



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 27th 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

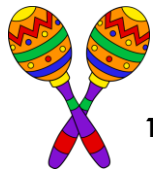
Always Active with Akiyo

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 5th
1:15 – 2:00 pm in the dining room

Bagels & Cream Cheese

Tuesdays
9 – 10:00 am



Monthly Birthday Party

May 12th (Friday)
1 pm – 2:30 pm

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



Friday Bingo Games!

May 19th

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 26th
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 5th
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 10th

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 26th

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 17th
1:15 – 2:15

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