



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 14th (Friday)
1 pm – 2:30 pm

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



Friday Bingo Games!

April 7th & 28th
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 21st
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 27th

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 18th

May 16th

June 20th

July 18th

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 21st

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 19th**

1:15 – 2:15