

APRIL

Bernal Heights Neighborhood Center

515 Cortland Ave. (415) 206-2140; bhnc.org

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

SOCIAL SERVICES

APPOINTMENTS ARE HIGHLY ENCOURAGED

- DROP-INS ARE AVAILABLE DAILY FROM 10:00 AM TO 2:00 PM
- AFTER 2:00PM, SERVICE IS BY APPOINTMENT ONLY

Monday










Tuesday

Wednesday

Thursday

Friday



		<p>1</p> <p>9:30 AM - 11:00 AM Crochet with Jo</p> <p>1:00 PM - 2:30 PM Older Adult Choir w/ CMC</p>	<p>2</p> <p>9:30AM-1:00PM USF- Nursing Students on Site</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>3</p> <p>9:30 AM - 10:30 AM Exercise w/ Angela</p> <p>10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie</p> <p>12:30 PM - 1:45 PM BINGO</p> <p>2:00 PM Center closure</p> 
<p>6</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>9:30 AM - 11:00 AM Mahjong & Hobby Hour</p> <p>11:00 AM - 12:00 PM Garden club with Elena from GFE (in the patio)</p> <p>1:00 PM - 1:55 PM Meditation with Bruce</p> <p>2:05 PM - 3:00 PM Ukelele w/ Abby</p>	<p>7</p> <p>9:30AM-1:00PM USF- Nursing Students on Site</p> <p>9:30 - 10:30 AM Cubing class with Koan</p>  <p>10:30 AM - 11:15 AM Tai Chi w/ Rose</p> <p>1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline</p>	<p>8</p> <p>9:30 AM - 11:00 AM Crochet with Jo</p> <p>10:00 AM - 11:00 AM Art with Diane (all levels)</p>  <p>1:00 PM - 2:30 PM Older Adult Choir w/ CMC</p>	<p>9</p> <p>9:30AM-1:00PM USF- Nursing Students on Site</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>10</p> <p>9:30 AM - 10:30 AM Exercise w/ Angela</p> <p>10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie</p> <p>11:15 AM - 11:30 AM Stress Busters</p> <p>12:30 PM - 1:45 PM BINGO</p> <p>2:00 PM - 3:00 PM Senior Comiteee</p> 
<p>13</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>9:30 AM - 11:00 AM Mahjong & Hobby Hour</p> <p>12:30 PM - 1:30 PM Garden club (in the patio)</p> <p>1:00 PM - 2:55 PM Zumba with Jenny</p> <p>2:05 PM - 3:00 PM Ukelele w/ Abby</p>	<p>14</p> <p>9:30AM-1:00PM USF- Nursing Students on Site</p> <p>10:30 AM - 11:15 AM Tai Chi w/ Rose</p> <p>1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline</p>	<p>15</p> <p>9:30 AM - 11:00 AM Crochet with Jo</p>  <p>9:30 AM - 10:30 AM Exercise w/ Angela</p> <p>1:00 PM - 2:30 PM Older Adult Choir w/ CMC</p>	<p>16</p> <p>9:30AM-1:00PM USF- Nursing Students on Site</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p>  <p>9:30 - 10:30 AM Cubing class with Koan</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>17</p> <p>11:30 AM - 2:30 PM Easter celebration (includes Bingo & Birthday celebration)</p> <p>3:00 PM Center closure</p> 
<p>20</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>9:30 AM - 11:00 AM Mahjong & Hobby Hour</p> <p>9:00 AM - 2:00 PM Field Trip (registration needed)</p> <p>12:30 PM - 1:30 PM Garden club with Elena from GFE (in the patio)</p> <p>1:00 PM - 1:55 PM Meditation with Bruce</p> <p>2:05 PM - 3:00 PM Ukelele w/ Abby</p> 	<p>21</p> <p>9:30AM-1:00PM USF- Nursing Students on Site</p> <p>10:30 AM - 11:15 AM Tai Chi w/ Rose</p> <p>1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline</p>	<p>22</p> <p>9:30 AM - 11:00 AM Crochet with Jo</p> <p>1:00 PM - 2:00 PM Older Adult Choir w/ CMC</p> 	<p>23</p> <p>9:30AM-1:00PM USF- Nursing Students on Site</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>24</p> <p>9:30 AM - 10:30 AM Exercise w/ Angela</p> <p>10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie</p> <p>12:30 PM - 1:00 PM BINGO</p>  <p>2:30 PM - 4:30 PM Volunteer Appreciation Invite-Only Event</p>
<p>27</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>9:30 AM - 11:00 AM Mahjong & Hobby Hour</p> <p>12:30 PM - 1:30 PM Garden club (in the patio)</p> <p>1:00 PM - 2:55 PM Zumba with Jenny</p> <p>2:05 PM - 3:00 PM Ukelele w/ Abby</p>	<p>28</p> <p>9:30AM-1:00PM USF- Nursing Students on Site</p> <p>9:30 - 10:30 AM Cubing class with Koan</p>  <p>10:30 AM - 11:15 AM Tai Chi w/ Rose</p> <p>1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline</p>	<p>29</p> <p>9:30 AM - 11:00 AM Crochet with Jo</p> <p>1:00 PM - 2:30 PM Older Adult Choir w/ CMC</p>	<p>30</p> <p>9:30AM-1:00PM USF- Nursing Students on Site</p> <p>9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	 <p>BERNAL HEIGHTS Neighborhood Center</p>  <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>

Additional information

Highlights and Closed Dates:

- 04/03:** 2:00 PM closure for all staff meeting
- 4/10:** - Stress Busters
 - Senior Committee meeting at 2PM
- 04/17:** - Easter celebration
 - 3:00 PM closure for staff meeting
- 04/20:** Field trip to Filoli Garden
- 04/24:** Volunteer Appreciation Invite-Only Event

Computer Lab

Monday-Friday
9:00 AM - 3:00 PM

Except Thursday 9 AM - 1:00PM

NEED HELP? CALL MIGUEL FOR APPOINTMENTS AT CORTLAND WED-FRI (415) 287-6225

Food Pantry Distribution

Every Thursday
2:30 - 3:30 PM
First come, first served



Coffee and Tea Social

Monday-Friday
9:00 AM - 3:00 PM



Distribution of Boxes:

10:00 AM - 3:00 PM
Now only one week
April 7th - 14th

Exception:

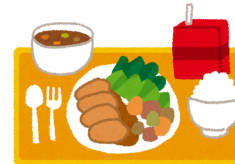
10:00AM - 1:00PM
April 9th



Hot Meals Served Daily by



Monday-Friday (Dine In)
11:30 AM - 12:30 PM



Senior of the Month



Sherrie



Volunteer of the Month



Delia

