



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 15th 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 11th (Friday)
1 pm – 2:30 pm

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

Friday Bingo Games!

Fridays, August 18th
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 18th

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 16th
1:15 – 2:15