



Bernal Heights Neighborhood Center

515 Cortland Ave. | (415) 206 - 2140 | www.bhnc.org
 Eligibility: Older Adults (60+) & Adults with Disabilities (18-59)

SOCIAL SERVICES

APPOINTMENTS ARE HIGHLY ENCOURAGED

- DROP-INS ARE AVAILABLE DAILY FROM 9:00 AM TO 2:00 PM
- AFTER 2:00PM, SERVICE IS BY APPOINTMENT ONLY

Monday

Tuesday

Wednesday

Thursday

Friday

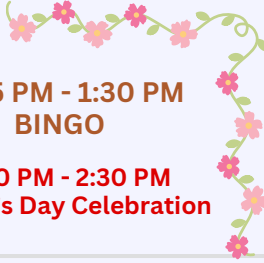


BERNAL HEIGHTS Neighborhood Center



SAN FRANCISCO HUMAN SERVICES AGENCY
 Department of Disability and Aging Services

These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services

				<p>1 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>4 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 (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>5 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>6 9:30 AM - 11:00 AM Crochet with Jo</p> <p>1:00 PM - 2:30 PM Older Adult Choir w/ CMC</p>	<p>7 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>8 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 Center closure</p>
<p>11 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 (in the patio)</p> <p>1:00 PM - 1:55 PM Zumba with Jenny</p> <p>2:05 PM - 3:00 PM Ukelele w/ Abby</p>	<p>12 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>13 9:30 AM - 10:30 AM  Exercise w/ Angela</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>14 9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>15 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>3:00 PM Center closure</p>
<p>18 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>19 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>20 9:30 AM - 11:00 AM Crochet with Jo</p> <p> 10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie</p> <p>1:00 PM - 2:30 PM Older Adult Choir w/ CMC</p>	<p>21 9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>22 </p> <p>12:45 PM - 1:30 PM BINGO</p> <p> 11:30 PM - 2:30 PM Mother's Day Celebration</p>
<p>25  In observance of Memorial Day</p>	<p>26 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>27 9:15 AM - 11:15 AM  Art w/ Estela</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>28 9:15 AM - 11:15 AM Art w/ Estela</p> <p>2:30 PM - 3:30 PM Food Pantry</p>	<p>29 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 & Birthday celebration</p> <p> 2:00 PM - 3:00 PM Senior Committee Meeting</p>

Additional information

Highlights and Closed Dates:

05/08: Stress Busters at 11:15AM

2:00 PM closure for all staff meeting

5/12: Last day of USF Nursing students this Spring

05/15: 3:00 PM closure for staff meeting

05/22: Mother's Day celebration

05/25: Center closed in observance of Memorial Day

05/29: Senior Committee meeting at 2PM



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

May 5th - 12th

Exception:

10:00AM - 1:00PM

May 7th



Hot Meals Served Daily by



Monday-Friday (Dine In)

11:30 AM - 12:30 PM



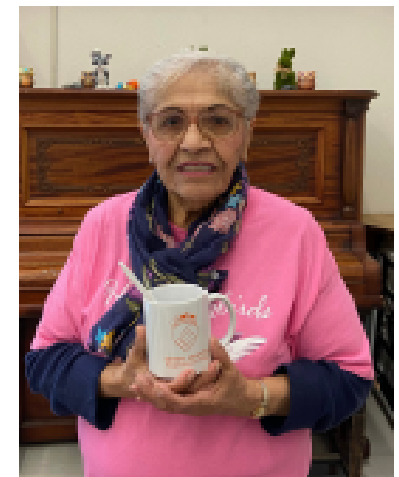
Senior of the Month



Gracia



Volunteer of the Month



Angela