door	1:00	1:00
2/21	Robert	Drama: Romeo and Juliet	12:45	2:18
2/22	John	Movie: Road to Morocco	1:00	1:23
2/28	Robert	Ballet: Romeo and Juliet	12:45	1:31
2/29	John	Movie: In Old Chicago	1:00	1:34

FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00-2:00 ADRC 10:00 Spanish 1:00 Movie	9:00-12:00 ADRC 10:00-1:00 Health & Nutrition 10:30 Sit 'n' Stretch 11:45 New Year's lunch 1:00 Always Active	10:00 Song fest 10:30-11:30 BP check 1:00 Bingo
6	7	8	9	10
11:00-3:00 Shop 1:30 Chinese Chorus	9:45 French 10:00 ESL group class 10:00 Expressive arts 10:45 Always Active 12:45 Video	10:00 Spanish 1:00 Movie	9:00-12:00 ADRC 10:45 Sit 'n' Stretch 1:00 Always Active 1:30 Chinese folk dance	10:00 Song fest 10:30-11:30 BP check 1:15 Birthday Party
13	14	15	16	17
10:15 Morning Movie 11:00-3:00 Shop 1:30 Chinese Chorus	9:45 French 10:00 ESL group class 10:00 Expressive arts 10:45 Always Active 12:45 Video	10:00 Spanish 1:00 Movie	9:00-12:00 ADRC 10:00-1:00 Health & Nutrition 10:45 Sit 'n' Stretch 1:00 Always Active 1:30 Chinese folk dance	10:00 Song fest 10:30-11:30 BP check 12:45 Karaoke
20	21	22	23	24
 President's Day The Center is open for Lunch Only	9:45 French 10:00 ESL group class 10:00 Expressive arts 10:45 Always Active 12:30 Facebook workshop 12:45 Video	10:00 Spanish 12:00-3:00 Shop 1:00 Movie	9:00-12:00ADRC 10:00-1:00 Health & Nutrition 10:45 Sit 'n' Stretch 1:00 Always Active 1:30 Chinese folk dance	10:00 Song fest 10:30-11:30 BP check 1:30 Tea Dance
27	28	29	Update your information! Please check with the staff to make sure we have your current information, and your doctor's and emergency contact's information.	
11:00-3:00 Shop 1:00-4:00 Medication Evaluation 1:30 Chinese Chorus	9:45 French 10:00 ESL group class 10:00 Expressive arts 10:45 Always Active 12:30 Facebook workshop 12:45 Video	10:00 Spanish 1:00 Movie		