BERNAL HEIGHTS Neighborhood Center

SFHSA Department of Disability and Aging Services

NOVEMBER 2026

Special Events

HAPPY THANKSGIVING

- 11/02/2026: (Monday) 1:00 –2:00PM Zumba Class
- 11/16/2026: (Monday) 1:00 –2:00PM Zumba Class
- 11/30/2026: (Monday) 1:00 –2:00PM Zumba Class

- 11/11/2026: (Wednesday) 10:20–11:00AM Stress Buster
- 11/12/2026: (Thursday) 10:00–11:00AM Emergency Preparedness





- 11/13/2026: (Fridy)11:30AM Birthday Party Celebration
- 11/20/2026: (Fridy)11:30AM Thanksgiving Party



- 11/26 ,11/27/2026 (Thursday, Friday) Thanksgiving Day ECC Center closed



Basic Computer Skills
Every Tuesday
English & Chinese
(Mr. Su)

12:30–2:00PM



SFMFB Food Pantry Distribution
Every Wednesday

2:15–3:15PM



For more info,
please call SF. Marin food Bank
(415) 820-1699



Food Box Distribution

Open on Mon-Fri
Except Wednesday

11/16/26(Mon)
Food Box Distribution
First Day for pick up

12:00–2:00PM



11/24/26 (Tue)
Food Box Distribution
Last Day for pick up

12:00–2:00PM

Eligibility: Older Adults (60+) & Adults with Disabilities (18-59) These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services