

Senior Connections

Sep/Oct| 2025 | Free
<https://www.ssf.net/seniors>



JOIN US FOR OUR 44TH

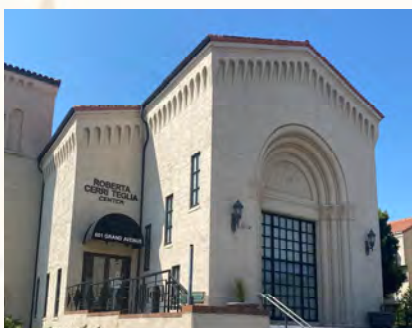
HOLIDAY BOUTIQUE & MAKERS FAIR

SATURDAY, NOVEMBER 1ST
10:00A.M. TO 4:00P.M.

LIBRARY | PARKS & RECREATION CENTER
901 CIVIC CAMPUS WAY, SOUTH SAN FRANCISCO

COME SUPPORT OUR LOCAL VENDORS! ENJOY
A DAY OF SHOPPING FEATURING UNIQUE, ONE
OF A KIND, HANDCRAFTED JEWELRY,
CLOTHING, ACCESSORIES, CANDLES,
HOUSEWARES, HOLIDAY DECOR, AND MORE!
FREE REFRESHMENTS WILL BE PROVIDED.

SSF SENIOR SERVICES | (650) 829-3820 | WEB-REC@SSF.NET



Senior Recreation Programs

The Roberta Cerri Teglia Center

September 2025

MON	TUE	WED	THUR	FRI	SAT
Open Billiards 9:00 a.m.– 3:00 p.m.	Open Billiards 9:00 a.m.– 5:00 p.m.	Open Billiards 9:00 a.m.– 3:00 p.m.	**Senior Dance 8:45 a.m.- 11:45 p.m.	Open Billiards 9:00 a.m.– 3:00 p.m.	Open Billiards 9:00 a.m.– 3:00 p.m.
Exercise Room 9:00 a.m.– 3:00 p.m.	Exercise Room 9:00 a.m.– 5:00 p.m.	Exercise Room 9:00 a.m.– 3:00 p.m.	Open Billiards 9:00 a.m.– 5:00 p.m.	Exercise Room 9:00 a.m.– 3:00 p.m.	Exercise Room 9:00 a.m.– 3:00 p.m.
Computer Lab 9:00 a.m.– 3:00 p.m.	Computer Lab 9:00 a.m.– 5:00 p.m.	Computer Lab 9:00 a.m.– 3:00 p.m.	Exercise Room 9:00 a.m.– 5:00 p.m.	Computer Lab 9:00 a.m.– 3:00 p.m.	Computer Lab 9:00 a.m.– 3:00 p.m.
Yoga 9:30 a.m.—10:30	Yoga 9:30 a.m.– 10:30 a.m.	Yoga 9:30 a.m.—10:30 a.m.	Computer Lab 9:00 a.m.– 5:00 p.m.	Mahjong 9:15 a.m.- 12:45 p.m.	Yoga 9:30 a.m.- 10:45 a.m.
Coffee & Cards 10:00 a.m. - 12:00 p.m.	Coffee & Cards 10:00 a.m. - 12:00 p.m.	Coffee & Cards 10:00 a.m. - 12:00 p.m.	Fine Arts 9:30 a.m.- 12:30 p.m.	Stand Tall Yoga 9:30 a.m.– 10:15 a.m. Alice Bulos Comm. Cntr	Coffee & Cards 10:00 a.m. - 12:00 p.m.
Knitting & Crochet 10:00 a.m.- 12:00 p.m.	**Senior Dance 10:00 a.m.- 1:00 p.m.	Knitting & Crochet 10:00 a.m.- 12:00 p.m.	Coffee & Cards 10:00 a.m. - 12:00 p.m.	Stand Tall Yoga 10:30 a.m.– 11:15 a.m. Alice Bulos Comm. Cntr 2380 Galway Dr.	Chess 9:30 a.m.- 12:00 p.m.
Vitality in Chair Yoga 10:00 a.m. - 10:45 a.m. Alice Bulos Comm. Cntr 2380 Galway Dr.	Seated Pilates 10:00 a.m. - 10:45 a.m. Alice Bulos Comm. Cntr. 2380 Galway Dr.	Seated Full Body Workout 10:00 a.m. - 10:45 a.m. Alice Bulos Comm. Cntr. 2380 Galway Dr.	Seated Weights 10:30 a.m.- 11:25 a.m. Alice Bulos Comm. Cntr 2380 Galway Dr.	**Senior Dance 10:00 a.m.- 1:00 p.m.	Movie 12:30 p.m.- 2:30 p.m.
Ping Pong 11:00 a.m.- 2:30 p.m.	Hawaiian Plus 11:00 a.m.- 12:00 p.m.	Zumba Gold 11:30 a.m.- 12:30 p.m.	*Congregate Meal Program 12:30 p.m.- 2:30 p.m.	Coloring Club 11:30 a.m.- 1:00 p.m.	
Fine Arts 12:30 p.m.- 2:30 p.m.	*Congregate Meal Program 12:30 p.m.- 2:30 p.m.	Karaoke 12:30 p.m.- 2:30 p.m.	Anything Goes Music 2:30 p.m. - 3:30 p.m. Class on Sep 11 & Oct 9		
	Hula 1:30 p.m.—2:30 p.m..		Standing & Floor Functional Weight Training 3:30 p.m.—4:00 p.m.		
	Standing & Floor Functional Weight Training 3:30 p.m.—4:00 p.m.		Stand Strong Cardio 4:15 p.m.—5:00 p.m.		
	Stand Strong Cardio 4:15 p.m.—5:00 p.m.				

*Congregate Nutrition Program- A sit down meal service at the Roberta Cerri Teglia Center (601 Grand Ave, SSF, CA. 94080). The sit-down meal service takes place from 12:30pm - 2:30pm every Tuesday and Thursday in the Social Hall. In order to participate in the program, you **MUST** complete an application to be pre-registered, upon registration **reservations are required**. Reservation can be made the last Tuesday of the month. If you have any questions, please feel free to call the center at 650-829-3820 or go online at

<http://www.smchealth.org/general-information/where-older-adults-can-go-nutritious-meals>

**Senior Dance is located at the Library|Parks and Recreation Center (901 Civic Campus Way, SSF, CA. 94080) in the Banquet Hall. There is a \$6.00 fee.

All classes are **FREE!**

Donations are encouraged and appreciated.

Donation boxes are found in each class.

Vitality in Chair Yoga

Monday

10:00 a.m. - 10:45 a.m.

Alice Bulos Comm. Cntr

2380 Galway Dr. SSF



Immerse yourself in the transformative practice of Kundalini breathwork and gentle chair yoga. This seated class blends slow, mindful movements with breath control and meditation techniques to awaken inner energy, enhance flexibility, and promote vitality and inner peace. Movements are gentle and accessible, with minimal transitions. Ideal for those who prefer a grounded, nurturing practice without needing to get up and down from the floor.

Ping Pong

Monday

11:00 a.m. - 2:30 p.m.



Ping Pong is a table sport where players use paddles to hit a lightweight ball over a net. Played on a hard table surface, table tennis is a fast paced game that requires players to react quickly to their opponent. We have paddles and balls for you to use. Come join the exciting game of Ping Pong!

Chess

Saturday

9:30 a.m. - 12:00 p.m.



Come play chess, reignite your love of the game, or play a game with other experienced players every Saturday. All levels welcomed!

Coffee & Cards

Monday, Tuesday, Wednesday,

Thursday, & Saturday

10:00 a.m. - 12:00 p.m.



Come form connections with other people on a level designed to facilitate meaningful dialogue between individuals in a relaxed setting over coffee.

Seated Full Body Workout

Wednesday

10:00 a.m.—10:45 a.m.

Alice Bulos Comm. Center
2380 Galway Dr. SSF



This class offers a safe and effective way to Improve cardiovascular health, enhance circulation, and boost overall fitness. The movements are designed to increase heart rate, build strength, and improve flexibility without putting stress on the joints. This class will improve core strength and posture and includes controlled movements to enhance muscle tone, balance, and overall well-being.

Seated Weights

Thursday

10:30 a.m.—11:25 a.m.

Alice Bulos Comm. Center
2380 Galway Dr. SSF



Our Seated Weight Training class, is designed to Improve, strength, flexibility, and overall health. The class incorporates light dumbbells and resistance bands to perform a variety of exercises that target major muscle groups, enhance joint mobility, and boost cardiovascular health. Perfect for those looking to maintain an active lifestyle, this class provides modifications to suit all fitness levels, ensuring everyone can participate and benefit .

Stand Tall Yoga

Friday

9:30 a.m. –10:15 a.m.

AND

10:30 a.m. - 11:15 a.m.

Alice Bulos Comm. Center
2380 Galway Dr. SSF



This class combines physical postures, breathing techniques, and meditation to promote overall well-being and spiritual growth.

Seated Pilates

Tuesday

10:00 a.m.—10:45 a.m.

Alice Bulos Comm. Center
2380 Galway Dr. SSF



This class is a form of exercise focused on strengthening the core, improving flexibility, and enhancing overall body strength. Involving controlled, precise movements emphasizes the “powerhouse” (core muscles) to stabilize and support the body.

Mahjong

Friday

9:15 a.m. - 12:45 p.m.



Join us for Mahjong at the Roberta Cerri Teglia Center. Our mahjong group meets every Friday at 9:30 AM to play. We have everything you need to play: tables, tiles, and friendly players. We now have 10 tables at once, so come on by and join us for a game!

Fine Arts Exploration

Monday

12:30 p.m. - 2:30 p.m.

Thursday



Fine Arts Exploration allows for beginner, intermediate, and experienced artists to come and work on their skills while creating beautiful works of art. While painting is the main focus of the group, we encourage artists of all kinds to come and share their talents. Beginner supplies provided!

Zumba Gold

Wednesday

11:30 a.m. - 12:30 p.m.



The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors and/or beginners. Come to this class and get ready to sweat, prepare to leave empowered and feeling strong.

YOGA

Monday Tuesday & Wednesday

9:30 a.m.—10:30 a.m.

Saturday

9:30 a.m. - 10:45 a.m.



Yoga is a great way to get in shape. It is a low impact activity that develops strength and balance. Our yoga classes are geared towards seniors so please come by, take a look, or join us and bring a mat! Space limited to the first 30 participants.

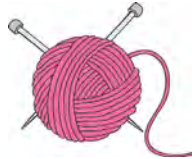
Knitting and Crocheting

Monday

10:00 a.m. - 12:00 p.m.

Wednesday

10:00 a.m. - 12:00 p.m.



You don't have to be an expert to join, everyone is welcome! We do traditional knitting as well as single needle crocheting. We have people who can help you out and give you advice with projects. Join us every Monday and Wednesday in the craft room.

Hawaiian Arts

Tuesday

11:00 a.m. - 12:00 p.m.



Learn basic strumming, chords, and songs in a friendly environment. No ukulele? No problem! We are offering free ukuleles to loan. Simply fill out a check out form, and you can use one of our free ukuleles for class to practice with!

~SENIOR SOCIAL DANCE~

Tuesday/Friday

10:00 a.m. - 1:00 p.m.

Thursday

8:45 a.m. - 11:45 a.m.



Make new friends and get in shape with ballroom dancing. All levels are welcome!

Fee: \$6

In the Library | Parks & Recreation Center

Karaoke!

Wednesday

12:30 p.m. - 2:30 p.m.

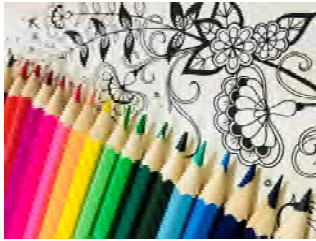


South San Francisco Senior Services is starting a new program: Karaoke for Seniors! We have the microphones, the sound systems, and a wonderful room with nice acoustics. Join us every Wednesday at 1:00 p.m. to sing some songs and make some friends! We hope to see you there!

Coloring Club

Friday

11:30 a.m. - 1:00 p.m.



Does your brain need a break? Want to reduce stress & anxiety all while sharpening your focus? Come & enjoy the soothing, calming effects of coloring & some great company to sit & chat with.

Hula

Tuesday

1:30 p.m.—2:30 p.m.

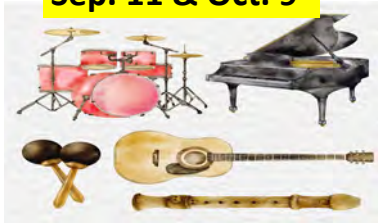


Come learn how to Hula with the amazing Ofelia. Whether you are a beginner or an expert, your hula journey will start here. This hula class will focus on learning the skills of hula. The class will cover basic hula steps, hand movements, coordination and confidence in learning the art of hula.

Anything Goes Music

Every 2nd Thursday of the month
2:30 p.m.—3:30 p.m.

Sep. 11 & Oct. 9



Unleash your creativity in a music class with the talented Florie, where the only limit is your imagination! This class invites musicians of all skill levels and backgrounds to explore a wide range of musical styles, instruments, and techniques. From classical to hip-hop, jazz to electronic, folk to experimental soundscapes – we dive into it all.

Students will engage in collaborative jam sessions, improvisation, and remixing while learning about music theory, rhythm, and harmony in a relaxed, open-minded environment. Whether you're a seasoned performer or picking up an instrument for the first time, this class celebrates musical freedom, individuality, and self-expression. Come join us and learn the sweet melodies of music.

Instruments not included.

Free Haircuts for men

Every Thursday
11:00 a.m.—3:00p.m.
Reservations are required



Come and pamper yourself with a free haircut from our licensed barber EK.

Stand Strong Cardio



Tuesday & Thursday

4:15 p.m.- 5:00 p.m.



Join Monica for Stand Strong Cardio, a low-impact, heart-healthy fitness class designed to boost your cardiovascular endurance, strength, balance, and coordination. This uplifting and motivational workout is perfect for beginners or those returning to fitness, offering easy-to-follow movements in a safe and supportive environment.

All exercises are performed standing, with modifications available to suit your comfort level and physical ability. Whether you're looking to reenergize your routine or take the first step toward a healthier lifestyle, Stand Strong Cardio will keep you moving and feeling your best.

Standing & Floor Functional Weight Training

Tuesday & Thursday

3:30 p.m.– 4:00 p.m.



Come join Monica for Standing floor & functional weight training that will building strength, mobility and everyday confidence with this total-body functional training class. Designed to improve balance, coordination, and core stability, this workout combines standing and floor-based exercises using light to moderate weights. You'll practice movements that mimic real life activities.



Newsletter Subscription

We are accepting 2025 newsletter subscriptions. The cost is FREE for our subscribers. Please fill out this form and mail it back to us at:

**City of South San Francisco Senior Services
P.O. Box 711
South San Francisco, CA 94080**

You can also send us your email address to receive an electronic copy to lisa.wilson@ssf.net and/or kaseyjo.kelly@ssf.net

Name _____

Telephone _____

Address

Street _____

City _____

Zip _____



Parques y Recreación de Sur San Francisco



CONCERT in the PARK 2025

• CONCIERTO EN EL PARQUE •

20 DE SEPTIEMBRE 2025

11:30 A.M. - 5:00 P.M.



¡ARTISTAS ANUNCIADOS!

PRESENTADO
GANADOR DEL PREMIO GRAMMY Y DISCO PLATINO

OZOMATLI

Y

LIVEWIRE

EVENTO GRATIS | MUSICA | ACTIVIDADES PARA NIÑOS
CERVEZA Y VINO | CAMIONES DE COMIDA | VENDEDORES

PARQUE ORANGE MEMORIAL, SUR SAN FRANCISCO



WWW.SSF.NET/CONCERT



PRESENTADO POR LA CIUDAD DE SUR SOUTH SAN FRANCISCO DEPARTAMENTO DE PARQUES Y RECREACIÓN

SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance! *

STAY SAFE AND SAVE WITH THE AARP SMART DRIVER COURSE

The AARP smart driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with age. The course has also been recently updated with new content, so you will have the most up to date information for your state. Plus, you may qualify for multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

NEW
CONTENT
ADDED!

Date & Time:

This is a 2-day course, each class will be from 9:00 am to 1:00pm. The dates are **Thursday, October 16, 2025 and Friday, October 17, 2025**. Please be sure to come 20 minutes before the start of the course to sign-in. Course fee will be collected the day of class. See below for fees.

Location:

Library | Parks and Recreation Center
901 Civic Campus Way, South San Francisco
CA. 94080, 1st floor Social Hall.

Register:

To register for the course, please contact Lisa Wilson at 650-829-3816 or at lisa.wilson@ssf.net

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

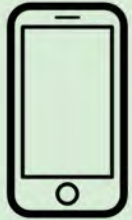
TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
Call: **1-888-773-7160**

* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

Tech Assistance

@ Roberta Cerri Teglia Center



One-on-one Assistance. Get back to basics or drop by to ask a question about emails, texts, computers, iPhones/cell phones or iPads.

Tech Hours are 10:00 a.m. to 12:00 p.m. . Beginners as well as Intermediate or Advanced participants are welcome. Desk-top computers are available for use. However, please bring in your phone, lap-top or tablet for personal use questions.

DATES

Saturday
August 23, 2025
August, 30, 2025
September 6, 2025

TIME

10:00 am - 12:00 pm

LOCATION:

Roberta Cerri Teglia Center
601 Grand Ave,
3rd Floor
South San Francisco

CONTACT:

(650) 829-3820

Drop In Technology Assistance

**You can get 1:1 assistance
with your cell phone, computer
and other devices.**

**Call for any questions
Remember to sign in**

Congregate Nutrition Program

South San Francisco's Congregate Lunch Program is subsidized by funds through the Older American Act. There is a voluntary contribution for meals, but everyone 60 years old and over are welcome, regardless of ability to contribute. Meals are catered by Moon Chef in South San Francisco and will be served every Tuesday & Thursday from 12:30 p.m.- 2:30 p.m. by our staff and volunteers. All meals meet the nutrition guidelines set by San Mateo County Health.

All luncheons have limited space and **advanced reservations are required**. Reservations can be made the last Tuesday of the month. You must have a completed application to participate. There is a \$3.00 voluntary contribution for eligible participants and a \$6.00 fee for guests of eligible participants or those not eligible. If you have any questions, please contact the Center.

Roberta Cerri Teglia Center

601 Grand Ave. SSF

(650) 829-3820

***Make sure to get a parking permit on the 3rd floor and place in car prior to eating, if parking in the lot on Baden.**

Kasey Jo Kelly

Recreation & Community Services Supervisor

Kaseyjo.kelly@ssf.net

(650) 829-3822

Lisa Wilson

Recreation & Community Services Coordinator

lisa.wilson@ssf.net

(650) 829-3816

September Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 Pork Chop w/Lemongrass & Lemon Sauce Broccoli & Carrots Apple	3	4 Fish w/Basil Sauce Cauliflower & Carrots Apple	5
8	9 Beef w/Soybean Sauce Napa Cabbage & Carrots Orange	10	11 Chicken Leg w/Pear Sauce Bell Pepper & Mushroom Banana	12
15	16 Turkey w/Cranberry Sauce Zucchini, Cucumber & Carrots Orange	17	18 Minced Pork w/Vegetables & Shitake Mushroom Cauliflower & Carrots Orange	19
22	23 Pork Chop w/Onion & Black Pepper Sauce Bok Choy & Carrots Apple	24	25 Fish w/Bean Paste Sauce Napa Cabbage Mandarin Orange	26
29	30 Fish w/Mushroom Sauce Bok Choy & Carrots Banana			

*All meals served with a serving of brown rice or whole wheat pasta

Menu subject to change

USING THE NUTRITION FACTS LABEL: FOR OLDER ADULTS

Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the Nutrition Facts label and you can find it on packaged foods and beverages. Read this booklet to learn how to use Nutrition Facts label.

UNDERSTANDING THE NUTRITION FACTS LABEL

Servings Per Container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving. For example, if you eat or drink two servings, you are getting double the calories and double the nutrients that are listed on the label.

Serving Size is based on the amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have nutrition information listed for the entire package.

Calories refers to the total number of calories in a serving of the food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at www.ChooseMyPlate.gov/MyPlatePlan.

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day. Use the %DV to determine if a serving of the food is high or low in an individual nutrient. You can also use the %DV to compare food products (make sure the serving size is the same).

NUTRIENTS AND YOUR NEEDS

Nutrients are substances in your food that keep your body working well. Eating too much or too little of some nutrients may increase your risk of certain chronic diseases, such as heart disease and high blood pressure. Older adults have different nutritional needs than other age groups. The Nutrition Facts label can help you monitor some of the nutrients in your diet.

More often, look for packaged foods that are:

Higher in:	Lower in:
Dietary Fiber	Saturated Fat
Vitamin D	Sodium
Calcium	Added Sugars
Potassium	

USE THE NUTRITION FACTS LABEL TO MAKE HEALTHY CHOICES: 3 TIPS

Check the Servings

The nutrition information listed on the label is usually based on one serving of the food. When comparing calories and nutrients in different foods, check the serving size to make a correct comparison. And remember, it is common for a food package or beverage to have more than one serving.

Know Your Calorie Needs

2,000 calories a day is used as a general guide for nutrition advice. However, your calorie needs may be higher or lower and depend on your age, sex, height, weight, and the amount of physical activity you get each day. Talk to your healthcare provider about your calorie and nutrition needs, as you age. Visit www.ChooseMyPlate.gov/MyPlatePlan and talk to your healthcare provider to see what calorie range is right for you.

Use % Daily Value as a Guide

The %DV can help you look for foods to decide which is the better choice for you. Older adults should more often look for foods with a higher %DV of dietary fiber, vitamin D, calcium, and potassium. Older adults should also more often look for foods with a lower %DV of saturated fat, sodium, and added sugars. Talk to your healthcare provider about which nutrients you should track closely for your overall health.

To learn more about the Nutrition Facts label, go to: www.fda.gov/nutritioneducation



Saturday

Movies for September

At the Roberta Cerri Teglia Center from 12:30p.m. - 2:30p.m.

Join us for some classics this September

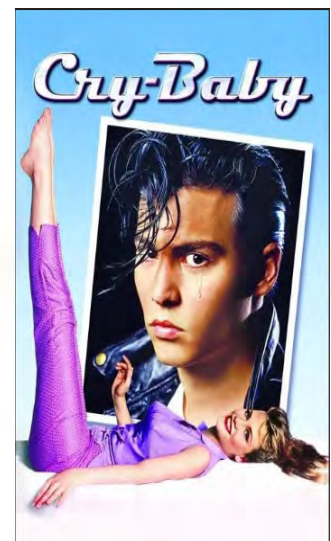
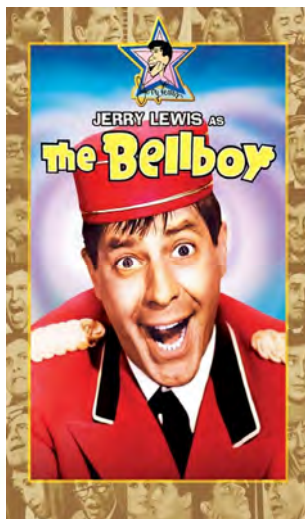
All movies personally curated from our Senior Services staff.

***September 6th: The Bellboy**

*** September 13th: The Secret Life of Walter Mitty**

***September 20th : The Apple Dumpling Gang**

*** September 27th: Cry Baby**



Saturday

Movies for October

All movies personally curated from our
Senior Services staff.

At Roberta Cerri Teglia Center from
12:30 p.m. —2:30 p.m.

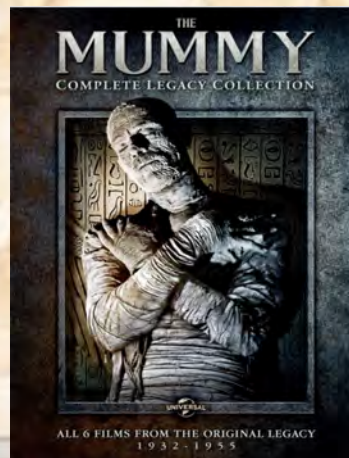
*** October 4th : House of Wax**

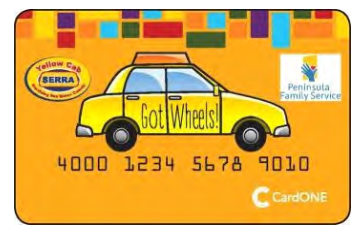
*** October 11th : The Canterville Ghost**

*** October 18th: The Mummy**

***October 25th: 4-Movie Laugh Pack**

- The Reluctant Astronaut
- The Shakiest Gun in the West
- The Love God?
- The Ghost & Mr. Chicken





Got Wheels! Service has Expanded

Older adults living San Mateo County who are at least 70 years of age, and those younger than 70 with disabilities*, are eligible to apply for membership in

Got Wheels!

Members are provided with up to six one-way rides a month for \$5 and an optional tip per one-way ride. Rides must be within San Mateo County. The Got Wheels! program partner, Serra Yellow Cab, provides on-demand rides with curb-to-curb service, including wheelchair-accessible vehicles.

Got Wheels! services the following cities and unincorporated areas:

Daly City
Broadmoor
Colma
Brisbane
South San Francisco
San Bruno

Millbrae
Burlingame
Hillsborough
Half Moon Bay
El Granada
Moss Beach

Montara
Belmont
San Carlos
Redwood City
Foster City
East Palo Alto

Atherton
Menlo Park
Woodside
Portola Valley
San Gregorio
La Honda
Pescadero

Scan here to sign up
for Got Wheels!



Got Wheels! Sign up

For more info
contact: Gabriel
Aguilar- Coordinator
650.403.4300 x
4750
gaguilar@pfso.org
www.pfso.org

*<https://www.dmv.ca.gov/portal/handbook/vehicle-industry-registration-procedures-manual-2/special-plates/disabled-person-definition/>



Summer is Ending and Fall Begins

As summer ends, here comes “the fall” - the transition signaling the change in seasons with cooler temperatures and changing landscapes.

It’s the end of lazy days and time away for vacation and that children are now going back to school.

It’s a sign that we must enjoy the last weekends of the summer.

The birds are now leaving for a warmer location and the butterflies will now be hiding for protection from the elements.

The trees natural color is changing from green to brown—truly is the obvious sign to prepare for the coming changes.

And yes, this ending is yet will lead us to a new beginning and thus, we can reconnect and celebrate with a smile to this changing season—”the fall.”

By, Mercedes Gharechedaghy

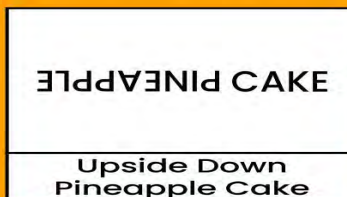


Thank you to everyone who joined us for our field trip to San Pedro Valley Park .
 Your participation made the day truly memorable.
 We appreciate your support and look forward to more shared experiences in the future.



Brain Exercise

Rebus Puzzles and Answers



Support Services & Information

South San Francisco RCTC Information and Referrals

Our team here at Roberta Cerri Teglia Center is available to assist you. Please feel free to reach out to us at 650-829-3820 for information on our programs, activities, events, and services as well as providing information and referrals for services in San Mateo County and the City of South San Francisco.

San Mateo County 24-Hour Information and Referral Line (TIES Line)

A 24-hour information and referral line for older adults and people with disabilities. Support services are available. Call 1-800-675-8437

Notary Public Services

South San Francisco City Clerk's Office also offers notary services. <https://www.ssf.net/departments/city-clerk/notary-services>.

Appointments are encouraged but not required.
(650) 877-8518

Passport Services

South San Francisco's City Clerk's Office now offers Passport Services. For more information:

<https://www.ssf.net/departments/passport-services>.

Social Security

Please contact Social Security at 1-800-772-1213 or <https://www.ssa.org> for information on Social Security services and benefits.

Peninsula Family Service

For Senior Counseling please call 650-403-4300 x.4389. For the Older Adult Resource Line please call 650-780-7542 to get connected to a wide range of community resources including food services, and weekly wellbeing calls from senior peer counselors.

Health Insurance Counseling

HICAP is available for medicare counseling to those in San Mateo County Call 1-800-434-0222

Housing Referrals

HIP provides referrals for Shared Housing Options Call 650-348-6660.

Veterans Counseling

Contact Veterans Service representatives at 650-493-5000 for info.

Transportation Services

Get up and Go	(650) 378-2750
Redi-Wheels	1-800-660-4287
SamTrans	1-800-660-4287
BART	(650) 992-2278
Caltrain	1-800-660-4287
Yellow Cab Co.	(650) 342-1234
Institute on Aging	(650) 424-1411

RCTC Senior Services Team:

Kasey Jo Kelly Recreation and Community Services
Supervisor, Senior Program Area

650-829-3822

Marianna Roman, Recreation and Community Services
Coordinator, Adult Day Care Program

650-829-3824

Lisa Wilson, Recreation and Community Services
Coordinator, Senior Program Area

650-829-3816

Bruce Haroldson, Recreation Leader-Reception /
Programs

650-829-3820

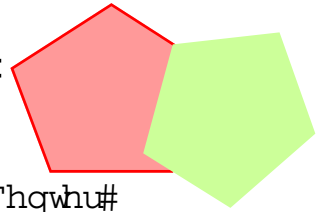
Vangie Lopez, Adult Day Care Recreation Leader

Michaela Mulkerrins, Adult Day Care Recreation Leader

Jennifer Devis, Adult Day Care Recreation Leader



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<https://www.ssf.net/>

<https://www.ssf.net/seniors>

<https://www.ssf.net/virtualrec>

Roberta Cerri Teglia Center pictured above.



South San Francisco Parks and Recreation Department

Library | Parks and Recreation Center

901 Civic Campus Way

South San Francisco, CA. 94080