



Honoring America's 250th Birthday

Celebrate Park & Recreation Month

Explore Your Parks, Embrace the Outdoors, and
find joy in recreation

Roberta Cerri Teglia Center - 601 Grand Ave SSF

CLASS	DAY	TIME
Open Billiards	Monday, Wednesday, Friday & Saturday	9:00 a.m. - 3:00 p.m.
Open Billiards	Tuesday & Thursday	9:00 a.m. - 5:00 p.m.
Exercise Room	Monday, Wednesday, Friday & Saturday	9:00 a.m. - 3:00 p.m.
Exercise Room	Tuesday & Thursday	9:00 a.m. - 5:00 p.m.
Open Computer Lab	Monday, Wednesday, Friday & Saturday	9:00 a.m. - 3:00 p.m.
Open Computer Lab	Tuesday & Thursday	9:00 a.m. - 5:00 p.m.
Activity Nook	Monday, Friday & Saturday	9:00 a.m. - 3:00 p.m.
Activity Nook	Tuesday & Thursday	9:00 a.m. - 5:00 p.m.
Activity Nook	Wednesday	9:00 a.m. - 12:00 p.m.
Video Seated Full Body Workout	Monday & Wednesday	9:15 a.m. - 9:50 a.m.
Knitting & Crochet	Monday & Wednesday	10:00 a.m. - 12:00 p.m.
Tai Chi Chuan	Monday, Wednesday & Friday	10:00 a.m. - 12:00 p.m.
Ping Pong	Monday	11:00 a.m. - 2:30 p.m.
Fine Arts	Monday	12:30 p.m. - 2:30 p.m.
Fine Arts	Thursday	9:30 a.m. - 12:30 p.m.
Video Seated Yoga	Tuesday & Thursday	9:15 a.m. - 10:15 a.m.
Vitality Flow Yoga	Thursday	4:15 p.m. - 5:00 p.m.
Fiber Arts	Tuesday	10:00 a.m. - 1:00 p.m.
Hawaiian Plus	Tuesday	11:00 a.m. - 12:00 p.m.
Congregate Nutrition Prog.	Tuesday & Thursday	12:30 p.m. - 2:30 p.m.
Hula	Tuesday	1:30 p.m. - 2:30 p.m.
Stand Tall On & Off The Floor	Tuesday	4:00 p.m. - 5:00 p.m.
Line Dancing	Wednesday	10:00 a.m. - 11:15 a.m.
Zumba Gold	Wednesday	11:30 a.m. - 12:30 p.m.
Karaoke	Wednesday	12:30 p.m. - 2:30 p.m.
Mahjong	Friday	9:15 a.m. - 12:45 p.m.
Ballroom Daning	Friday	1:00 p.m. - 2:30 p.m.
Seated Full Body	Saturday	9:15 a.m. - 10:00 a.m.
Chess	Saturday	9:30 a.m. - 12:00 p.m.
Movie	Saturday	12:30 p.m. - 2:30 p.m.

Alice Bulos Community Center - 2380 Galway Dr. SSF

CLASS	DAY	TIME
Seated Weights	Monday	9:30 a.m. - 10:15 a.m.
Seated Full Body	Monday	10:20 a.m. - 11:05 a.m.
Vitality Flow Yoga	Friday	9:45 a.m. - 10:30 a.m.

Library| Parks & Recreation - 901 Civic Campus Way SSF

CLASS	DAY	TIME
Senior Dance	Tuesday & Friday	10:00 a.m. - 1:00 p.m.
Senior Dance	Thursday	8:45 a.m. - 11:45 a.m.



SENIOR PROGRAMS



WE WELCOME ALL SKILL LEVELS.

ALL CLASSES ARE FREE! RED DONATION BOXES CAN BE FOUND IN EACH CLASS.
DONATIONS ARE ENCOURAGED AND APPRECIATED.

TAI CHI CHUAN

MONDAY, WEDNESDAY & FRIDAY
10:00 A.M.—12:00 P.M.



Discover the gentle power of movement with our Tai Chi Chuan class. This low-impact, evidence-based program promotes physical and mental well-being through slow, flowing movements that improve balance, flexibility, and strength, all while reducing stress and enhancing mindfulness. This class is perfect for seniors seeking a gentle yet effective way to stay active, improve their health, and enjoy a peaceful, meditative experience. Whether you're new to Tai Chi or returning to the practice, you will find a welcoming and supportive environment.

LINE DANCING

WEDNESDAY
10:00 A.M. – 11:15 A.M.



Join us for a fun and energizing line dance class! This class features easy to follow steps set to a variety of music styles. No partner is needed, and all experience levels are welcome. Line dancing is a great way to improve balance, coordination, memory, and overall fitness while enjoying music and social connection. Comfortable shoes recommended.

ACTIVITY NOOK

MONDAY, FRIDAY & SATURDAY
9:00 A.M. - 3:00 P.M.

WEDNESDAY
9:00 A.M. - 12:00 P.M.

TUESDAY & THURSDAY
9:00 A.M. – 5:00 P.M.



Come form connections with other people on a level designed to facilitate meaningful dialogue between individuals in a relaxed setting while playing a game of cards, doing some puzzling or coloring.

KNITTING & CROCHET

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 welcoming, supportive environment, perfect for beginners or anyone looking to refresh their skills. Our class is designed to be fun, relaxed, and engaging, with plenty of opportunities to learn at your own pace and enjoy making music with others.

No ukulele? No problem! We offer free ukuleles to loan for class use. Come join us, meet new people, and discover the joy of playing music together!

FIBER ARTS STUDIO

TUESDAY
10:00 A.M.—1:00 P.M.



Contribute to a Cause: Bring your sewing machine & take part in creating quilts for our homeless charity projects.

Pursue Your Passion: Work on personal projects of any size, from small keepsakes to larger creations.

Connect & Collaborate: Share ideas, techniques, & inspiration with fellow quilting & textile enthusiasts.

We welcome all skill levels & look forward to fostering creativity, community, & compassion through the art of quilting.



SENIOR PROGRAMS



MAHJONG

FRIDAY
9:15 A.M. - 12:45 P.M.



Come join us for a game of Mahjong! Our friendly mahjong group meets every Friday at 9:15 AM for an enjoyable morning of play, conversation, and connection. Whether you're an experienced player or just getting started, all are welcome. We provide everything you need tables, tiles, and friendly players. We now have 10 tables at once. Come by, make new friends, and enjoy a great game of Mahjong!

FINE ARTS EXPLORATION

MONDAY
12:30 P.M. - 2:30 P.M.

THURSDAY
9:30 A.M. - 12:30 P.M.



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.

VIDEO SEATED YOGA

TUESDAY & THURSDAY
9:15 A.M.—10:15 A.M.



Yoga is a great way to stay active and support overall well-being. This low-impact practice helps build strength, improve balance, and increase flexibility, all while promoting relaxation and mindfulness. Our class is designed with seniors in mind, offering a comfortable pace and supportive environment for all levels. Whether you're new to yoga or have experience, you're welcome to stop by. Bring a mat and enjoy a gentle, energizing way to move your body and feel your best.

BALLROOM DANCING

FRIDAY
1:00 P.M. - 2:30 P.M.



Discover the elegance and excitement of ballroom dancing in this engaging class. Whether you're a beginner or have some experience, our instructor will guide you through the graceful steps of classic dances. You'll learn to move with confidence and rhythm, enhancing your poise and partner connection. Join us to experience the joy of dancing and the vibrant social atmosphere that comes with it. Perfect for individuals and couples alike, our classes promise to be a fun and rewarding experience. No partner needed but is encouraged.

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 in a fun and welcoming environment. This class focuses on building foundational skills, including basic hula steps, hand movements, coordination, and rhythm. As you progress, you'll also gain confidence while learning the beauty and artistry of hula. Join us to stay active, connect with others, and experience the joy of this expressive and cultural dance form!



SENIOR PROGRAMS



CHESS

SATURDAY
9:30 A.M. - 12:00 P.M.



Come play chess and rediscover your love of the game in a welcoming and engaging environment. Whether you're a seasoned player or just getting started, you'll have the opportunity to sharpen your skills, learn new strategies, and enjoy friendly competition with others in the community. Join us every Saturday to connect, challenge yourself, and have fun. Players of all experience levels are encouraged to participate

SEATED FULL BODY WORKOUT

VIDEO
MONDAY & WEDNESDAY
9:15 A.M.—9:50 A.M.

SATURDAY
9:15 A.M. - 10:00 A.M.

NEW CLASS

MONDAY
10:20 A.M. - 11:05 A.M.
ALICE BULOS COM. CTR.
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.

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 901 Civic Campus Way, SSF

STAND TALL ON AND OFF THE FLOOR

TUESDAY
4:00 P.M. - 5:00 P.M.



This is a strength-based movement class that incorporates yoga-inspired movements combined with cardio, as well as Pilates, HIIT, and sculpt-style exercises to deliver a full-body workout, similar to our previous sessions. Participants should be comfortable transitioning on and off the floor, as the class will move between standing and mat-based exercises throughout.

SEATED WEIGHTS

MONDAY
9:30 A.M. - 10:15 A.M.

ALICE BULOS COMMUNITY CENTER
2380 GALWAY DR. SSF



Join our Seated Weight Training class, specifically designed for seniors to improve strength, flexibility, and overall health while staying safe and comfortable in a seated position. The class incorporates light dumbbells and resistance bands to perform a variety of exercises that target major 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.

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!



SENIOR PROGRAMS



VITALITY FLOW YOGA

THURSDAY
4:15 P.M. - 5:00 P.M.



This class is designed for active seniors who are comfortable getting up and down from the floor and bearing weight through the knees. Modifications are always offered, allowing you to move safely and confidently, and at your own pace.

Blending vinyasa-style flow with kundalini-inspired breathwork, this practice supports mobility, strength, balance, and nervous system regulation. Through sustained postures, we build stamina and stability while gently challenging the body.

The class then transitions into breathwork and chanting practices to calm the mind, regulate the nervous system, and guide the body into a state of rest and balance. The intention is to strengthen the body through mindful movement, then restore and reset the nervous system through breath and chanting.

See you on the mat!

VITALITY PILATES

FRIDAY
9:45 A.M. - 10:30 A.M.

ALICE BULOS COM. CTR.
2380 GALWAY DR. SSF



Discover a supportive and welcoming Pilates experience designed for every body. Vitality Pilates offers accessible, low-impact instruction focused on improving core awareness, strength, mobility, posture, balance, and overall well-being. Each class encourages participants to

become more mindful of their core in order to move safely, comfortably, and confidently throughout daily life and exercise. With seated and adaptive movement options, classes are thoughtfully designed to support individuals at their own pace, whether they are beginning their fitness journey, returning to movement, or maintaining an active lifestyle. Vitality Pilates provides a positive and encouraging environment where participants can build confidence, increase vitality, improve functional movement, and support lifelong wellness through mindful exercise.



NEWSLETTER SUBSCRIPTION



We are accepting 2026 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@ssfca.gov

NAME _____

TELEPHONE _____

STREET ADDRESS _____

CITY _____

ZIP _____





A heartfelt thank you to the South San Francisco Police Department, staff, and volunteers for hosting a wonderful pancake breakfast at the Roberta Cerri Teglia Center. We appreciate your hard work, community spirit, and commitment to bringing community members together for such an enjoyable event.



WE'RE CELEBRATING PARKS & RECREATION MONTH THIS JULY!

THE POWER OF PARKS AND RECREATION



NRPA'S PARK AND RECREATION MONTH

In celebration of National Parks & Recreation Month, the SSF Parks and Recreation Department is offering a variety of free programs and activities throughout July for all ages, including special opportunities designed specifically for older adults. Highlights include Senior Chair Yoga, Social Dance, Tai Chi Chuan, the Activity Nook, Flamenco Dance Exploration, free haircuts for men ages 50+, Zumba Gold-Tone, aquatics programs, arts and cultural activities, and much more.

Programs are available on a first-come, first-served basis, with select activities requiring registration. A complete schedule of events, dates, times, and locations will be available on the event website at <http://www.ssfca.gov/pandrevents>.

Printed copies of the Parks & Recreation Month Program Guide are also available at the Roberta Cerri Teglia Center and the Recreation Administrative Office at the Library | Parks & Recreation Center. Please visit the 3rd Floor Front Desk to pick up a copy and learn more about the many free opportunities available this July.

For questions, please contact the Recreation Admin Office at (650) 829-3800 or email web-rec@ssfca.gov.





SOUTH CITY

4th of July

PARADE & PICNIC

250 YEARS. ONE COMMUNITY.
Celebrate July 4 in South San Francisco
Parade • Picnic • Family Fun

Saturday, July 4, 2026 | 10:00 am - 2:00 pm

Parade

Start: Orange Memorial Park
(Orange Ave. & Tennis Dr.)
End: City Hall (400 Grand Ave.)

Picnic

Grand Avenue
near City Hall



For more info and to RSVP:
Scan the QR code or visit
<https://SouthCityJuly4.eventbrite.com>

Learn more about SSF America 250 events, visit:
www.ssfca.gov/America250



Come celebrate the country's 250th anniversary with the City of South San Francisco! Join us on Saturday, July 4, from 10:00 a.m. to 2:00 p.m. for a day of festivities. View the parade from Orange Memorial Park to City Hall and stay for the family-friendly picnic which will feature live entertainment, free hot dogs, games for the kids, car show, pet contest and more!

Save the Date!

Concert in the Park

Saturday, September 12, 2026
Orange Memorial Park Picnic Meadow



Save the date for the City of South San Francisco Parks and Recreation Department's annual **Concert in the Park on Saturday, September 12**, at the Orange Memorial Park Picnic Meadow. As the City's largest annual community event, Concert in the Park brings together thousands of residents and visitors for a day of live music, food, family activities, community vendors, and more.

This year's event will feature an enhanced experience made possible by a generous sponsorship from Genentech, which is celebrating its 50th anniversary and longstanding roots in South San Francisco.

More information and performing artists will be announced soon.
Visit www.ssfca.gov/concert for event updates.



Appreciating Flamenco Dance

Exploring the Basics Aged 50+

Wednesday, July 22, 2026 | 1:00 p.m. - 2:00 p.m.

Roberta Cerri Teglia Center
601 Grand Ave., SSF 3rd floor

Join us for this special on-time class and discover the beauty and tradition of Flamenco dance! The mysteries of Flamenco dance are revealed. Participants will gain insight into the vocabulary and history of this rich and captivating art form. Very basic footwork and arm movement will be introduced. Participants will learn a simple dance pattern to a basic rhythm will be taught. No experience necessary, come ready to learn, move, and have fun!

About the Instructor

During her 36-year performing arts career, Ercie Santos worked with several local dance companies. In the 90's, she was a featured company dancer with Theater Flamenco of S.F. ACE and ACSM certified, she also taught exercise for the SSF Parks and Recreation Department for several decades. To celebrate Parks and Recreation Month 2026, she looks forward to sharing the art form that has always stirred her body and soul.

For more information,
please call (650) 829-3820



TECH ASSISTANCE

at Roberta Cerri Teglia Center

Drop-In Technology Assistance

Get 1:1 help with your cell phone, computer & other devices.

UPCOMING DATES

Saturday, July 11, 2026

Saturday, August 8, 2026

Saturday, September 12, 2026

Saturday, October 10, 2026

Saturday, November 14, 2026

Saturday, December 12, 2026

10:00 AM - 12:00 PM



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

Beginners, Intermediate & Advanced participants welcome.

Desktop computers available for use. Please bring your phone, laptop or tablet for personal questions.

Remember to sign in.

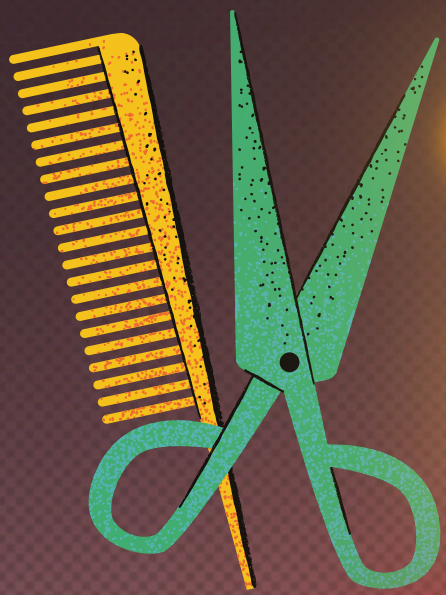
LOCATION

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



For more information, please call: (650) 829-3820





Free

HAIRCUTS

For men aged 50+

**Come and get your hair cut by our
licensed barber EK!**

Reservations are required

Thursday 10:30 a.m. - 2:30 p.m.

at the

**Roberta Cerri Teglia Center located at
601 Grand Ave SSF 1st fl.**

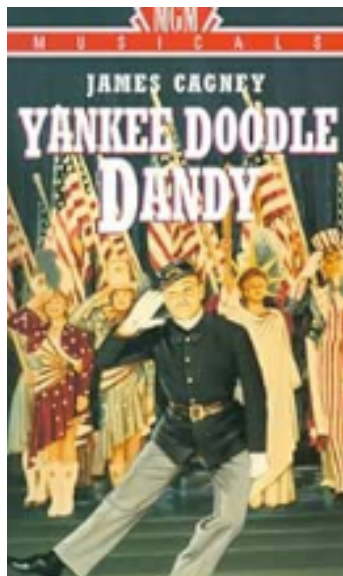
**For more information, please call
(650) 829-3820**



✳ SATURDAY MOVIE SCHEDULE ✳

JULY

JULY 11



**Yankee Doodle
Dandy**

JULY 18

**THE
RED BADGE
OF
COURAGE**



**The Red Badge
Of Courage**

JULY 25



**Star Spangled
Rhythm**

AUGUST

AUGUST 1

AUGUST 8

AUGUST 15

AUGUST 22

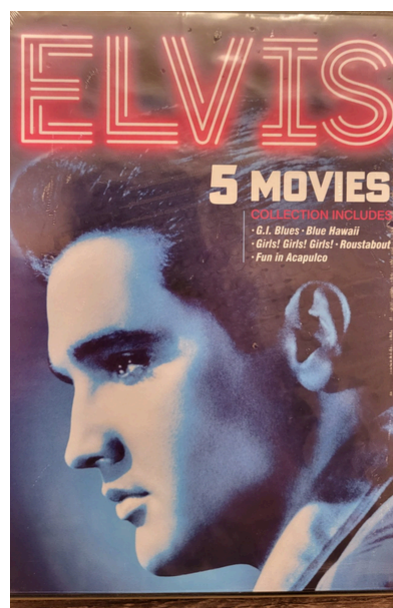
AUGUST 29



**Second Time
Around**



Ocean's 11



GI Blues



**Angels With
Dirty Faces**



**Alias Jesse
James**

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 \$6.50 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 fl. and place in car prior to eating, if parking in the lot on Baden

Kasey Jo Kelly
Recreation & Community Services Supervisor
kaseyjo.kelly@ssfca.gov
(650) 829-3822

Lisa Wilson
Recreation & Community Services Coordinator
Lisa.Wilson@ssfca.gov
(650) 829-3816

July Menu 2026

Mon	Tuesday	Wed	Thursday	Fri
		1	2 Chicken w/Apple Cinnamon Sauce Napa Cabbage Mandarin Orange	3 CLOSED
6	7 Chicken Wings w/Honey Mustard Sauce Bok Choy & Straw Mushroom Apple	8	9 Fish w/Satay Sauce Green Cabbage & Carrots Banana	10
13	14 Beef w/Chu Hou Sauce Broccoli & Carrots Apple	15	16 Fish w/Peppercorn Sauce Cauliflower & Carrots Apple	17
20	21 Meatballs w/Garlic Black Bean Sauce Napa Cabbage & Carrots Orange	22	23 Chicken w/Honey Garlic Sauce Green Bell Pepper & Mushroom Banana	24
27	28 Turkey w/Smokey BBQ Sauce Cauliflower & Carrots Orange	29	30 Beef w/Shitake Mushroom & Oyster Sauce Fuzzy Melon & Carrots Orange	31

**All Meals served with a serving of brown rice or 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.

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

Scam Prevention Event

AGED 50+

JULY 2, 2026

2:30 p.m. - 3:30 p.m.

At the Roberta Cerri Teglia Center
601 Grand Ave., SSF 3rd floor



Scams Targeting Older & Dependent Adults

**Speaker: Cassie Villar, an Adult Protective Services (APS)
Training & Outreach**

Specialist with the County of San Mateo. This event will discuss the multidisciplinary approach to preventing scams that target vulnerable older adults and those in dependent care. Join us to learn how community services can support and protect you and your loved ones.

For more information, please call (650) 829-3820





Adult Day Care

601 Grand Ave, 2/F
South San Francisco

Tel: (650) 829-3824



Funding: City of South San Francisco, Older American's Act Fund.

About

The City of South San Francisco has been operating an Adult Day Care Program since 1986, to enable frail and/or impaired older adults with disabilities, such as Alzheimer's, stroke, or Parkinson's to remain in the community. We assist participants in maximizing their physical, emotional and social functioning, encouraging the highest level of independence. We offer structured activity programs, including bingo, entertainment, daily exercise, special events and a chance to make new friends.

Our Services

We enable frail or impaired older adults to remain in the community and prevent premature or inappropriate institutionalization while providing on-going support, respite and assistance with community resources for caregivers.

Eligibility

Frail or impaired adults 50 and older.

Programs

Our structured recreation, education and special programs include special events, exercise, nutrition, education, music, reality orientation games, arts & crafts, walking, etc.

Benefits for Participants

- Supervision assistance
- Adaptive equipment for daily activities
- Structured programs to overcome isolation of physical and/or emotional disability
- Socializing with peers

Benefits for Caregivers

- Day respite (a break for yourself)
- A safe and secure environment
- Community resource information
- Support group opportunities
- Information and referral services



Hours: Monday - Friday 8 a.m. - 3 p.m.
(Prime program: 9 a.m. - 2:30 p.m.)
Participants may enroll 2 to 5 times per week.

Marianna Roman - Coordinator
Marianna.roman@ssfca.gov | (650) 829-3824

Services

Nutritionally balanced hot lunch and snack.
Transportation assistance may be available through Redi-Wheels.

Enrollment

Please contact the Adult Day Care Coordinator for an initial assessment interview to determine participants' needs. Individual service plans will be completed on a regular basis. Physician's report required.

Fees

Includes a full day program.
Limited fee adjustments available based on ability to pay. Fees subject to change.



Mailing: 901 Civic Campus Way, South San Francisco, CA 94080



Connection to others binds us to life

The Friendship Line combats loneliness and isolation among older adults in California. We build a culture of connection to increase engagement, promote well-being, and offer hope to those who feel alone.

Loneliness isn't just emotional - It's linked to serious health risks like depression, suicidal thoughts, and lifestyle impacts comparable to smoking, obesity, and inactivity.

The Friendship Line is California's only accredited 24-hour toll-free crisis intervention and emotional support line for older adults, adults with disabilities, and their caregivers.*

* The Friendship Line is accredited by the American Association of Suicidology.



Call for:

Emotional support if you are lonely, isolated, grieving

Crisis intervention if you are depressed, anxious and/or thinking about death or suicide

Elder abuse reporting

Information and referrals

Available to:

Any person aged 60 years or older

Adults 18 years and older living with disabilities

Caregivers

Call out service:

In addition to receiving incoming calls, our volunteers make routine outbound phone calls to provide emotional support to those who need it

 **888.670.1360**

 ioaging.org/friendship-line

Learn
more



Sprinkle A Little Love

Send love to everyone who is feeling a little
overwhelmed,
Because sometimes, the weight is just too heavy.

Whether that be with work, with loved ones,
with family or friends, or just with life.

As for yourself,
Be gentle with yourself.
Bring radiant joy and peace around you.
Walk with courage and with faith,
and your strength will keep you going.

Remember, take things one day at a time,
Today is another day.
You got this!

By: Mercedes Gharechedaghy

Brain Exercise

WORD SEARCH 13-VEGETABLE PATCH

Z	H	A	P	E	P	P	E	R	S	M	S	R	Y	C	R	B	U
U	R	S	R	E	B	M	U	C	U	C	E	A	A	U	H	G	P
C	R	P	I	P	G	B	D	S	C	I	O	A	M	R	T	I	Y
C	E	A	H	L	E	A	H	X	B	P	T	R	F	I	N	L	R
H	C	R	D	E	O	R	B	A	Z	E	A	A	Z	S	L	A	E
I	U	A	T	I	O	C	R	B	N	A	T	K	R	M	A	S	W
N	T	G	K	O	S	L	C	K	A	S	O	A	N	O	I	N	O
I	T	U	M	A	H	H	P	O	H	C	P	R	E	U	S	A	L
Y	E	S	P	O	L	U	E	H	R	S	S	O	C	S	E	L	F
R	L	B	K	Y	M	E	C	S	E	B	Q	P	M	A	R	M	I
E	E	G	G	P	L	A	N	T	P	T	U	P	R	C	O	S	L
L	H	F	K	I	N	B	E	A	N	S	A	T	K	O	E	R	U
E	F	I	D	I	P	I	N	R	U	T	S	H	M	R	U	T	A
C	N	E	P	C	I	Y	O	X	G	I	H	D	A	N	L	T	C
S	E	S	Z	S	S	T	E	E	B	A	D	M	T	O	V	E	S
S	T	O	R	R	A	C	V	P	E	R	G	A	R	L	I	C	K
F	T	T	A	Y	L	S	H	N	L	K	L	E	Y	C	N	U	R
F	A	O	J	T	M	O	V	E	K	O	H	C	I	T	R	A	Y

ARTICHOKE
ASPARAGUS
BEANS
BEETS
BROCCOLI
CABBAGE
CARROTS
CAULIFLOWER
CELERY
CORN
CUCUMBERS

EGGPLANT
GARLIC
KALE
KOHLRABI
LETTUCE
MUSHROOMS
OKRA
ONION
PARSNIP
PEAS
PEPPERS

POTATOES
PUMPKINS
RADISHES
SPINACH
SPROUTS
SQUASH
TURNIP
YAM
ZUCCHINI



IMPORTANT DATES



Roberta Cerri Teglia Center
will be **CLOSED** the following dates

Independence Day

Friday, July 3, 2026

&

Saturday, July 4, 2026



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

2268 Westborough Blvd Ste 302
South San Francisco, CA. 94080
(650) 952-6506

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

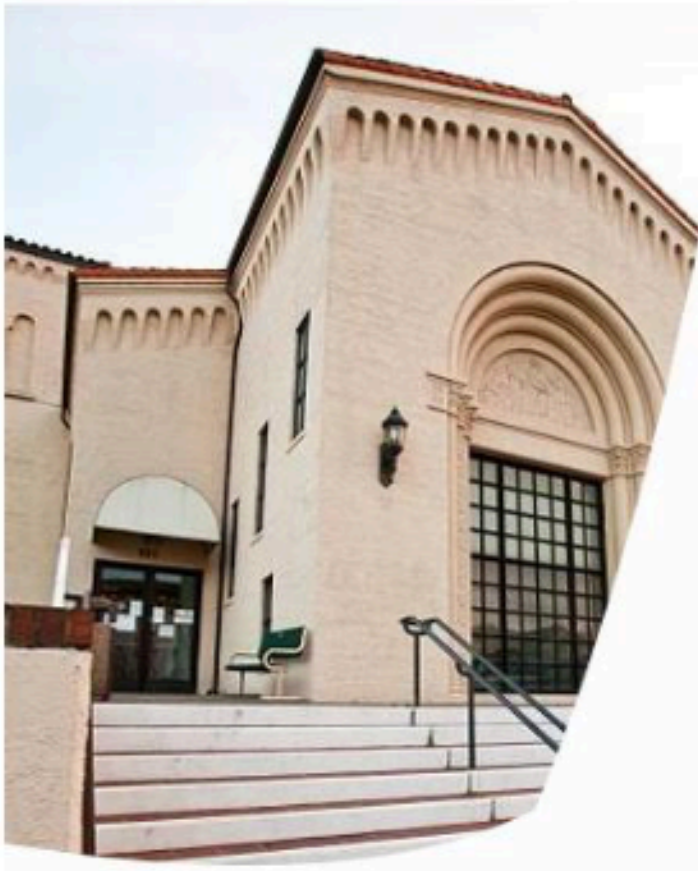
Marianna Roman, Recreation and Community Services
Coordinator, Adult Day Care Program 650-829-3824

Lisa Wilson, Recreation and Community Services
Coordinator, Senior Program Area
650-829-3816

Bruce Haroldson, Recreation Leader-Reception
/Programs 650-829-3820

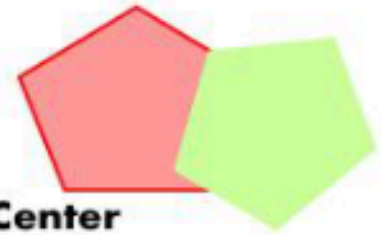
Vangie Lopez, Adult Day Care Recreation Leader

Jennifer Devis, Adult Day Care Recreation Leader



Roberta Cerri Teglia Center pictured above.

Contact Us



Roberta Cerri Teglia Center Senior Services Information

(650) 829-3820

Websites:

<http://www.ssfca.gov/seniors>



South San Francisco Parks and Recreation Department
Library | Parks and Recreation Center
901 Civic Campus Way
South San Francisco, CA. 94080