



San Francisco Senior Center Downtown Center

June 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

On May 10th, over twenty of our seniors tested a new video game created to assess attention spans in older adults. Dr. Joaquin Anguera and his team from UCSF were quite impressed with the turnout and interest and we hope to see them at the senior center on a regular basis to demo new products!



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.



Thank you, Camille Lester, for volunteering to cover our front reception desk. If anyone else would be interested in helping out during the summer months, please let us know!

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



Reminder: When you see this symbol on the calendar it means ice cream is served during the movie that day!

Bagels & Cream Cheese

Tuesdays
9 – 10:00 am



Monthly Birthday Party

June 9th (Friday)
1 pm – 2:30 pm

Musical entertainment,
Games & Raffle Prizes!
Ice Cream & Cake for all!



Reminder: The Food Bank is at our center every first Friday of the month to distribute boxes of food for qualified participants!



Friday, June 16th
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

Would you like to volunteer at the Senior Center?

Please let us know if you can help cover the front reception desk in the afternoons, help out at the monthly birthday party or assist in other assignments for any amount of time that's convenient for you!



Friday Bingo Games!

Fridays, June 2nd, June 30th
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

Entertainment Schedule

6/1 Snow White & the Huntsman

6/5 Zero Hour

6/6 Manchester by the Sea

6/7 Train to Busan

6/8 Gold

6/12 Streamline Express

6/13 The Magic of Belle Isle

6/14 Madame Bovary

6/15 Learning to Drive

6/19 Titanic

6/20 Life of Pi

6/21 MacArthur

6/22 La La Land

5/26 Stagecoach

6/27 Allied

6/28 The Devil Wears Prada

6/29 The Graduate



Free! Blood Pressure Check

Thursdays
10:30-11:30 am



Free Hearing Assessments

Friday, June 16th

10:00 – 11:30

Schedule a 15 minute
appointment at the front desk


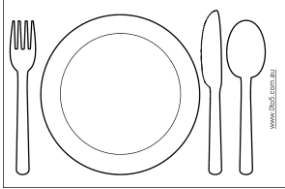









SF Mobile Library Located in front of our Downtown Center

Wednesday, June 21st
1:15 – 2:15

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

June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday to Friday Breakfast is served at 9:00 am 	Monday to Sunday Lunch is served at 11:30 am 	 = Ice cream is served during the movie! 	1 9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 Sit n' Stretch w/Sally  12:45-3:00 Movie: <u>Snow White & the Huntsman</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	2 9:30-11:30 Computer Lab w/Tutor 9:30-3:00 pm Food Bank 10:30-11:30 Always Active w/Akiyo 9:45-10:45 Songfest/Open Mike 1-3:00 Open Lab with Tutor 1-2:30 Bingo!
5 9:30-11:30 Computer Lab w/Tutor 1-3:00 Movie: <u>Zero Hour</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus	6 9-10:00 Coffee & Bagels! 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 Movie: <u>Manchester by the Sea</u> 1:30-3:30 Computer Lab w/Tutor	7 9:30-11:30 Computer Lab (Russian + Eng) 10:30-11:30 Always Active w/Akiyo 11:15-12:30 "Virtual Reality for Seniors" Demonstration 12:45-3:00 Movie: <u>Train to Busan</u> 1:30-3:30 Computer Lab w/Tutor (Eng+ Span) 	8 9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 Sit n' Stretch w/Sally 12:45-3:00 Movie: <u>Gold</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	9 9:30-11:30 Computer Lab w/Tutor 9:45-10:45 Songfest/Open Mike 10:30-11:30 Always Active w/Akiyo 1:00-2:30 Birthday Party 1-3:00 Open Lab with Tutor
12 9:30-11:30 Computer Lab w/Tutor 1-3:00 Movie: <u>Streamline Express</u> 1-3:30 Computer Lab w/Tutor  1:30-3:30 Chinese Chorus	13 9-10:00 Coffee & Bagels! 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 Movie: <u>The Magic of Belle Isle</u> 1:30-3:30 Computer Lab w/Tutor	14 9:30-11:30 Computer Lab (Russian + Eng) 10:30-11:30 Always Active w/Akiyo 12:45-2:45 Movie: <u>Madame Bovary</u> 1:30-3:30 Computer Lab w/Tutor (Eng+Span)	15 9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 Sit n' Stretch w/Sally 12:45-3:00 Movie: <u>Learning to Drive</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	16 9:30-11:30 Computer Lab w/Tutor 9:45-10:45 Songfest/Open Mike 10-11:30 Free Hearing Assessments 10:30-11:30 Always Active w/Akiyo 1-3:00 Open Lab with Tutor 1-2:30 Trivia! Happy Father's Day
19 9:30-11:30 Computer Lab w/Tutor 1-3:00 Movie: <u>Titanic</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus	20 9-10:00 Coffee & Bagels! 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 Movie: <u>Life of Pi</u> 1:30-3:30 Computer Lab w/Tutor 	21 9:30-11:30 Computer Lab (Russian + Eng) 10:30-11:30 Always Active w/Akiyo 12:45-3:30 Movie: <u>MacArthur</u> 1:15-2:15 Mobile Library 1:30-3:30 Computer Lab w/Tutor (Eng+Span)	22 9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 Sit n' Stretch w/Sally 12:45-3:00 Movie: <u>La La Land</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	23 9:30-11:30 Computer Lab w/Tutor 9:45-10:45 Song Fest/Open Mike 10:30-11:30 Always Active w/Akiyo 11:30 "Bread & Roses" concert with Arthur Javiar on guitar 1-3:00 Open Lab with Tutor 1-2:30 Bingo!
26 9:30-11:30 Computer Lab w/Tutor 1-3:00 Movie: <u>Stagecoach</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus 	27 9-10:00 Coffee & Bagels! 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 Movie: <u>Allied</u> 1:30-3:30 Computer Lab w/Tutor	28 9:30-11:30 Computer Lab (Russian + Eng) 10:30-11:30 Always Active w/Akiyo 12:45-3:30 Movie: <u>The Devil Wears Prada</u> 1:30-3:30 Computer Lab w/Tutor(Eng+Span)	29 9:30-11:30 Computer Lab w/Tutor 10:30-11:30 Blood Pressure Check 10:30-11:30 Sit n' Stretch w/Sally 12:45-3:00 Movie: <u>The Graduate</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	30 9:30-11:30 Computer Lab w/Tutor 9:45-10:45 Song Fest/Open Mike 10:30-11:30 Always Active w/Akiyo 1-3:00 Open Lab with Tutor