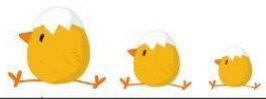


# EXCELSIOR COMMUNITY CENTER

4468 Mission Street, San Francisco, CA, 94112

(415)-206-2140; bhnc.org

## April 2026 Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:15 AM – 2:00 PM Social Service Coffee Area &amp; Chairs Setup</p> <p>9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) </p> <p>10:00 AM-11:00 AM Tai Chi Class (Rose)</p> <p>11:00 AM-12:00 PM Chair Exercises (Video Guided-YouTube) </p> <p>12:00 PM-1:00 PM ECC Congregate Meal</p> <p>1:00 PM-2:00 PM Zumba Class (Jenny) (Every 2nd &amp; 4th Monday) </p> <p>11:30 AM-2:00 PM Food Box Distribution Every 3rd Monday </p> <p>2:00 PM-3:00 PM Document Filing</p>	<p>9:15 AM – 2:00 PM Social Service Coffee Area &amp; Chairs Setup</p> <p>9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) </p> <p>10:00 AM - 11:00 AM (Karaoke time) </p> <p>11:00 AM-11:30 PM Chair Exercises (Video Guided-YouTube)</p> <p>11:30 AM-12:30 PM Bingo Game </p> <p>12:30 PM-1:30 PM ECC Congregate Meal</p> <p>12:30 PM-2:00 PM Basic Computer Skills (Every Tuesday) Instructor: Mr. Liang</p> <p>Basic Computer Skills (Every Monday &amp; Tuesday) Spanish &amp; English Miguel 9:00AM-5:00PM  </p>	<p>9:15 AM – 2:00 PM Social Service Coffee Area &amp; Chairs Setup</p> <p>9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) </p> <p>10:15 AM – 11:00 AM Stress Buster (Every 2nd Wednesday)</p> <p>11:00 AM-12:00 PM Chair Exercises (Video Guided-YouTube)</p> <p>12:00 PM-1:00 PM ECC Congregate Meal </p> <p>1:00 PM-2:15 PM Loading (Food pantry)</p> <p>2:15 PM-3:15 PM Distribution For more info, please call Eric (English &amp; Spanish) (415) 206-2140 ext.153.</p> <p>3:30 PM-5:00 PM After Food pantry clean up time  </p>	<p>9:15 AM – 2:00 PM Social Service Coffee Area &amp; Chairs Setup</p> <p>9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) </p> <p>10:00 AM - 11:00 AM (Karaoke time) </p> <p>11:00 AM-11:30 AM Chair Exercises (Video Guided-YouTube)</p> <p>12:00 PM-1:00 PM ECC Congregate Meal </p> <p>1:00 PM – 2:30 PM Chinese Calligraphy Class &amp; Traditional Chinese Painting (Chinese Teacher Li) Volunteer Every Thursday  </p>	<p>9:15 AM – 2:00 PM Social Service Coffee Area &amp; Chairs Setup</p> <p>9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) </p> <p>10:00 AM - 11:00 AM (Karaoke time) </p> <p>11:30 AM-12:30 PM Bingo Game</p> <p>12:30PM-2:30 PM Mahjong 4 Fun!</p> <p>11:30 AM-12:30 PM Birthday Celebration 04/24/2026</p> <p>12:30PM-1:30 PM ECC Congregate Meal </p> <p>The Art of Crochet, etc. (Every Friday) 1:00PM-3:00PM (Volunteer Marilyn)  </p>	<p>9:15 AM – 2:00 PM Social Service Coffee Area &amp; Chairs Setup</p> <p>9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) </p> <p>10:00 AM - 12:00 PM Music &amp; Motion AB &amp; Line Dance 1 (Allen/Caroline)</p> <p>10:15 AM &amp; 12:00 PM Activity Reminder by Senior Services </p> <p>12:00 PM-2:00 PM Document Filing</p> <p> </p> <p> </p>

Eligibility: Seniors (60+) & Adults with Disabilities (18-59)

