

Telegraph Hill Neighborhood Center Senior Program

More than 150 seniors look forward to coming to Telegraph Hill Neighborhood Center each day for a hot lunch, a wide range of activities and a very special place to socialize or just enjoy quiet time in our library room and garden.

Hours of Operation

**Monday thru Friday:
9AM – 1:30PM**

12:00 PM – 1:30 PM: Lunch



Telegraph Hill Neighborhood Center

Ruby Gim
Senior Program Director
660 Lombard Street
San Francisco, CA 94133
Phone: (415) 421-6443 x10
ruby@tel-hi.org



Telegraph Hill Neighborhood Center Senior Program

**Serving the Local
Senior Community for
Thirty-Five Years**



For more information,
please call Ruby Gim,
Senior Program Director
(415) 421-6443 x 10
ruby@tel-hi.org

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General Schedule of Senior Program Activities

What We Offer:

- Daily Hot Lunch
- Computer Lab
- Tai Chi Class
- Wellness Programs
- Educational and Safety Workshops
- Social Service Referrals
- Special Arts and Crafts
- Monthly Blood Pressure Screenings
- Holiday and Cultural Celebrations
- ESL Classes – English as a Second Language

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
*Beginning Tai Chi 9:30am - 10:30am *Advanced Tai Chi 10:30am - 12:00pm Healthy Aging 10:00am - 11:00am <i>*Suggested donation of \$1.50</i>	*Beginning Tai Chi 9:30am - 10:30am *Advanced Tai Chi 10:30am - 12:00pm Oil Painting 1:00pm – 3:00pm	*Beginning Tai Chi 9:30am - 10:30am *Advanced Tai Chi 10:30am - 12:00pm Healthy Aging 10:00am - 11:00am Computer Class 10:00am - 12:00pm (Wait List) Please see Ruby	*Beginning Tai Chi 9:30am - 10:30am *Advanced Tai Chi 10:30am - 12:00pm Let's Take a Walk 10:00am - 11:00am Oil Painting 1:00pm – 3:00pm	Line Dance 10:00am - 11:30am

Daily Healthy Hot Lunch – 12:00pm-1:30pm