



# San Francisco Senior Center Downtown Center

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



Welcome, Gloria Garcia!  
The SF Senior Center is so  
pleased to have Gloria  
join the team. She brings  
with her a wealth of  
knowledge about the  
community having  
worked at the Central  
YMCA, Curry Center, Boys  
& Girls Club and many  
years at our Aquatic Park  
Senior Center. Gloria will  
be assisting with activities  
and volunteer  
recruitment. Please bring  
your smiles to Gloria!

"Rosie the Riveter" Museum Tour Participants!



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 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.





### Always Active with Akiyo

Wednesdays, Fridays  
10:30 – 11:30 am

### Sit 'n Stretch with Sally

Thursdays  
10:30 – 11:30 am

### **SF Opera Lecture: Turandot**

**Free tickets to the Dress Rehearsal!**

Lecture: August 15<sup>th</sup> at 11-11:45

Dress Rehearsal Performance will be on 9/7

### **Bagels & Cream Cheese**

Tuesdays  
9:30 – 10:30 am

### **Monthly Birthday Party**

August 11<sup>th</sup> (Friday)  
1 pm – 2:30 pm

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

### **Friday Bingo Games!**

Fridays, August 18<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

## Win a Computer Tablet!



### Entertainment Schedule

- 8/1 The Magnificent Seven
- 8/2 South Pacific
- 8/3 Sex & the Single Girl
- 8/7 The Ghost Breakers
- 8/8 The Meddler
- 8/9 The Grapes of Wrath
- 8/10 The Birdcage
- 8/14 Who Done It
- 8/15 The Big Sleep
- 8/16 Angel and the Badman
- 8/17 The Godfather
- 8/21 Who Framed Roger Rabbit?
- 8/22 Boomtown
- 8/23 Dirty Harry
- 8/24 Seven Years in Tibet
- 8/28 A Slight Case of Murder
- 8/29 A Dog's Purpose
- 8/30 Operation Petticoat
- 8/31 The Seven Year Itch

### **Free! Blood Pressure Check**

Thursdays  
10:30-11:30 am

### Free Hearing Assessments

Friday, August 18<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, August 16<sup>th</sup>  
1:15 – 2:15

# August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 =  <b>Ice cream is served during the movie!</b>	<b>1</b> 9:30-10:00 <i>Coffee &amp; Bagels!</i> 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 <b>Movie:</b> <u>The Magnificent 7</u> 1:30-3:30 Computer Lab w/Tutor	<b>2</b> 9:30-11:30 Computer Lab (Russian + Eng) <b>10:30-11:30 Always Active w/Akiyo</b> 12:00-12:15 <u>Senior Disability &amp; Action Group update with Alyse Ceirante</u> 12:45-2:45 <b>Movie:</b> <u>South Pacific</u> 1:30-3:30 Computer Lab w/Tutor (Eng+Spanish)	<b>3</b> 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>Sex &amp; the Single Girl</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	<b>4</b> 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 1-3:00 Open Lab with Tutor
<b>7</b> 9:30-11:30 Computer Lab w/Tutor 1-3:00 <b>Movie:</b> <u>The Ghost Breakers</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus 	<b>8</b> 9:30-10:00 <i>Coffee &amp; Bagels!</i> 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 <b>Movie:</b> <u>The Meddler</u> 1:30-3:30 Computer Lab w/Tutor	<b>9</b> 9:30-11:30 Computer Lab (Russian + Eng) <b>10:30-11:30 Always Active w/Akiyo</b> <b>1:15-3:45 Portable Device Event</b> 12:45-3:00 <b>Movie:</b> <u>The Grapes of Wrath</u> 1:30-3:30 Computer Lab w/Tutor (Eng+ Spanish)	<b>10</b> 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>The Birdcage</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	<b>11</b> 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>14</b> 9:30-11:30 Computer Lab w/Tutor 1-3:00 <b>Movie:</b> <u>Who Done It</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus 	<b>15</b> 9:30-10:00 <i>Coffee &amp; Bagels!</i> 9:30-11:30 Computer Lab w/Tutor <b>11-11:45 SF Opera Lecture: Turandot</b> 12:45-3:00 <b>Movie:</b> <u>The Big Sleep</u> 1:30-3:30 Computer Lab w/Tutor	<b>16</b> 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>Angel &amp; the Badman</u> <b>1:15-2:15 Mobile Library</b> 1:30-3:30 Computer Lab w/Tutor (Eng+Spanish)	<b>17</b> 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> 11:30-11:45 <b>Classical Guitar LIVE</b> 12:45-3:00 <b>Movie:</b> <u>The Godfather</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	<b>18</b> 9:30-11:30 Computer Lab w/Tutor 9:45-10:45 Songfest/Open Mike <b>10-11:30 Free Hearing Assessments</b> <b>10:30-11:30 Always Active w/Akiyo</b> 1-3:00 Open Lab with Tutor 1-2:30 <b>Trivia!</b>
<b>21</b> 9:30-11:30 Computer Lab w/Tutor 1-3:00 <b>Movie:</b> <u>Who Framed Roger Rabbit</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus 	<b>22</b> 9:30-10:00 <i>Coffee &amp; Bagels!</i> 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 <b>Movie:</b> <u>Boomtown</u> 1:30-3:30 Computer Lab w/Tutor	<b>23</b> 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>Dirty Harry</u> 1:30-3:30 Computer Lab w/Tutor (Eng+Spanish)	<b>24</b> 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>7 Years in Tibet</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	<b>25</b> 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> 1-3:00 Open Lab with Tutor 1-2:30 <b>Bingo!</b>
<b>28</b> 9:30-11:30 Computer Lab w/Tutor 1-3:00 <b>Movie:</b> <u>A Slight Case of Murder</u> 1-3:30 Computer Lab w/Tutor 1:30-3:30 Chinese Chorus 	<b>29</b> 9-10:00 <i>Coffee &amp; Bagels!</i> 9:30-11:30 Computer Lab w/Tutor 12:45-3:00 <b>Movie:</b> <u>A Dog's Purpose</u> 1:30-3:30 Computer Lab w/Tutor	<b>30</b> 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>Operation Petticoat</u> 1:30-3:30 Computer Lab w/Tutor (Eng+ Span)	<b>31</b> 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>The Seven Year Itch</u> 1:30-3:30 Chinese Folk Dancers 12-2:00 Open Lab w/Tutor (Eng+Chi)	<b>Monday to Friday</b> <b>Breakfast is served at 9:00 am</b>  <b>Monday to Sunday</b> <b>Lunch is served at 11:30 am</b>