



EXCELSIOR COMMUNITY CENTER

4468 Mission Street, San Francisco, CA, 94112
(415)-206-2140; bhnc.org



SFHSA
Department of Disability
and Aging Services

JULY 2026 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup	9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup	9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup	9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup	9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup	9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup
9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 	9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 	9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 	9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 	9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 	9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 
10:00 AM-11:00 AM Tai Chi Class (Rose)	10:00 AM – 11:00 AM (Karaoke time) 	10:15 AM – 11:00 AM Stress Buster (Every 2nd Wednesday)	10:00 AM – 11:00 AM (Karaoke time) 	10:00 AM – 11:00 AM (Karaoke time) 	10:00 AM – 12:00 PM Music & Motion AB & Line Dance 1 (Allen/Caroline)
11:00 AM-11:30 AM Chair Exercises (Video Guided- YouTube) 	11:00 AM-11:30 AM Chair Exercises (Video Guided-YouTube) 11:10 AM-11:30 AM Bingo Game	11:00 AM-11:30 AM Chair Exercises (Video Guided-YouTube)	11:00 AM-11:30 AM Chair Exercises (Video Guided-YouTube)	11:10 AM-11:30 AM Bingo Game	10:15 AM & 12:00 PM Activity Reminder by Senior Services 
11:30 AM-12:30 PM ECC Congregate Meal	11:30 AM-12:30 PM ECC Congregate Meal	11:30 AM-12:30 PM ECC Congregate Meal 	11:30 AM-12:30 PM ECC Congregate Meal 	11:30 AM-12:30 PM Birthday Celebration 07/24/2026	
12:00 PM-3:00 PM Food Box Distribution Every 3rd Monday 	12:30 PM-2:00 PM Basic Computer Skills (Every Tuesday) Instructor: Mr. Liang	1:00 PM-2:15 PM Loading (Food pantry)	1:00 PM – 2:30 PM Chinese Calligraphy Class & Traditional Chinese Painting (Chinese Teacher Li) Volunteer Every Thursday 	1:00PM-2:30 PM Mahjong 4 Fun!	
	Basic Computer Skills (Every Monday & Tuesday) Spanish & English Miguel 9:00AM-5:00PM  	2:15 PM-3:15 PM Distribution For more info, please call Eric (English & Spanish) (415) 206-2140 ext.153. 3:30 PM-5:00 PM After Food pantry clean up time  	 	11:30 AM-12:30 PM ECC Congregate Meal 	
				The Art of Crochet, etc. (Every Friday) 1:00PM-3:00PM (Volunteer Marilyn) 	
				 	

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