BERNAL HEIGHTS Neighborhood Center

EXCELSIOR COMMUNITY CENTER

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

GIVE THANKS

SFHSA Department of Disability and Aging Services

November 2026 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup 9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 10:00 AM–11:00 AM Tai Chi Class (Rose) 11:00 AM–11:30 AM Chair Exercises (Video Guided-YouTube) 11:30 AM–12:30 PM ECC Congregate Meal 12:00 PM–2:00 PM Food Box Distribution Every 3rd Monday	9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup 9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 10:00 AM - 11:00 AM (Karaoke time) 11:00 AM–11:30 AM Chair Exercises (Video Guided-YouTube) 11:10 AM–11:30 AM Bingo Game 11:30 AM–12:30 PM ECC Congregate Meal 12:30 PM–2:00 PM Basic Computer Skills (Every Tuesday) English & Chinese Instructor: Mr. Su	9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup 9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 10:15 AM – 11:00 AM Stress Buster (Every 2nd Wednesday) 11:00 AM–11:30 AM Chair Exercises (Video Guided-YouTube) 11:30 AM–12:30 PM ECC Congregate Meal 1:00 PM–2:15 PM Loading (Food pantry) 2:15 PM–3:15 PM Distribution For more info, please call SF. Marin food Bank (415) 820-1699 3:30 PM–5:00 PM After Food pantry clean up time	9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup 9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 10:00 AM - 11:00 AM (Karaoke time) 11:00 AM–11:30 AM Chair Exercises (Video Guided-YouTube) 11:30 AM–12:30 PM ECC Congregate Meal 1:00 PM – 2:30 PM Chinese Calligraphy Class & Traditional Chinese Painting (Chinese Teacher Li) Volunteer Every Thursday	9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup 9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 10:00 AM - 11:00 AM (Karaoke time) 11:10 AM–11:30 AM Bingo Game 1:00PM–2:30 PM Mahjong 4 Fun! 11:30 AM–12:30 PM Birthday Celebration 11/13/2026 11:30 AM–12:30 PM ECC Congregate Meal The Art of Crochet, etc. (Every Friday) 1:00PM–3:00PM (Volunteer Marilyn)	9:15 AM – 2:00 PM Social Service Coffee Area & Chairs Setup 9:30 AM-10:00 AM Morning Coffee time (Enjoy Music) 10:00 AM - 12:00 PM Music & Motion AB & Line Dance 1 (Allen/Caroline) 10:15 AM & 12:00 PM Activity Reminder by Senior Services

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