



San Francisco Senior Center Downtown Center

January 2017

A Community Service of
Northern California Presbyterian
Homes and Services



Together Building
a Community
Providing Information and
Assistance for Seniors.
Offering Computer
Enrichment Classes, Fitness,
Nutrition and Volunteerism

It's Time to Renew!

Please fill out your 2017 SF Senior Center Participant and Membership forms (find them at the front desk). You will then be eligible to enter a raffle for a \$45 Gift Card to Ross Stores. The raffle will be held on January 31st. Please remember membership can be as little as \$5 a year or for those who can, \$30 or \$60 per year. Your support is really appreciated!

Thank you for helping the SF Senior Center continue to grow as a community!

Free Services!!
The Downtown Senior Center offers FREE
Information & Assistance
Breakfast 5 days per week
Lunch 365 days per year
Translation Services
Free computers & classes

Become a Voluntary Member!
Help support the Center's daily needs.
For as little as \$5 per year you can become a member to help create community.
*Sustaining Member –
Single \$70, \$125 Household
For information contact:
shorst@ncphs.org
or 415-775-2562



Computer Lab Schedules available at the Front Desk

Our patient and smart Lab Tutors are in the lab five days a week to help those who want to learn the basics of how to use a computer, mouse and keyboard. One can learn how to access the Internet, set up email and check out social media. Tutors are multi-lingual including Chinese, Spanish and Russian.

San Francisco Senior Center, 481 O'Farrell St., SF, CA 94102
(415-771-7950 Hours: Mon-Thurs 9 am – 4 pm Fridays 9am – 3:30 pm)

Free Fitness & Dance Classes

Always Active with Akiyo

Mondays, Thursdays (*new day*)
10:30 – 11:30 am



Sit 'n Stretch with Sally

Thursdays
10:30 – 11:30 am

Martin Luther King, Jr. Holiday

Monday, **January 16th**

Breakfast is served 9 am – 9:30 am
Lunch is served 11:45 am – 12:30 pm

Trivia with Erin!

Jan. 20th (Friday)

1:00-2:30 pm

Snacks and Prizes!



Monthly Birthday Party

Jan 13th (Friday)

1 pm – 2:30 pm

Raffle Prizes! Singing!

Games & Raffle Prizes!

Ice Cream & Cake for all!



Friday Bingo Games!

Jan 6th & 27th

1:00-2:30 pm

Great Prizes! Refreshments!

The first Bingo card is free – only \$1.00 each for extra cards

*called in both English & Chinese



Free Blood Pressure Check

Thursdays, 10:30 -11:30

Hours: Mon-Thurs: 9am-4pm. Friday: 9am-3:30pm. Sat, Sun & Holidays, 10:00am-1:30pm. 415-771-7950

Enter to Win a \$45 Gift Card to Ross Stores!

It's time to update participation and membership forms for 2017. Simply update your paperwork and renew your membership for a chance to **win a \$45 Gift Card to Ross Stores**. The drawing will be held on Tuesday, January 31st.

Diabetes Education Classes

Get state of the art information about Diabetes in this interactive 6 week class. Tuesdays. Jan 10th - Feb 14th 9:30-11:30am

San Francisco Tour of City Hall

Take a walk to SF City Hall with Erin on Tuesday, January 24th. 12:30-2:30pm. Free coffee or tea and a snack!

Bagels, cream cheese and coffee served in our library every Tuesday 9-10 am. Join the conversation!

Entertainment Schedule

1/3 The Man From U.N.C.L.E

1/4 Infernal Affairs (Chinese & English)

1/5 Madea Goes to Jail

1/9 Dark Passage

1/10 Hunt for the Wilderpeople

1/11 Breakfast at Tiffany's

1/12 A River Runs Through It

1/17 Impact

1/18 Star Wars

1/19 Chinatown

1/23 Red Light

1/24 The Black Swan

1/25 Jack Ryan-Shadow Recruit

1/30 Woman on the Run

1/31 The Train Robbers



Free Hearing Assessments

Friday, January 20th

9:30 – 11:30 am

Schedule a 15 minute appointment at the front desk



SF Mobile Library

Located in front of our Downtown Center

Wednesday, **January 18th**

1:15 – 2:15