



BERNAL HEIGHTS
Neighborhood Center



EXCELSIOR COMMUNITY CENTER

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

September 2026 Activity Calendar



SFHSA
Department of Disability
and Aging Services

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-3:00 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 Eric (English & Spanish) (415) 206-2140 ext.153. 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 09/25/2026 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)