



# San Francisco Senior Center Downtown Center

May 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

Thank you volunteers! On April 27<sup>th</sup> we honored those who give their valuable time, talent and abundant energy to help ensure the San Francisco Senior Center remains a happy and welcoming place to belong!



Our 2017 "Volunteers of the Year" winners include (clockwise) Carol Allen, for her help in creating the beautiful flower arrangements you see around the center. Dance Partners, Jim Sichel and Jane Lu who never fail to entertain us at so many events. And finally, Arnold Martin, our faithful weekly blood pressure



**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, 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

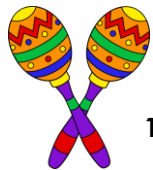
### Always Active with Akiyo

Wednesdays, Fridays  
10:30 – 11:30 am



### Sit 'n Stretch with Sally

Thursdays  
10:30 – 11:30 am



### Cinco de Mayo Pinata Bash!

Friday, May 5<sup>th</sup>  
1:15 – 2:00 pm in the dining room

### Bagels & Cream Cheese

Tuesdays  
9 – 10:00 am



### Monthly Birthday Party

May 12<sup>th</sup> (Friday)  
1 pm – 2:30 pm

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



### Friday Bingo Games!

May 19<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, May 26<sup>th</sup>  
1-2:30 pm

Snacks & prizes!

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

San Francisco District Attorney's Office

## "Protecting Our Elders"

### Lecture

Friday, May 5<sup>th</sup>  
10:45 – 11:15



Find out about programs and resources the City of San Francisco is offering to protect Seniors  
Question and answer period at the end



### Train Your Brain!

Research Study

Presented by Dr. Joaquin A. Anguera,  
PhD.

University of California San Francisco

Wednesday, May 10<sup>th</sup>

11:00 am – 1:00 pm

**Demonstration in the Lobby followed by a video  
Presentation in the Dining room**

### Entertainment Schedule

- 5/1 House of Bamboo
- 5/2 The Great Escape (part 1)
- 5/3 The Great Escape (part 2)
- 5/4 Saturday Night Fever
- 5/8 House on Telegraph Hill
- 5/9 The Hustler (part 1)
- 5/10 The Hustler (part 2)
- 5/11 Bullitt
- 5/15 He Walked by Night
- 5/16 Ferris Buehler's Day Off
- 5/17 Gladiator (part 1)
- 5/18 Gladiator (part 2)
- 5/22 Bad Girls Film Noir
- 5/23 The Ghost and Mrs. Muir
- 5/24 The Cincinnati Kid
- 5/25 A Monster Calls
- 5/29 Forgotten Noir
- 5/30 Shenandoah



### Free Hearing Assessments

Friday, May 26<sup>th</sup>

10:00 – 11:30

Schedule a 15 minute  
appointment at the front desk



**SF Mobile Library**  
Located in front of our  
Downtown Center

Wednesday, May 17<sup>th</sup>  
1:15 – 2:15

Check out  
books, music  
cd's and the  
latest movie  
dvd's!

# May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:30-11:30 Computer Lab w/Tutor 1-3:00 <b>Movie:</b> <u>House of Bamboo</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus</p>	<p><b>2</b></p> <p>9-10:00 Coffee &amp; Bagels! 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 <b>Movie:</b> <u>The Great Escape (part 1)</u> 1:30-3:30 Computer Lab w/Tutor</p>	<p><b>3</b></p> <p>9:30-11:30 Computer Lab (Russian + Eng) <b>10:30-11:30 Always Active w/Akiyo</b> 12:45-3:00 <b>Movie:</b> <u>The Great Escape (part 2)</u> 1:30-3:30 Computer Lab w/Tutor(Eng+Span)</p>	<p><b>4</b></p> <p>9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check <b>11:45-12:00 Paratransit Update</b> 10:30-11:30 <b>Sit n' Stretch w/Sally</b> 12:45-3:00 <b>Movie:</b> <u>Saturday Night Fever</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)</p>	<p><b>5</b></p> <p>9:30-11:30 Computer Lab w/Tutor <b>9:30-3:00 pm Food Bank</b> <b>10:30-11:30 Always Active w/Akiyo</b> 9:45-10:45 Songfest/Open Mike <b>10:45 SF DA - Elder Abuse Lecture</b> <b>1:15-2:00 Cinco de Mayo Pinata Bash</b> 1-3:00 Open Lab with Tutor</p>
<p><b>8</b></p> <p>9:30-11:30 Computer Lab w/Tutor 1-3:00 <b>Movie:</b> <u>House on Telegraph Hill</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus</p>	<p><b>9</b></p> <p>9-10:00 Coffee &amp; Bagels! 9:30-11:30 Computer Lab w/Tutor <b>9:15-11:15 Health Screening</b> 12:45-3:00 <b>Movie:</b> <u>The Hustler (part 1)</u> 1:30-3:30 Computer Lab w/Tutor</p>	<p><b>10</b></p> <p>9:30-11:30 Computer Lab (Russian + Eng) <b>10:30-11:30 Always Active w/Akiyo</b> 11-1:00 Train Your Brain Study 12:15 "The Songbirds" Sing Broadway 12:45-3:00 <b>Movie:</b> <u>The Hustler (part 2)</u> 1:30-3:30 Computer Lab w/Tutor(Eng+Span)</p>	<p><b>11</b></p> <p>9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 <b>Sit n' Stretch w/Sally</b> 12:45-3:00 <b>Movie:</b> <u>Bullitt</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)</p>	<p><b>12</b></p> <p>9:30-11:30 Computer Lab w/Tutor 9:45-10:45 Songfest/Open Mike <b>10:30-11:30 Always Active w/Akiyo</b> <b>1:00-2:30 Birthday Party</b> 1-3:00 Open Lab with Tutor <b>Happy Mother's Day on May 14!</b></p>
<p><b>15</b></p> <p>9:30-11:30 Computer Lab w/Tutor 1-3:00 <b>Movie:</b> <u>He Walked by Night</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus</p>	<p><b>16</b></p> <p>9-10:00 Coffee &amp; Bagels! 9:30-11:30 Computer Lab w/Tutor <b>11:30-12:00 Nancy Cassidy Performs!</b> 12:45-3:00 <b>Movie:</b> <u>Ferris Buehler's Day Off</u> 1:30-3:30 Computer Lab w/Tutor</p>	<p><b>17</b></p> <p>9:30-11:30 Computer Lab (Russian + Eng) <b>10:30-11:30 Always Active w/Akiyo</b> 12:45-2:45 <b>Movie:</b> <u>Gladiator (part 1)</u> <b>1:15-2:15 Mobile Library</b> 1:30-3:30 Computer Lab w/Tutor(Eng+Span)</p>	<p><b>18</b></p> <p>9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check <b>10:30-11:30 Sit n' Stretch w/Sally</b> 12:45-3:00 <b>Movie:</b> <u>Gladiator (part 2)</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)</p>	<p><b>19</b></p> <p>9:30-11:30 Computer Lab w/Tutor 9:45-10:45 Songfest/Open Mike <b>10-11:30 Free Hearing Assesments</b> <b>10:30-11:30 Always Active w/Akiyo</b> 1-3:00 Open Lab with Tutor 1-2:30 <b>Bingo!</b></p>
<p><b>22</b></p> <p>9:30-11:30 Computer Lab w/Tutor 1-3:00 <b>Movie:</b> <u>Bad Girls Film Noir</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus</p>	<p><b>23</b></p> <p>9-10:00 Coffee &amp; Bagels! 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 <b>Movie:</b> <u>The Ghost &amp; Mrs. Muir</u> 1:30-3:30 Computer Lab w/Tutor</p>	<p><b>24</b></p> <p>9:30-11:30 Computer Lab (Russian + Eng) <b>10:30-11:30 Always Active w/Akiyo</b> 12:45-3:30 <b>Movie:</b> <u>The Cincinnati Kid</u> 1:30-3:30 Computer Lab w/Tutor(Eng+Span)</p>	<p><b>25</b></p> <p>9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 <b>Sit n' Stretch w/Sally</b> 12:45-3:00 <b>Movie:</b> <u>A Monster Calls</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)</p>	<p><b>26</b></p> <p>9:30-11:30 Computer Lab w/Tutor 9:45-10:45 Song Fest/Open Mike <b>10:30-11:30 Always Active w/Akiyo</b> 1-2:30 <b>Trivia!</b> 1-3:00 Open Lab with Tutor</p>
<p><b>29</b></p> <p>9:30-11:30 Computer Lab w/Tutor 1-3:00 <b>Movie:</b> <u>Forgotten Noir</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus</p>	<p><b>30</b></p> <p>9-10:00 Coffee &amp; Bagels! 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 <b>Movie:</b> <u>Shenandoah</u> 1:30-3:30 Computer Lab w/Tutor</p>	<p><b>31</b></p> <p>9:30-11:30 Computer Lab (Russian + Eng) <b>10:30-11:30 Always Active w/Akiyo</b> 12:45-3:30 <b>Movie:</b> <u>Rogue One: Star Wars</u> 1:30-3:30 Computer Lab w/Tutor(Eng+Span)</p>	<p><b>Monday to Friday</b> <b>Breakfast is served at 9:00 am</b></p>	<p><b>Monday to Sunday</b> <b>Lunch is served at 11:30 am</b></p>