













# 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
<p>1</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>9:30 AM - 11:00 AM Mahjong &amp; Hobby Hour</p> <p>11:00 AM - 12:00 PM Garden club (in the patio)</p> <p>1:00 PM - 1:55 PM Meditation with Bruce</p> <p>2:05 PM - 3:00 PM Ukelele w/ Abby</p> 	<p>2</p> <p>10:30 AM - 11:15 AM Tai Chi w/ Rose</p> <p>1:00 PM - 3:00 PM Line Dance w/ Allen &amp; Caroline</p>	<p>3</p> <p>9:30 AM - 11:00 AM Crochet with Jo</p> <p>1:00 PM - 2:30 PM Older Adult Choir w/ CMC</p>	<p>4</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>5</p> <p>9:30 AM - 10:30 AM Exercise w/ Angela</p> <p>10:30 AM - 11:15 AM "Taste &amp; Talk" w/ Ms. Sherrie</p> <p>12:30 PM - 1:45 PM BINGO</p> <p>2:00 PM Center closure</p>
<p>8</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>9:30 AM - 11:00 AM Mahjong &amp; Hobby Hour</p> <p>11:00 AM - 12:00 PM Garden club (in the patio)</p> <p>1:00 PM - 1:55 PM Zumba</p> <p>2:05 PM - 3:00 PM Ukelele w/ Abby</p>	<p>9</p> <p>10:30 AM - 11:15 AM Tai Chi w/ Rose</p> <p>1:00 PM - 3:00 PM Line Dance w/ Allen &amp; Caroline</p>	<p>10</p> <p>9:30 AM - 11:00 AM Crochet with Jo</p> <p>1:00 PM - 2:30 PM Older Adult Choir w/ CMC</p>	<p>11</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>12</p> <p>9:30 AM - 10:30 AM Exercise w/ Angela</p> <p>10:30 AM - 11:15 AM "Taste &amp; Talk" w/ Ms. Sherrie</p> <p>11:15 AM - 11:30 AM Stress Busters</p> <p>12:30 PM - 1:45 PM BINGO</p>
<p>15</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>9:30 AM - 11:00 AM Mahjong &amp; Hobby Hour</p> <p>11:00 AM - 12:00 PM Garden club (in the patio)</p> <p>2:05 PM - 3:00 PM Ukelele w/ Abby</p>	<p>16</p> <p>10:30 AM - 11:15 AM Tai Chi w/ Rose</p> <p>1:00 PM - 3:00 PM Line Dance w/ Allen &amp; Caroline</p>	<p>17</p>  <p>9:30 AM - 10:30 AM Exercise w/ Angela</p> <p>9:30 AM - 11:00 AM Crochet with Jo</p> <p>1:00 PM - 2:30 PM Older Adult Choir w/ CMC</p>	<p>18</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>19</p>  <div style="border: 1px solid black; padding: 5px; display: inline-block;">CLOSED</div> <p>In observance of Juneteenth</p>
<p>22</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>9:30 AM - 11:00 AM Mahjong &amp; Hobby Hour</p> <p>11:00 AM - 12:00 PM Garden club with Elena from GFE (in the patio)</p> <p>1:00 PM - 1:55 PM Tahitian dancing with Keani</p> <p>2:05 PM - 3:00 PM Ukelele w/ Abby</p> 	<p>23</p> <p>10:30 AM - 11:15 AM Tai Chi w/ Rose</p> <p>1:00 PM - 3:00 PM Line Dance w/ Allen &amp; Caroline</p>	<p>24</p>  <p>9:15 AM - 11:15 AM Heart Space: Monthly Circles for Conscious Aging</p> <p>1:00 PM - 2:30 PM Older Adult Choir w/ CMC</p>	<p>25</p>  <p>9:30 AM - 11:00 AM Crochet with Jo</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>26</p>   <p>11:30 AM - 2:00 PM Father's Day &amp; birthday Celebrations</p> <p>2:00 PM - 3:00 PM Senior Committee Meeting</p>
<p>29</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>9:30 AM - 11:00 AM Mahjong &amp; Hobby Hour</p> <p>11:00 AM - 12:00 PM Garden club (in the patio)</p> <p>2:05 PM - 3:00 PM Ukelele w/ Abby</p>	<p>30</p> <p>10:30 AM - 11:15 AM Tai Chi w/ Rose</p> <p>1:00 PM - 3:00 PM Line Dance w/ Allen &amp; Caroline</p>	 <p>BERNAL HEIGHTS Neighborhood Center</p>	 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p> <p>These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.</p>	

# Additional information

## Highlights and Closed Dates:

**06/05:** 2:00 PM closure for all staff meeting

**06/12:** Stress Busters at 11:15AM

**06/19:** Center closed in observance of Juneteenth

**06/24:** HeartSpace at 9:15 AM

**06/26:** Father's Day celebration

Senior Committee meeting at 2:00 PM

**Coming in August: Field Trip!**

**Jenny is away this summer and will return 08/03**

## Hot Meals Served Daily by

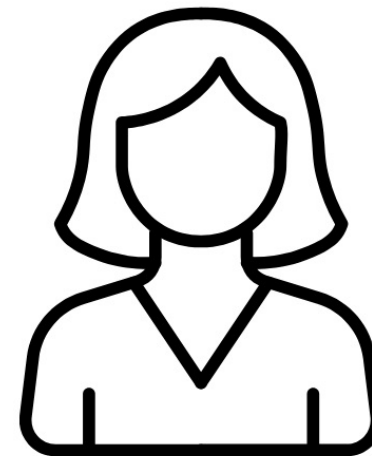


Monday-Friday (Dine In)

11:30 AM - 12:30 PM



## Senior of the Month



**Diane**



## Volunteer of the Month



**Patty**



## 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



## 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**

June 2<sup>nd</sup> - 9<sup>th</sup>

**Exception:**

10:00AM - 1:00PM

June 4<sup>th</sup>



This institution is an equal opportunity provider.