

Senior Connections



Happy Holidays!

The staff at the Roberta Cerri Teglia Center would like to thank everyone for your continued support of all our programs at our Senior Center, Alice Bulos Community Center, and Library | Parks & Recreation Center. We appreciate being a part of your lives and we enjoy serving our members each and every day.

We have made a lot of changes this year, including expanding all of our programs. Our attendance has steadily grown and we are thrilled about our new and exciting programs as well as the expansion to other locations. We look forward to maintaining the great level of service you have come to expect from the staff at the Roberta Cerri Teglia Center.

We will be closed for the Holidays, so be sure to check out our Holiday closures in this newsletter. Have a wonderful Holiday season and a Happy New Year!

Cheers,

Kasey Jo, Marianna, Lisa, Bruce, Will, Vangie, and Jen

Roberta Cerri Teglia Center - 601 Grand Ave SSF

CLASS	DAY	TIME	LOCATION
Open Billiards	Monday, Wednesday, Friday & Saturday	9:00 a.m. - 3:00 p.m.	Roberta Cerri Teglia Cntr
Exercise Room	Monday, Wednesday, Friday & Saturday	9:00 a.m. - 3:00 p.m.	Roberta Cerri Teglia Cntr
Open Computer Lab	Monday, Wednesday, Friday & Saturday	9:00 a.m. - 3:00 p.m.	Roberta Cerri Teglia Cntr
Coffee & Cards	Monday, Wednesday & Saturday	10:00 a.m. - 12:00 p.m.	Roberta Cerri Teglia Cntr
Stand Tall Yoga	Monday	9:15 a.m. - 9:45 a.m.	Roberta Cerri Teglia Cntr
Knitting & Crochet	Monday & Wednesday	10:00 a.m. - 12:00 p.m.	Roberta Cerri Teglia Cntr
Ping Pong	Monday	11:00 a.m. - 2:30 p.m.	Roberta Cerri Teglia Cntr
Fine Arts	Monday	12:30 p.m. - 2:30 p.m.	Roberta Cerri Teglia Cntr
Tai Chi Chuan	Monday, Wednesday & Friday	10:00 a.m. - 12:00 p.m.	Roberta Cerri Teglia Cntr
Indoor Jogging Club	Tuesday	9:15 a.m. - 9:45 a.m.	Roberta Cerri Teglia Cntr
Coffee & Cards	Tuesday & Thursday	10:00 a.m. - 5:00 p.m.	Roberta Cerri Teglia Cntr
Open Billiards	Tuesday & Thursday	9:00 a.m. - 5:00 p.m.	Roberta Cerri Teglia Cntr
Exercise Room	Tuesday & Thursday	9:00 a.m. - 5:00 p.m.	Roberta Cerri Teglia Cntr
Open Computer Lab	Tuesday & Thursday	9:00 a.m. - 5:00 p.m.	Roberta Cerri Teglia Cntr
Hawaiian Plus	Tuesday	11:00 a.m. - 12:00 p.m.	Roberta Cerri Teglia Cntr
Congregate Nutrition Program	Tuesday & Thursday	12:30 p.m. - 2:30 p.m.	Roberta Cerri Teglia Cntr
Hula	Tuesday	1:30 p.m. - 2:30 p.m.	Roberta Cerri Teglia Cntr
Standing & Floor Functional Weight Training	Tuesday & Thursday	3:30 p.m. - 4:00 p.m.	Roberta Cerri Teglia Cntr
Stand Strong Cardio	Tuesday & Thursday	4:15 p.m. - 5:00 p.m.	Roberta Cerri Teglia Cntr
Seated Pilates	Wednesday	9:15 a.m. - 9:45 a.m.	Roberta Cerri Teglia Cntr
Zumba Gold	Wednesday	11:30 a.m. - 12:30 p.m.	Roberta Cerri Teglia Cntr
Karaoke	Wednesday	12:30 p.m. - 2:30 p.m.	Roberta Cerri Teglia Cntr
Fine Arts	Thursday	9:30 a.m. - 12:30 p.m.	Roberta Cerri Teglia Cntr
Video Seated Yoga	Thursday	9:15 a.m. - 9:45 a.m.	Roberta Cerri Teglia Cntr
Mahjong	Friday	9:15 a.m. - 12:45 p.m.	Roberta Cerri Teglia Cntr
Coloring Club	Friday	11:30 a.m. - 1:00 p.m.	Roberta Cerri Teglia Cntr
Stand Tall Yoga	Saturday	9:15 a.m. - 9:45 a.m.	Roberta Cerri Teglia Cntr
Cardio & Conditioning	Saturday	9:50 a.m. - 10:35 a.m.	Roberta Cerri Teglia Cntr
Chess	Saturday	9:30 a.m. - 12:00 p.m.	Roberta Cerri Teglia Cntr
Movie	Saturday	12:30 p.m. - 2:30 p.m.	Roberta Cerri Teglia Cntr

Alice Bulos Community Center - 2380 Galway Dr. SSF

CLASS	DAY	TIME	LOCATION
Vitality In Chair Yoga	Monday	10:00 a.m. - 10:45 a.m.	Alice Bulos Community Cntr
Seated Pilates	Tuesday	10:00 a.m. - 10:45 a.m.	Alice Bulos Community Cntr
Seated Full Body	Wednesday	10:00 a.m. - 10:45 a.m.	Alice Bulos Community Cntr
Seated Weights	Thursday	10:30 a.m. - 11:25 a.m.	Alice Bulos Community Cntr
Stand Tall Yoga	Friday	9:30 a.m. - 10:15 a.m.	Alice Bulos Community Cntr
Seated Weights	Friday	10:30 a.m. - 11:15 a.m.	Alice Bulos Community Cntr

Library|Parks & Recreation - 901 Civic Campus Way SSF

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

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



This class is inspired by Kundalini yoga, but kept simple & welcoming for all levels. We begin with guided breath & gentle movement to ease the body open & calm the mind. With steady pacing, we flow into light stretches & breathing practices that support energy, balance, & relaxation. Gentle chanting is woven into expand lung capacity & create an uplifting, enchanting rhythm. This practice is designed to be accessible, soothing & revitalizing a space to move, breathe & reconnect at your own pace.

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.

Friday

10:30 a.m.—11:15 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

Monday & Saturday

9:15 a.m.—9:45 a.m.

Friday

9:30 a.m. –10:15 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

Wednesday

9:15 a.m.—9:45 a.m.



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

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.

Indoor Jogging Club

Tuesday

9:15 a.m.—9:45 a.m.



Stay active, build stamina, & enjoy movement in a supportive environment, no matter the weather! Our indoor jogging club is designed especially for adults who want to keep their bodies strong, improve balance, & connect with others.

What to expect:

- * A gentle warm-up to loosen joints & wake up muscles
- * Fun walk-job intervals, done in place, around the room, or with light marching.
- * Strength & balance exercises to keep your body resilient.
- * A relaxing cool down & stretch to leave you refreshed.

Why you'll love it:

- * Low impact & joint friendly (no pavement pounding!)
- * Go at your own pace, walk, march, or jog in place
- * All fitness levels welcome.

This isn't about speed, it's about staying healthy, building confidence, and having fun while moving together!

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!

Video Seated Yoga

Thursday

9:15 a.m.—10:00 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 35 participants.

CARDIO & CONDITIONING

Saturday

9:50 a.m.—10:35 a.m.



Elevate your fitness with this dynamic full-body workout designed to enhance cardiovascular strength and boost endurance through powerful compound movements. This session also integrates targeted core exercises to improve core stability, strength, and mobility by engaging all major muscle groups. This workout maximizes calories burned and stimulates your muscles!

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.

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.



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@ssfca.gov and/or kaseyjo.kelly@ssfca.gov

Name _____

Telephone _____

Address

Street _____

City _____

Zip _____

Tai Chi Chaun

Ages 50+

Monday, Wednesday, & Friday

10:00 a.m.—12:00 p.m.

Roberta Cerri Teglia Center

601 Grand Ave SSF. 1st floor

For more information please call 650-829-3820



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.

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

November 1, 2025

December 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@ssfca.gov

(650) 829-3822

Lisa Wilson

Recreation & Community Services Coordinator

Lisa.wilson@ssfca.gov

(650) 829-3816

November Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Fish w/Cilantro Miso Sauce Bok Choy & Carrots Apple	5	6 Chicken w/Apple Cinnamon Sauce Napa Cabbage & Carrots Mandarin Orange	7
10	11 CLOSED	12	13 Beef w/Cumin Sauce Broccoli & Carrots Mandarin Orange	14
17	18 Chicken Wings w/Spicy Peppercorn Sauce Bok Choy Apple	19	20 Meatball w/Korean BBQ Sauce Cabbage w/Carrots Apple	21
24	25 Pork Chop w/Five Spice Sauce Broccoli & Carrots Banana	26	27 CLOSED	28

*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 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 November

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

Join us for some classics this November

All movies personally curated from our Senior Services staff.

- * November 1st: The Man Who Knew Too Much
- * November 8th: The Treasure of the Sierra Madre
- * November 15th : Here Come The Co-Eds
- * November 22nd: Double or Nothing



Saturday

Movies for December

**All movies personally curated from our
Senior Services staff.**

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

- * December 6th : Deck the Halls
- * December 13th : Trail of Robin Hood
- * December 20th: The Santa Clause



HOLIDAY MUSICAL

Ages 50+

SATURDAY
DECEMBER 20TH
1:00 P.M. - 2:30 P.M.

Let's experience
the magic of the
Holiday Season
with Music,
Dancing, and Sing
Along



601 GRAND
AVE SSF
3RD FLOOR/MUR

For more information call
650-829-3820



Happy Holidays

The holiday season is a good time to reflect on what
is important in our lives,

You might find yourself asking questions about
what is it that matters most,

**Then, you will appreciate “things” much more,
large and small.**

This is also the season to think about your actions,
that you “reap what you sow.”

But however, at the end, what is necessary is to give
thanks and grace.

So, have a joyous holiday season, gather with family
and friends,

And wish each other “peace” for the new year!

By, Mercedes Gharechedaghy

Roberta Cerri Teglia Center

Holiday Closures:

Veterans Day

Tuesday, November 11, 2025

Thanksgiving Holiday

Thursday, November 27, 2025

Friday, November 28, 2025 &

Saturday, November 29, 2025

Winter Break

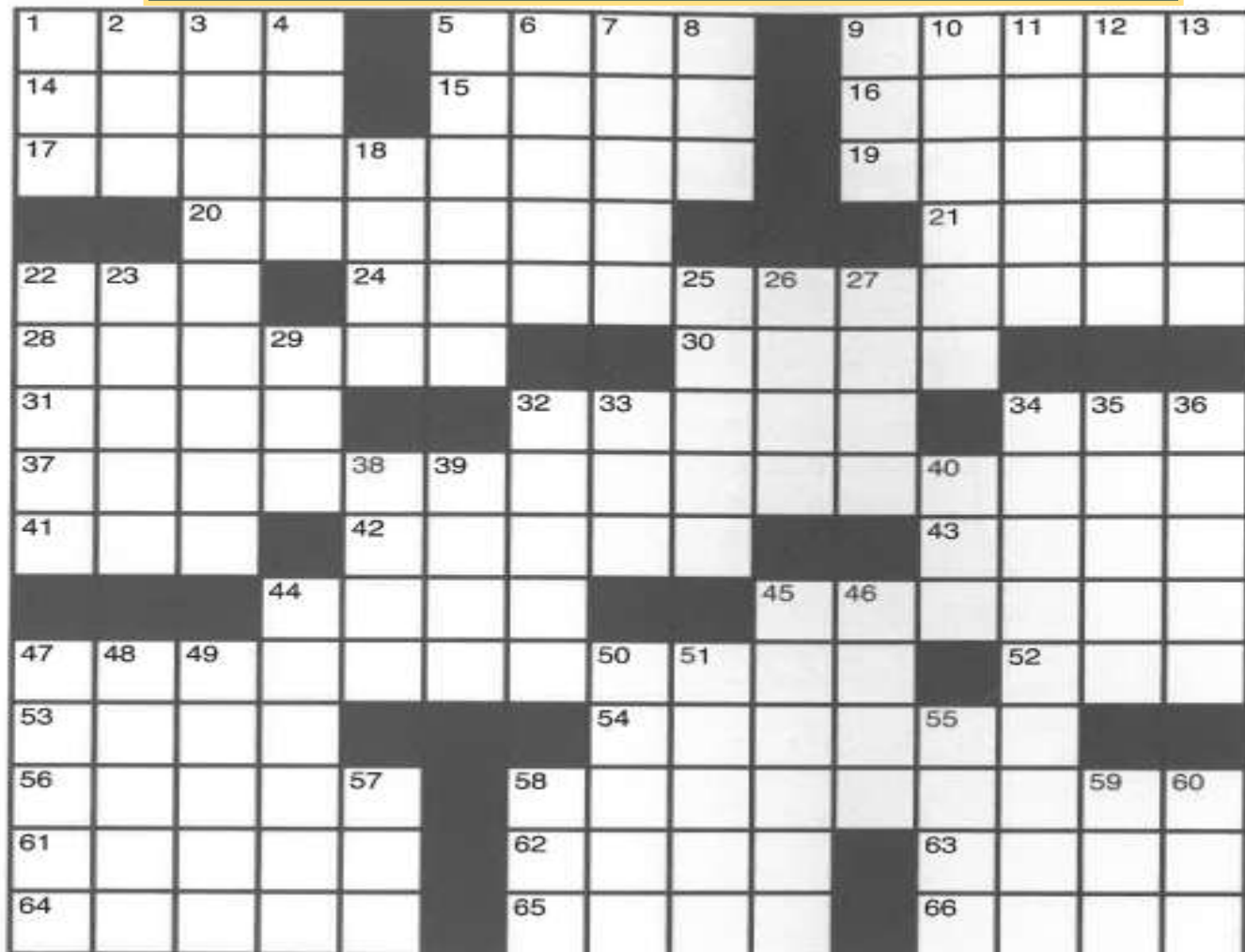
Monday, December 22, 2025

through

Saturday, January 3, 2026.

We will reopen Monday, January 5,
2026

Brain Exercise



ACROSS

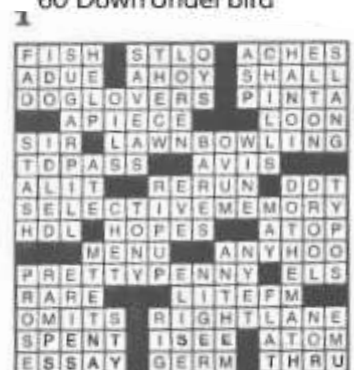
- 1 Drop a line from the dock, say
- 5 Normandy battle town
- 9 Massage targets
- 14 Together, musically
- 15 Chips __! : cookies
- 16 Formal-sounding will?
- 17 Friends of man's best friend
- 19 Columbus craft
- 20 For each one
- 21 Diving lake bird
- 22 Knight's title
- 24 Sport involving some rolling on the grass
- 28 QB-to-receiver six-pointer
- 30 Rent-a-car giant
- 31 Landed
- 32 TV show shown before
- 34 Banned bug spray
- 37 Forgetting the unpleasant parts
- 41 "Good" cholesterol initials
- 42 Wishes
- 43 Sitting on

- 44 List of computer options
- 45 "Movin' right along ..."
- 47 Tidy sum that doesn't sound like much
- 52 Overhead trains
- 53 Steak order
- 54 Contemporary radio station named for its former "easy listening" playlist
- 56 Leaves out
- 58 Highway segment for slower traffic ... and, literally, what 17-, 24-, 37- and 47-Across each has
- 61 Used up
- 62 "So THAT'S what you mean"
- 63 Physics particle
- 64 Bacon work
- 65 Lysol target
- 66 Drive-__ window

DOWN

- 1 Craze
- 2 Knot-tying words
- 3 Drug test placebo
- 4 Beatles' second film
- 5 File-renaming command, at times
- 6 "Supernatural" network
- 7 Oscar winner Sophia
- 8 Kvetching cries
- 9 Nile snake
- 10 Flu symptoms
- 11 Asian capital
- 12 "Tiny Dancer" singer John
- 13 Much street talk
- 18 Many Rembrandts
- 22 Squirrel away
- 23 Loafed
- 25 Exposes
- 26 Reproductive cell
- 27 Cellar reds and whites
- 29 Gobbled down
- 32 Tear to pieces
- 33 New Year's __
- 34 "Duh ... figure it out!"

- 35 Slobber
- 36 Printing goofs
- 38 Newscaster Huntley
- 39 Broadway award
- 40 Possibly will
- 44 Medit. volcano
- 45 Song before the game
- 46 Vladivostok veto
- 47 Narrative writing
- 48 Boat launching aids
- 49 Great Lakes natives
- 50 Beethoven dedicatee
- 51 Algeria neighbor
- 55 London apartment
- 57 Muddy pen
- 58 Fix, as a fight
- 59 Neither here __ there
- 60 Down Under bird



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

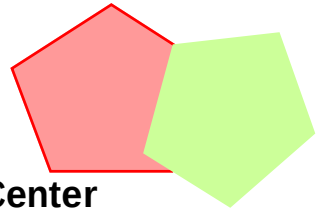
Bruce Haroldson, Recreation Leader-Reception /
Programs

650-829-3820

Vangie Lopez, Adult Day Care Recreation Leader

Jennifer Devis, Adult Day Care Recreation Leader

Contact Us



Roberta Cerri Teglia Center Senior Services Information

(650) 829-3820

Websites:

<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