

EXCELSIOR COMMUNITY CENTER

4468 Mission Street, San Francisco, CA, 94112

(415)-206-2140; bhnc.org

















BERNAL HEIGHTS
Neighborhood Center



JUNE 2026 Activity Calendar



SFHSA
Department of Disability
and Aging Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:15 AM – 2:00 PM Social Service Coffee Area & 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-11:30 AM Chair Exercises (Video Guided-YouTube) 🍱</p> <p>11:30 AM-12:30 PM ECC Congregate Meal</p> <p>12:00 PM-3:00 PM Food Box Distribution Every 3rd Monday</p> 	<p>9:15 AM – 2:00 PM Social Service Coffee Area & 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>11:10 AM-11:30 AM Bingo Game</p> <p>11:30 AM-12:30 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 & Tuesday) Spanish & English Miguel</p> <p>9:00AM-5:00PM</p>  	<p>9:15 AM – 2:00 PM Social Service Coffee Area & 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-11:30 AM Chair Exercises (Video Guided-YouTube)</p> <p>11:30 AM-12:30 PM ECC Congregate Meal 🍱</p> <p>1:00 PM-2:15 PM Loading (Food pantry)</p> <p>2:15 PM-3:15 PM Distribution</p> <p>For more info, please call Eric (English & 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 & 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>11:30 AM-12:30 PM ECC Congregate Meal 🍱</p> <p>1:00 PM – 2:30 PM Chinese Calligraphy Class & Traditional Chinese Painting (Chinese Teacher Li) Volunteer Every Thursday</p>  	<p>9:15 AM – 2:00 PM Social Service Coffee Area & 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>11:10 AM-11:30 AM Bingo Game</p> <p>1:00PM-2:30 PM Mahjong 4 Fun!</p> <p>11:30 AM-12:30 PM Birthday Celebration 06/26/2026</p> <p>11:30 AM-12:30 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 & Chairs Setup</p> <p>9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) ☕</p> <p>10:00 AM - 12:00 PM Music & Motion AB & Line Dance 1 (Allen/Caroline)</p> <p>10:15 AM & 12:00 PM Activity Reminder by Senior Services</p>    

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