

Senior Connections

Jan/Feb | 2026 | Free
<https://www.ssfca.gov/seniors>



VALENTINES FOR THE TROOPS

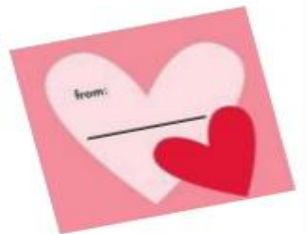
Join us in making heart felt valentine cards for the troops, who are deployed overseas.

The day will begin with breakfast followed by some fun, creative card making.

Thursday, January 15, 2026

8:30 a.m.- 10:30 a.m.

**Roberta Cerri Teglia Center
601 Grand Ave. 3rd fl.
South San Francisco**



**To register for this event, please call
650-829-3820 or sign up in person.**



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
Video Seated Full Body Workout	Monday & Wednesday	9:15 a.m. - 10:00 a.m.	Roberta Cerri Teglia Cntr
Knitting & Crochet	Monday & Wednesday	10:00 a.m. - 12:00 p.m.	Roberta Cerri Teglia Cntr
Tai Chi Chuan	Monday, Wednesday & Friday	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
Video Seated Yoga	Tuesday & Thursday	9:15 a.m. - 10:00 a.m.	Roberta Cerri Teglia Cntr
Fiber Arts	Tuesday	10:00 a.m. - 1:00 p.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
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
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
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

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

We welcome all skill levels.

All classes are **FREE**! Red donation boxes can be found in each class.
Donation 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 Chaun 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.

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 while playing a game of cards and doing some puzzling.

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!

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 to sing some songs and make some friends! We hope to see you there!

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 9:15 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.

Video Seated Yoga

Tuesday & 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.

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

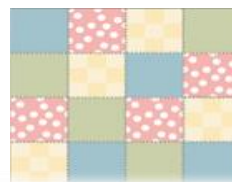
In the Library | Parks & Recreation Center

NEW CLASS

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.

Video Seated Full Body

Monday & Wednesday

9:15 a.m.—10:00 a.m.



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.

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.

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.

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!



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 _____

Address

Street _____

City _____

Zip _____

☐ \$10 Enclosed

Fiber Arts Studio

For Aged 50+

Join us in celebrating the vibrant world of textile arts and quilting within the South San Francisco senior community.

Contribute to a Cause: Bring your sewing machine and 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, and inspiration with fellow quilting and textile enthusiasts.

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

Tuesday 10:00 a.m.—1:00 p.m.
Roberta Cerri Teglia Center
601 Grand Ave SSF 3rd Fl.
For more information please call
650-829-3820

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.

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

January Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6 Pork Chop w/Five Spice Sauce Broccoli & Carrots Apple	7	8 Baked Fish w/Satay Sauce Cauliflower & Carrots Apple	9
12	13 Beef w/Corn Sauce Napa Cabbage & Carrots Orange	14	15 Chicken w/Honey-Garlic Sauce Bell Peppers & Mushrooms Banana	16
19	20 Turkey w/Gravy Napa Cabbage & Zucchini Orange	21	22 Minced Pork w/Vegetables Mushroom, Cauliflower & Carrots Orange	23
26	27 Fish w/Cilantro Miso Sauce Bok Choy & Carrots Apple	28	29 Chicken w/Apple Cinnamon Sauce Cabbage & Carrots Mandarin Orange	30

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

Menus subject to change

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

February 7, 2026

March 7, 2026

May 2, 2026

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**

Taxes Due

AARP
FOUNDATION
Tax-Aide

Need help with your TAXES? We have you covered! Come get your taxes prepared for FREE at the Roberta Cerri Teglia Center. Tax preparation service is FREE for low and middle income people. There is no income limit. However, we cannot prepare complex tax returns such as, rental property and depreciated property.

Appointments are **required** starting, January 5, 2026.

(Please **NO WALK-INS**)

601 Grand Ave. South San Francisco, CA. 94080

Please call 650-829-3820 to register.



Presented by:

AARP Foundation Tax-Aide in partnership with
City of South San Francisco Senior Services



FREE BLOOD PRESSURE SCREENINGS

University of San Francisco
Nursing Students

For Aged 50+



February 3, 2026 - May 14, 2026

Every Tuesday & Thursday from 9:00 a.m. - 11:00 a.m.

Roberta Cerri Teglia Center

601 Grand Ave., SSF

For more information please call

650-829-3820

Saturday

Movies for January

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

Join us for some classics this January

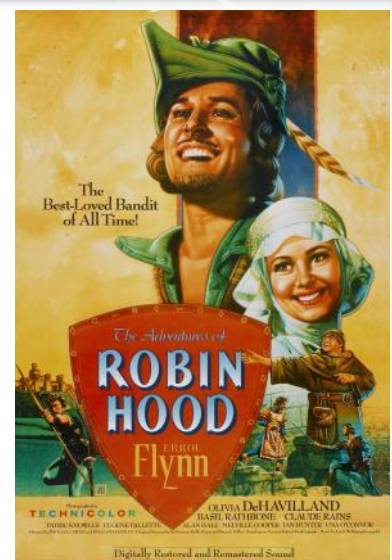
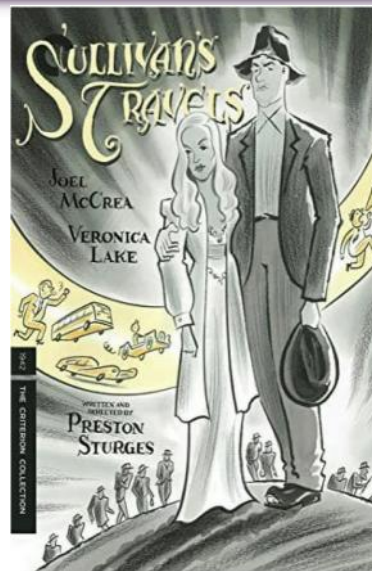
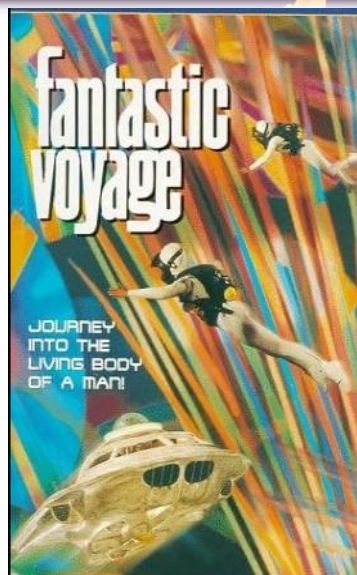
All movies personally curated from our Senior Services staff.

***January 10th: The Birds**

*** January 17th: Fantastic Voyage**

***January 24th : Sullivan's Travels**

***January 31st: The Adventures of Robin Hood**

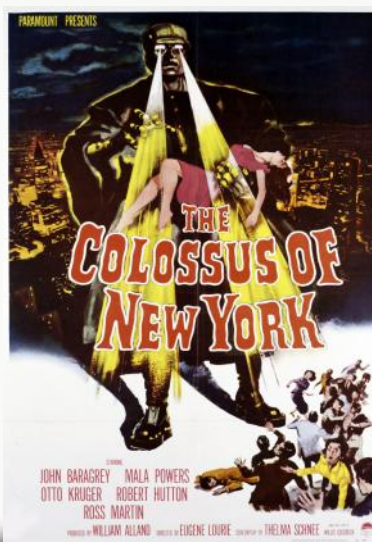
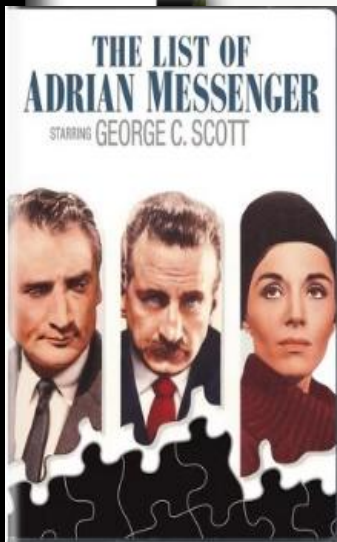


Saturday Movies for February

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

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

- * February 7th: The List of Adrian Messenger**
- * February 14th: Sierra**
- * February 21st: The Colossus of New York**
- * February 28th: The Dude Goes West**



Happy New Year!

May This New Year Bring You More:

STRENGTH

to help guide you to all new challenges you might face,

WISDOM

to choose the best course in your journey,

HOPE

that opportunities may come your way,

JOY

to enjoy every beautiful moments you experience,

PEACE

to bring calm and unity with your family and friends,

And last,

BLESSINGS

to your health and vitality!

By: Mercedes Gharechedaghy

Roberta Cerri Teglia Center

Holiday closures

Winter Break

January 1, 2026 - January 3, 2026

Martin Luther King Jr. Day

Monday, January 19, 2026

President's Day

Monday, February 16, 2026

Brain Exercise

WORD SEARCH 1—FRUIT FRENZY

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

APRICOT
BANANA
BLUEBERRY
CHERRY
CRANBERRY
FIG
GRAPE
GRAPEFRUIT
GUAVA

HONEYDEW
KIWI
LEMON
LIME
MANGO
MELON
NECTARINE
ORANGE
PAPAYA

PASSIONFRUIT
PEACH
PEAR
PINEAPPLE
PLUM
POMEGRANATE
RASPBERRY
STRAWBERRY

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

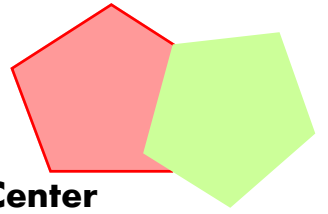
Bruce Haroldson, Recreation Leader-Reception /
Programs
650-829-3820

Vangie Lopez, Adult Day Care Recreation Leader

Michaela Mulkerrins, 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.ssfca.gov/>

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

<https://www.ssfca.gov/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