



Bernal Heights Neighborhood Center

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

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

	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	BERNAL HEIGHTS Neighborhood Center	1 9:30AM-1:00PM USF- Nursing Students on Site 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	2 9:30 AM - 10:30 AM Exercise w/ Angela 10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie 12:30 PM - 1:45 PM BINGO 2:00 PM Center closure
5 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	6 9:30AM-1:00PM USF- Nursing Students on Site 10:30 AM - 11:15 AM Tai Chi w/ Rose 1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline	7 9:30 AM - 11:00 AM Crochet with Jo 1:00 PM - 2:30 PM Choir w/ CMC	8 9:30AM-1:00PM USF- Nursing Students on Site 9:15 AM - 11:15 AM Art w/ Estela 2:30 PM - 3:30 PM Food Pantry	9 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
12 9:15 AM - 11:15 AM Art w/ Estela 9:30 - 10:30 AM Cubing class with Koan 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 Zumba w/ Jenny 2:05 PM - 3:00 PM Ukelele w/ Abby	13 9:30AM-1:00PM USF- Nursing Students on Site 10:30 AM - 11:15 AM Tai Chi w/ Rose 1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline	14 9:30 AM - 11:00 AM Heart Space: Monthly Circles for Conscious Aging (Spanish) 1:00 PM - 2:30 PM Choir w/ CMC	15 9:30AM-1:00PM USF- Nursing Students on Site 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	16 9:30 AM - 10:30 AM Exercise w/ Angela 10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie 12:30 PM - 1:45 PM BINGO
19 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	20 9:00 AM - 3:00 PM Field trip to Lemos Farm's Pumpkin Patch 9:30AM-1:00PM USF- Nursing Students on Site 10:30 AM - 11:15 AM Tai Chi w/ Rose 1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline	21 9:30 AM - 11:00 AM Crochet with Jo 1:00 PM - 2:30 PM Choir w/ CMC	22 9:30AM-1:00PM USF- Nursing Students on Site 9:15 AM - 11:15 AM Art w/ Estela 2:30 PM - 3:30 PM Food Pantry	23 9:30 AM - 10:30 AM Exercise w/ Angela 10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie 12:30 PM - 1:45 PM Birthmonth cake & BINGO 2:00 PM - 3:00 PM Monthly Advisory Meeting
26 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 Zumba w/ Jenny 2:05 PM - 3:00 PM Ukelele w/ Abby	27 9:30AM-1:00PM USF- Nursing Students on Site 10:30 AM - 11:15 AM Tai Chi w/ Rose 1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline	28 9:30 AM - 11:00 AM Heart Space: Monthly Circles for Conscious Aging (English) 1:00 PM - 2:30 PM Choir w/ CMC	29 9:30AM-1:00PM USF- Nursing Students on Site 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	30 9:30 AM - 10:30 AM Exercise w/ Angela 10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie 12:30 PM - 3:00 PM Halloween celebration

Upcoming Program Events and Office Closures This Month:

10/02: 2:00 PM closure for all staff meeting
10/05: English iPad cohort with digitalLift ends+
10/06: Field trip interest list opens
10/09: Stress Busters
10/14: Heart Space Monthly circle in Spanish
10/16: Field trip ticket raffle before Bingo
10/20: Field trip to Lemos Farm's Pumpkin Patch
10/23: October birthmonth celebration
2:00PM Senior Advisory Committee meeting
10/28: Heart Space Monthly circle in English
10/30: Halloween celebration
***Next digitalLift workshop date TBD. Please call Leo Guimaraes at 415 692 0485 to register your interest.**



Computer Lab

Monday-Friday*
9:00 AM - 3:00 PM

***Except Thursdays: 9 AM - 1:00PM**

Need help? Drop-ins available Tuesdays
10:00 AM - 12:00 PM & Fridays 11:30 AM
- 2:00 PM with digitalLift



Coffee and Tea Social

Monday-Friday
9:00 AM - 3:00 PM

Newsletter

Recent Activities and Highlights

- We celebrated Latinx/Hispanic heritage month
- 49th Fiesta on The Hill - Senior Program and Estela's art class displayed and sold their art
- We gave out traditional fish doll mooncakes in observance of Mid-Autumn Moon Festival
- Heart Bridge Care led discussions in Spanish & English
- **October** is Breast Cancer Awareness month and Filipino American History month. October 12th is Indigenous Peoples' Day (BHNC will be open)



SFMFB Food Pantry Distribution

Thursdays 2:30 - 3:30 PM

Leftovers are given out at 3:30 PM

SFMFB Distribution of

Boxes:

10:00 AM - 3:00 PM

Now only one week

October 6th - 13th

Exception:

10:00AM - 1:00PM

Thursday, October 8th

Dine-in lunch Served Daily by



Monday-Friday
11:30 AM - 12:30 PM



Volunteer of the Month

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Senior of the Month

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This institution is an equal opportunity provider.