

Bernal Heights Neighborhood Center

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

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

	1 10:30 AM - 11:15 AM Tai Chi w/ Rose 1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline	2 9:30 AM - 11:00 AM Crochet with Jo 1:00 PM - 2:30 PM Choir w/ CMC	3 9:30AM-1:00PM USF- Nursing Students on Site 9:15 AM - 11:15 AM Art w/ Estela 2:30 PM - 3:30 PM Food Pantry	4 9:30 AM - 10:30 AM Exercise w/ Angela 10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie 12:30 PM - 1:45 PM BINGO
7  In observance of Labor Day	8 9:30AM-1:00PM USF- Nursing Students on Site 10:30 AM - 11:15 AM Tai Chi w/ Rose 1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline	9 9:15 AM - 11:15 AM Art w/ Estela 9:30 AM - 11:00 AM Crochet with Jo 1:00 PM - 2:30 PM Choir w/ CMC	10 9:30AM-1:00PM USF- Nursing Students on Site 9:15 AM - 11:15 AM Art w/ Estela 2:30 PM - 3:30 PM Food Pantry	11 9:30 AM - 10:30 AM Exercise w/ Angela 10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie 11:15 AM - 11:30 AM Stress Busters 12:30 PM - 1:45 PM BINGO 2:00 PM Center closure
14 9:15 AM - 11:15 AM Art w/ Estela 9:30 AM - 11:00 AM Mahjong & Hobby Hour 11:00 AM - 12:00 PM Garden club (in the patio) 1:00 PM - 1:55 PM Zumba w/ Jenny 2:05 PM - 3:00 PM Ukelele w/ Abby	15 9:30 - 10:30 AM Cubing class with Koan 9:30AM-1:00PM USF- Nursing Students on Site 10:30 AM - 11:15 AM Tai Chi w/ Rose 1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline	16 9:30 AM - 11:00 AM Crochet with Jo 1:00 PM - 2:30 PM Choir w/ CMC	17 9:30AM-1:00PM USF- Nursing Students on Site 9:15 AM - 11:15 AM Art w/ Estela 2:30 PM - 3:30 PM Food Pantry	18 10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie 9:30 AM - 10:30 AM Exercise w/ Angela 12:30 PM - 1:45 PM Hispanic heritage month celebration BINGO
21 9:15 AM - 11:15 AM Art w/ Estela 9:30 AM - 11:00 AM Mahjong & Hobby Hour 11:00 AM - 12:00 PM Garden club (in the patio) 1:00 PM - 1:55 PM Chair Yoga with Anant 2:05 PM - 3:00 PM Ukelele w/ Abby	22 9:30AM-1:00PM USF- Nursing Students on Site 10:30 AM - 11:15 AM Tai Chi w/ Rose 1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline	23 9:30 AM - 11:00 AM Spanish Heart Space: Monthly Circles for Conscious Aging 1:00 PM - 2:30 PM Choir w/ CMC	24 9:30AM-1:00PM USF- Nursing Students on Site 9:15 AM - 11:15 AM Art w/ Estela 9:30 AM - 11:00 AM Crochet with Jo 2:30 PM - 3:30 PM Food Pantry	25 9:30 AM - 10:30 AM Exercise w/ Angela 10:30 AM - 11:15 AM "Taste & Talk" w/ Ms. Sherrie 12:30 PM - 1:45 PM BINGO, birthmonth celebration & Mid Autumn festival desserts 2:00 PM - 3:00 PM Monthly Advisory Meeting
28 9:15 AM - 11:15 AM Art w/ Estela 9:30 AM - 11:00 AM Mahjong & Hobby Hour 11:00 AM - 12:00 PM Garden club (in the patio) 1:00 PM - 1:55 PM Zumba w/ Jenny 2:05 PM - 3:00 PM Ukelele w/ Abby	29 9:30AM-1:00PM USF- Nursing Students on Site 10:30 AM - 11:15 AM Tai Chi w/ Rose 1:00 PM - 3:00 PM Line Dance w/ Allen & Caroline	30 9:30 AM - 11:00 AM English Heart Space: Monthly Circles for Conscious Aging 1:00 PM - 2:30 PM Choir w/ CMC	 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	 BERNAL HEIGHTS Neighborhood Center

Upcoming Events and Office Closures This Month:

- 09/07:** Office closed for Labor Day
- 09/11:** Stress Busters
- 2:00 PM** closure for all staff meeting
- 09/14*:** English iPad cohort with DigitalLift begins
- 09/16:** Makeup session for Exercise with Angela due to event on Friday 18th.
- 09/18:** Hispanic Heritage Month celebration
- 09/20:** 49th Fiesta on The Hill - come support BHNC and Estela's students selling their art
- 09/23:** Heart Space Monthly circle in Spanish
- 09/25:** September birthmonth celebration & Mid Autumn festival desserts
- 2:00PM** Senior Advisory Committee meeting
- 09/30:** Heart Space Monthly circle in English
- ***iPad workshop with DigitalLIFT will start September 14th until October 5th on Mondays 1:30PM to 3:30PM -Only for registered cohort participants.**
 - **Next field trip coming up in October (destination TBD)**



Computer Lab

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

***Except Thursdays: 9 AM - 1:00PM**

**NEED HELP? CALL FOR AN
APPOINTMENT AT CORTLAND
(415) 206 2140**



Coffee and Tea Social

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

Newsletter

Recent Activities and Highlights

- We enjoyed watching Mwogli with popcorn from our theater popcorn maker.
- Jenny is back from summer break and resumed Zumba classes.
- We had a Special Bingo with our amazing regular kitchen volunteers Patty and Rosa.
- We facilitated a digital navigation presentation on artificial intelligence.
- Heart Bridge Care facilitated a discussion on scam prevention.
- We had our first field trip of the fiscal year to the Exploratorium.



SFMFB Food Pantry Distribution

Thursdays 2:30 - 3:30 PM

Leftovers are given out at 3:30 PM

SFMFB Distribution of

Boxes:

10:00 AM - 3:00 PM

Now only one week

September 1st - 8th

Exception:

10:00AM - 1:00PM

Thursday, September 3rd

Dine-in lunch Served Daily by



Monday-Friday
11:30 AM - 12:30 PM



Volunteer of the Month

Noel

Senior of the Month

Marciano

This institution is an equal opportunity provider.