



# San Francisco Senior Center Downtown Center

April 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

Our Annual St. Patrick's Day Party was even bigger this year thanks to our friends at InVision. They brought prizes, snacks, and joy to everyone! Many party goers got their pictures taken in the photo booth.



**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

**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 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  
10:30 – 11:30 am



### Sit 'n Stretch with Sally

Thursdays  
10:30 – 11:30 am



**Weekly Walks**  
with Tenderloin Safe Passage  
Meet in the lobby

Fridays **9:45-10:45am**

### **Bagels & Cream Cheese**

Tuesdays  
9 – 10:00 am



### **Monthly Birthday Party**

**April 14<sup>th</sup>** (Friday)  
1 pm – 2:30 pm

**Raffle Prizes! Singing!  
Games & Raffle Prizes!  
Ice Cream & Cake for all!**



### **Friday Bingo Games!**

**April 7<sup>th</sup> & 28<sup>th</sup>**  
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



Friday, April 21<sup>st</sup>  
1-2:30pm

Snacks & prizes

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

## Volunteer Appreciation Party

Thursday, April 27<sup>th</sup>

1-3pm

This special day is to thank our wonderful volunteers with entertainment, games, raffles and plenty of food and drinks!

(sign up at the front desk)



### Alzheimer's Education Series

Presented by the Elder Care Alliance



Tuesdays  
9:30 – 10:45 pm

**April 18<sup>th</sup>**

**May 16<sup>th</sup>**

**June 20<sup>th</sup>**

**July 18<sup>th</sup>**

### Entertainment Schedule

4/3 When Ladies Meet

4/4 Keeper of the Flame

4/5 Infernal Affairs 3 \*Chinese\* translation

4/6 Shelter

4/10 Guilty Hands

4/11 Jane Got A Gun

4/12 45 Years

4/13 The Legend of Tarzan

4/17 The Maltese Falcon

4/18 A Child Is Waiting

4/19 Free Willy

4/20 I.T.

4/24 Search For Beauty

4/25 Let's Do It Again!

4/26 Sisters



### **Free** Hearing Assessments

Friday, April 21<sup>st</sup>

12:30 – 2:30 pm

Schedule a 15 minute  
appointment at the front desk




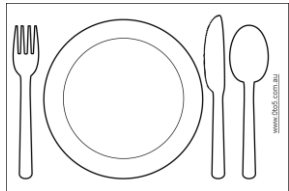





### **SF Mobile Library**

**Located in front of our  
Downtown Center**

Wednesday, **April 19<sup>th</sup>**

1:15 – 2:15

# APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Monday to Friday</b> <b>Breakfast</b> is served at 9:00 am 	<b>Monday to Sunday</b> <b>Lunch</b> is served at 11:30 am 			
3	4	5	6	7
9:30-11:30 Computer Lab w/Tutor <b>10:30-11:30 Always Active w/Akiyo</b> 1-3:00 <b>Movie:</b> <u>When Ladies Meet</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus 	9-10:00 Coffee & Bagels! 9:30-11:30 Computer Lab w/Tutor <b>10-12:00 SFSU Nurses: Health Screening</b> 12:45-3:00 <b>Movie:</b> <u>Keeper of the Flame</u> 1:30-3:30 Computer Lab w/Tutor	9:30-11:30 Computer Lab (Russian + Eng) 12:45-3:00 <b>Movie:</b> <u>Infernal Affairs 3</u> 1:30-3:30 Computer Lab w/Tutor(Eng+Span)	9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 <b>Always Active w/Akiyo</b> 10:30-11:30 <b>Sit n' Stretch w/Sally</b> 12:45-3:00 <b>Movie:</b> <u>Shelter</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	9:30-11:30 Computer Lab w/Tutor <b>9:30-3:00pm Food Bank</b> 9:45-10:45 Songfest/Open Mike <b>9:45-10:45 Safe Passage Walk</b> <b>1-2:30 Bingo!</b> 1-3:00 Open Lab with Tutor
10	11	12	13	14
9:30-11:30 Computer Lab w/Tutor <b>10:30-11:30 Always Active w/Akiyo</b> 1-3:00 <b>Movie:</b> <u>Guilty Hands</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus	9-10:00 Coffee & Bagels! 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 <b>Movie:</b> <u>Jane Got A Gun</u> 1:30-3:30 Computer Lab w/Tutor 	9:30-11:30 Computer Lab (Russian + Eng) 12:45-2:45 <b>Movie:</b> <u>45 Years</u> 1:30-3:30 Computer Lab w/Tutor(Eng+Span)	9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 <b>Always Active w/Akiyo</b> 10:30-11:30 <b>Sit n' Stretch w/Sally</b> 12:45-3:00 <b>Movie:</b> <u>Tarzan</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	9:30-11:30 Computer Lab w/Tutor  <b>9:45-10:45 Safe Passage Walk</b> 9:45-10:45 Songfest/Open Mike <b>1:00-2:30 Birthday Party</b> 1-3:00 Open Lab with Tutor
17	18	19	20	21
9:30-11:30 Computer Lab w/Tutor <b>10:30-11:30 Always Active w/Akiyo</b> 1-3:00 <b>Movie:</b> <u>The Maltese Falcon</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus	9-10:00 Coffee & Bagels! 9:30-11:30 Computer Lab w/Tutor <b>9:30- 10:45 Alzheimer's Presentation</b> 12:45-3:00 <b>Movie:</b> <u>A Child Is Waiting</u> 1:30-3:30 Computer Lab w/Tutor	9:30-11:30 Computer Lab (Russian + Eng) 12:45-3:30 <b>Movie:</b> <u>Free Willy</u> <b>1-2:00 Mobile Library</b> 1:30-3:30 Computer Lab w/Tutor(Eng+Span) 	9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 <b>Always Active w/Akiyo</b> 10:30-11:30 <b>Sit n' Stretch w/Sally</b> 12:45-3:00 <b>Movie:</b> <u>I.T.</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	9:30-11:30 Computer Lab w/Tutor <b>9:45-10:45 Safe Passage Walk</b> 9:45-10:45 Song Fest/Open Mike <b>12:30-2:30 Free Hearing Assessment</b> 1-2:30 <b>Trivia</b> 1-3:00 Open Lab with Tutor
24	25	26	27	28
9:30-11:30 Computer Lab w/Tutor <b>10:30-11:30 Always Active w/ Akiyo</b> 1-3:00 <b>Movie:</b> <u>Search for Beauty</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus 	9-10:00 Coffee & Bagels! 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 <b>Movie:</b> <u>Let's Do It Again!</u> 1:30-3:30 Computer Lab w/Tutor	9:30-11:30 Computer Lab (Russian + Eng) 12:45-3:30 <b>Movie:</b> <u>Sisters</u> 1:30-3:30 Computer Lab w/Tutor(Eng+Span)	9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 <b>Always Active w/Akiyo</b> 10:30-11:30 <b>Sit 'n Stretch w/Sally</b> <b>1-3:00pm Volunteer Appreciation Party</b> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	9:30-11:30 Computer Lab w/Tutor <b>9:45-10:45 Safe Passage Walk</b> 9:45-10:45 Song Fest/Open Mike <b>1-2:30 Bingo!</b> 1-3:00 Open Lab with Tutor