



Bernal Heights Neighborhood Center

515 Cortland Ave. | (415) 206 - 2140 | www.bhnc.org
 Eligibility: Older Adults (60+) & Adults with Disabilities (18-59)

SOCIAL SERVICES

APPOINTMENTS ARE HIGHLY ENCOURAGED

- DROP-INS ARE AVAILABLE DAILY FROM 9:00 AM TO 2:00 PM
- AFTER 2:00PM, SERVICE IS BY APPOINTMENT ONLY

Monday

Tuesday

Wednesday

Thursday

Friday



BERNAL HEIGHTS
Neighborhood Center



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

These programs serving the
community are funded by the
City of San Francisco's
Department of Disability and
Aging Services

1

9:00 AM - 11:00 AM
World Cup Watch Party

9:30 AM - 11:00 AM
Crochet with Jo

1:00 PM - 2:30 PM
Choir w/ CMC

2

9:15 AM - 11:15 AM
Art w/ Estela
2:30 PM - 3:30 PM
Food Pantry

3



In observance
of 4th of July

6

9:15 AM - 11:15 AM
Art w/ Estela

9:30 AM - 11:00 AM
Mahjong & Hobby Hour

11:00 AM - 12:00 PM
Garden club (in the patio)

1:00 PM - 1:55 PM
Tahitian dancing with Keani

2:05 PM - 3:00 PM
Ukelele w/ Abby

7



9:30 - 10:30 AM
Cubing class with Koan

10:30 AM - 11:15 AM
Tai Chi w/ Rose

1:00 PM - 3:00 PM
Line Dance w/ Allen
& Caroline

8



9:30 AM - 10:30 AM
Exercise w/ Angela

9:30 AM - 11:00 AM
Crochet with Jo

1:00 PM - 2:30 PM
Choir w/ CMC

1:00 PM - 3:00 PM
Movie party

9

9:15 AM - 11:15 AM
Art w/ Estela
2:30 PM - 3:30 PM
Food Pantry

10



9:30 AM - 10:30 AM
Exercise w/ Angela

10:30 AM - 11:15 AM
"Taste & Talk" w/ Ms. Sherrie

11:15 AM - 11:30 AM
Stress Busters

12:30 PM - 1:45 PM
BINGO

2:00 PM Center closure

13

9:15 AM - 11:15 AM
Art w/ Estela

9:30 AM - 11:00 AM
Mahjong & Hobby Hour

11:00 AM - 12:00 PM
Garden club (in the patio)

1:00 PM - 1:55 PM
Chair Yoga with Anant

2:05 PM - 3:00 PM
Ukelele w/ Abby

14

9:30 - 10:30 AM
Cubing class with Koan

10:30 AM - 11:15 AM
Tai Chi w/ Rose

1:00 PM - 3:00 PM
Line Dance w/ Allen
& Caroline



9:30 AM - 10:30 AM
Exercise w/ Angela

9:30 AM - 11:00 AM
Crochet with Jo

1:00 PM - 2:30 PM
Choir w/ CMC

16

9:15 AM - 11:15 AM
Art w/ Estela

2:30 PM - 3:30 PM
Food Pantry

17

9:30 AM - 10:30 AM
Exercise w/ Angela

12:30 PM - 1:45 PM
BINGO

3:00 PM Center closure

20

9:15 AM - 11:15 AM
Art w/ Estela

9:30 AM - 11:00 AM
Mahjong & Hobby Hour

11:00 AM - 12:00 PM
Garden club (in the patio)

1:00 PM - 1:55 PM
Tahitian dancing with Keani

2:05 PM - 3:00 PM
Ukelele w/ Abby

21

9:30 - 10:30 AM
Cubing class with Koan

10:30 AM - 11:15 AM
Tai Chi w/ Rose

1:00 PM - 3:00 PM
Line Dance w/ Allen
& Caroline



9:30 AM - 11:00 AM
Digital Navigation
Workshop

1:00 PM - 2:30 PM
Choir w/ CMC

23

9:15 AM - 11:15 AM
Art w/ Estela



9:30 AM - 11:00 AM
Crochet with Jo

2:30 PM - 3:30 PM
Food Pantry

24

11:30 AM - 3:00 PM
4th of July
Celebratory event



27

9:15 AM - 11:15 AM
Art w/ Estela

9:30 AM - 11:00 AM
Mahjong & Hobby Hour

11:00 AM - 12:00 PM
Garden club (in the patio)

1:00 PM - 1:55 PM
Chair Yoga with Anant

2:05 PM - 3:00 PM
Ukelele w/ Abby

28

9:30 - 10:30 AM
Cubing class with Koan

10:30 AM - 11:15 AM
Tai Chi w/ Rose

1:00 PM - 3:00 PM
Line Dance w/ Allen
& Caroline

29

9:30 AM - 11:00 AM
Heart Space: Monthly
Circles for Conscious
Aging

1:00 PM - 2:30 PM
Choir w/ CMC



30

9:30 AM - 11:00 AM
Crochet with Jo

9:15 AM - 11:15 AM
Art w/ Estela

2:30 PM - 3:30 PM
Food Pantry

31

9:30 AM - 10:30 AM
Exercise w/ Angela
12:30 PM - 1:45 PM
BINGO



2:00 PM - 3:00 PM
Monthly Advisory
Meeting

Additional information

Highlights and Closed Dates:

07/01: World Cup watch party

07/03: Center closed in observance of 4th of July

07/08: Movie party

07/10: Stress Busters at 11:15AM

2:00 PM closure for all staff meeting

07/17: 3:00 PM closure for staff meeting

07/22: Digital navigation workshop

07/24: 4th of July celebration

07/29: Heart Space Monthly circle

07/31: Senior Advisory Committee meeting at 2PM

Ms Sherrie is on break and will return September 4th

Computer Lab

Monday-Friday

9:00 AM - 3:00 PM

Except Thursday 9 AM - 1:00PM

**NEED HELP? CALL MIGUEL FOR
APPOINTMENTS AT CORTLAND WED-FRI**

(415) 287-6225

Food Pantry Distribution

Every Thursday

2:30 - 3:30 PM

First come, first served



This institution is an equal opportunity provider.

Hot Meals Served Daily by



Monday-Friday (Dine In)

11:30 AM - 12:30 PM



Coffee and Tea Social

Monday-Friday

9:00 AM - 3:00 PM



Distribution of Boxes:

10:00 AM - 3:00 PM

Now only one week

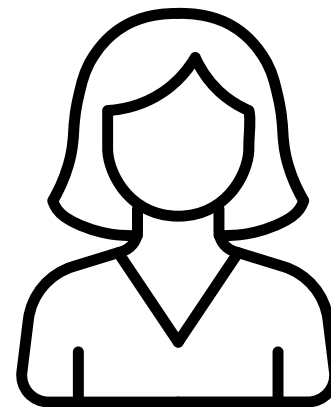
July 7th - 14th

Exception:

10:00AM - 1:00PM

July 9th

Senior of the Month



Bonnie Albano



Volunteer of the Month



Aurora Maturino