

OCTOBER 2026

special events

- 10/05/2026: (Monday) 1:00 – 2:00PM Zumba Class
- 10/19/2026: (Monday) 1:00 – 2:00PM Zumba Class
- 10/14/2026: (Wednesday) 10:20–11:00AM Stress Buster
- 10/15/2026: (Thursday) Project Open Hand Nutrition Class

- 10/18/2026: (Sunday) 09:30AM–2:30PM (4468 Mission St)
 **Sunday Street Event 2026**

- 10/23/2026: (Friday) 11:30AM Birthday Party Celebration

- 10/30/2026: (Friday) 11:30AM Halloween Party Celebration 11:30 AM

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 **Eric**
(English & Spanish)
(415) 206-2140 ext.153



Food Box Distribution

Open on Mon-Fri
Except Wednesday

10/12/26 (Mon)
Food Box
Distribution
First Day for pick up

12:00–2:00PM



10/27/26 (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