

SOUTH SAN FRANCISCO

CONCERT PARK 2026

IN THE

Save the Date!

Saturday
SEPT. 12
11:30AM-5:00PM

FEATURING GRAMMY AWARD
WINNING BAND

KOOL & the GANG

FREE
ADMISSION!
ENJOY GREAT
MUSIC,
COMMUNITY,
AND FUN!

SCAN HERE
FOR MORE INFO!



 LIVE MUSIC	 COMMUNITY PERFORMERS	 HEADLINING ARTIST	 FOOD TRUCKS
 FREE ACTIVITIES FOR KIDS	 40+ LOCAL VENDORS	AND MORE!	

Sponsored by:
Genentech
A Member of the Roche Group



ORANGE MEMORIAL PARK
SOUTH SAN FRANCISCO

*Nestled in our Park Meadow and
Sports Field!*

South San Francisco Parks and Recreation Department
www.ssfca.gov/Concert | (650) 829-3800 | web-rec@ssfca.gov



Roberta Cerri Teglia Center - 601 Grand Ave., South San Francisco

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.
Full Body Stretch & Mindful Meditation	Thursday	4:15 p.m. - 5:00 p.m.
Fiber Arts	Tuesday	10:00 a.m. - 1:00 p.m.
Pilates Cardio	Tuesday	10:45 a.m. - 11:30 a.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 for Beginners	Tuesday	1:00 p.m. - 1:30 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. South San Francisco

CLASS	DAY	TIME
Seated Weights	Monday	9:30 a.m. - 10:15 a.m.
Seated Full Body Workout	Monday	10:20 a.m. - 11:05 a.m.
Total Body Strength	Wednesday	10:45 a.m. - 11:30 a.m.
Chair Yoga	Wednesday	11:45 a.m. - 12:45 p.m.
Vitality Flow Yoga	Friday	9:45 a.m. - 10:30 a.m.

Library| Parks & Recreation - 901 Civic Campus Way South San Francisco

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.

Celebrating MARIANNA ROMAN'S RETIREMENT


*Your legacy of
commitment, and
community will
always inspire us.*



Thank you 

FOR YOUR
DEDICATION AND
ENRICHING THE
LIVES OF
COUNTLESS
PARTICIPANTS.

After more than 30 years of dedicated service, the South San Francisco Parks & Recreation Department is proud to recognize Marianna Roman on her retirement.

Marianna joined the department as the Adult Day Care Coordinator at the Roberta Cerri Teglia Center. Throughout her career, she has been an advocate for the Adult Day Care Program; enriching the lives of countless participants through engaging activities such as baking, trivia, and creative themed events. Her enthusiasm and commitment have made the program a welcoming and joyful place for participants and their families.

In addition to her role as Adult Day Care Coordinator, Marianna has shared her love of culture and dance as a Ballet Folklórico instructor, inspiring generations of young students with her passion and dedication.

Reaching this milestone reflects more than three decades of outstanding service, unwavering commitment, and genuine care for the South San Francisco community. We are grateful for everything Marianna has contributed to the Parks & Recreation Department and the many lives she has touched along the way.

Please join us in thanking Marianna for her years of service and wishing her a happy, healthy, and well-deserved retirement. We wish her all the best in this exciting new chapter and her future endeavors.



**SOUTH SAN FRANCISCO
PARKS &
RECREATION**

THANK YOU, MARIANNA, FOR EVERYTHING!

Enjoy Your Retirement!



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.

Kasey Jo Kelly - Supervisor
Kaseyjo.kelly@ssfca.gov | (650) 829-3822

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

NOW ACCEPTING NEW PARTICIPANTS!!

JOIN US FOR OUR

**45TH
HOLIDAY
BOUTIQUE
AND
MAKERS FAIR**

**SHOP
LOCAL
SUPPORT
MAKERS**

SATURDAY, NOVEMBER 7TH

10:00 A.M. TO 4:00 P.M.

LIBRARY | PARKS & RECREATION CENTER

901 Civic Campus Way, South San Francisco

**COME SUPPORT OUR LOCAL VENDORS! ENJOY A
DAY OF SHOPPING FEATURING UNIQUE,
HANDCRAFTED JEWELRY, CLOTHING,
ACCESSORIES, CANDLES, HOUSEWARES,
HOLIDAY DECOR, AND MORE!**

**FREE
REFRESHMENTS
WILL BE
PROVIDED.**

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





SENIOR PROGRAMS



WE WELCOME ALL SKILL LEVELS.

ALL CLASSES ARE **FREE!** RED VOLUNTARY CONTRIBUTION BOXES ARE LOCATED IN EACH CLASS. YOUR CONTRIBUTION HELPS SUPPORT THE PROGRAMS, ACTIVITIES, MEALS AND SERVICES THAT MAKE ROBERTA CERRI TEGLIA CENTER A PLACE TO CONNECT, BELONG, AND THRIVE. EVERY CONTRIBUTION LARGE OR SMALL IS DEEPLY 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



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.

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.

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.

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



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.

NEW CLASS

HULA FOR BEGINNERS

TUESDAY
1:00 P.M.—1:30 P.M.



Come learn the beautiful art of hula with the amazing Ofelia! This class is designed especially for beginners who are ready to start their hula journey in a fun and supportive environment. You'll learn the fundamentals of hula, including basic steps, hand movements, coordination, rhythm, and the confidence to express yourself through dance. No experience is needed, just bring your enthusiasm and willingness to learn!

HULA

TUESDAY
1:30 P.M.—2:30 P.M.



Come learn how to Hula with the amazing Ofelia. 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



NEW CLASS

TOTAL BODY STRENGTH

WEDNESDAY

10:45 A.M. - 11:30 A.M.

ALICE BULOS COM. CTR.
2380 GALWAY DR. SSF



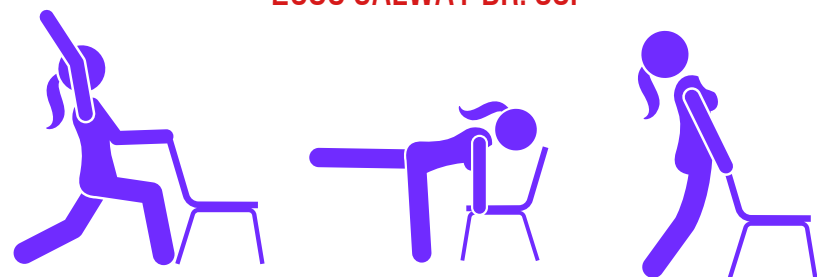
Total Body Strength is a safe, effective and low-impact class that improves strength cardiovascular health, flexibility, balance, and overall fitness. Using controlled movements, participants work through exercises that target all major muscle groups while enhancing core strength, posture, joint mobility and circulation. This class is designed to elevate heart rate, build functional strength, and improve muscle tone while minimizing stress on the joints. A variety of seated and standing exercise options are offered, with modification available to accommodate all fitness levels and abilities, ensuring everyone can participate safely and comfortably. If you have weights at home, please bring them to class. A limited number of weights are available and provided on a first come basis.

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 everybody. 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.

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

NEW CLASS

Chair Yoga

WEDNESDAY

11:45 A.M. - 12:45 P.M.

ALICE BULOS COM. CTR.
2380 GALWAY DR. SSF



Chair yoga is a gentle, low impact class that improves flexibility, balance, strength and relaxation. Participants practice seated and standing poses to enhance mobility, reduce stiffness, and support joint health, and promote overall well being. Modification are provided to accommodate all fitness levels and abilities.



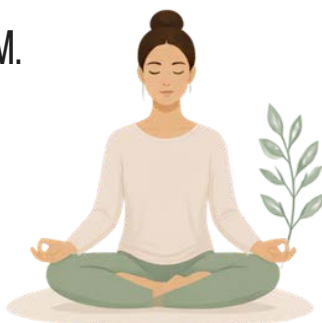
SENIOR PROGRAMS



NEW CLASS

FULL BODY STRETCH **&** **MINDFUL MEDITATION**

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



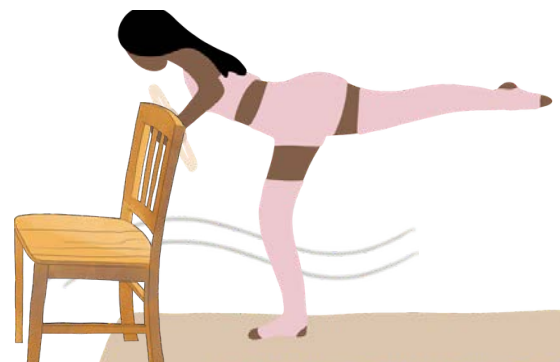
This class is a gentle, relaxing class designed to support flexibility, mobility, balance and overall well-being. The class combines easy, full body stretches with calming mindfulness and meditation techniques to help release muscle tension and improve ease of movement. Stretches can be done in a chair or on the floor, with options for different abilities.

The class also incorporates simple mindful meditation and breathing exercises to quiet the mind, reduce stress, and leave you feeling refreshed and centered. Whether you are new to stretching and meditation or have previous experience, this welcoming class is suitable for all levels. Come stretch breathe, relax, and give yourself a little time to unwind.

NEW CLASS

PILATES CARDIO

TUESDAY
10:45 A.M. - 11:30 A.M.



Boost your heart rate while building core strength, balance, and flexibility in this low impact workout. This energizing class combines pilates inspired movements with cardio intervals to improve endurance, posture, and overall fitness. Modifications are provided for all fitness levels.



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 _____



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, 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



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 again. 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!

Date & Time:

This is a 2-day course, each class will be from 9:15 a.m. to 1:15 p.m. The dates are **Monday, October 19, 2026 & Tuesday, October 20, 2026** Please arrive 20 minutes before the course begins to allow sufficient time for sign-in. The 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@ssfca.gov

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..

Free Blood Pressure Screenings

University of San Francisco Nursing Students



September 1 - December 9

**NOTE: No students on Tuesdays
October 6, 2026 - November 3, 2026**



Every Tuesday and Thursday
from 9:30 a.m. - 11 a.m.



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



For more information please
call (650) 829-3820



Know Your Numbers.
TAKE CARE OF YOUR HEART.



✳ SATURDAY MOVIE SCHEDULE ✳

SEPTEMBER

SEPT 5



Witness for the Prosecution

SEPT 12



A Song is Born

SEPT 19



Harry and the Hendersons

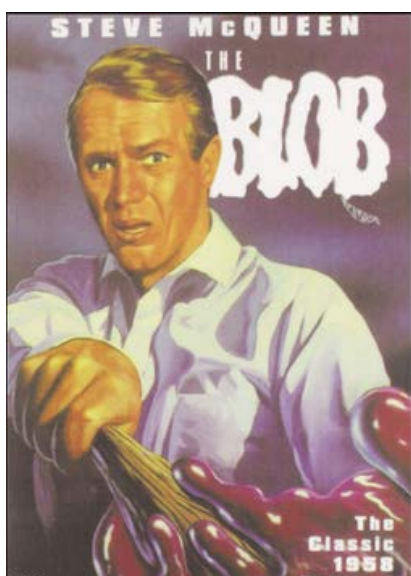
SEPT 26



Treasure of the Yankee Zephyr

OCTOBER

OCT 3



The Blob

OCT 10



Bride of Frankenstein

OCT 17



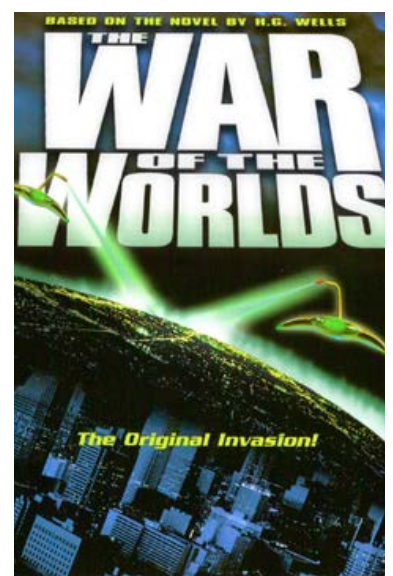
The Bat

OCT 24



Sleepy Hollow

OCT 31



The War of The Worlds

Movies subject to change without notice

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

September Menu 2026

Mon	Tuesday	Wed	Thursday	Fri
	1 Turkey w/Smoke BBQ Sauce Cauliflower & Carrots Orange	2	3 Beef w/Mushroom & Oyster Sauce Fuzzy Melon & Carrots Orange	4
7 CLOSED	8 Fish w/Cilantro & Miso Sauce Bok Choy & Carrots Apple	9	10 Chicken w/Apple Cinnamon Sauce Napa Cabbage Mandarin Orange	11
14	15 Chicken Wings w/Honey Mustard Bok Choy & Mushrooms Apple	16	17 Fish w/Satay Sauce Cabbage & Carrots Banana	18
21	22 Beef w/Chu Hou Sauce Broccoli & Carrots Apple	23	24 Fish w/Peppercorn Sauce Cauliflower & Carrots Apple	25
28	29 Meatballs w/Garlic Black Bean Sauce Cabbage w/Carrots Orange	30		

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

**Menu subject to change*

Age – Lets Talk About It!

“They” say....

With age comes wisdom,
Just be excited about the number,
age is about change,
Just know that “things” will come out beautifully!
When your birthday comes around,
It’s just another adventure, another year, another
decade.

It’s just icing on the cake.

How do you feel?

You don’t know what will happen next,

So, just smile and go with the flow.

You see, life is good as you aged,

Belive this!

Go live life and enjoy.

Time is an illusion,

Be greatful for the journey!

By: Mercedes Gharechedaghy

Brain Exercise

1.

SECRET

2.

Stand
i

3.

CLOSE
CLOSE
CLOSE
CLOSE

4.

— — — ship

5.

BIRD

6.

MIN MIN MIN MIN
BACK
UTES UTES UTES UTES

7.

OVER
OVER

8.

REST
YOU'RE

9.

GOING
DIET

1.

TOP SECRET
2.

I UNDERSTAND
3.

FOUR CLOSE
4.

SPACE SHIP
5.

BIG BIRD
6.

BACK IN FOUR MINUTES
7.

LEFT OVERS
8.

YOU'RE UNDER ARREST
9.

GOING ON A DIET



IMPORTANT DATES



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



Labor Day

Monday, September 7, 2026



Indigenous Peoples Day

Monday, October 12, 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 (650) 829-3822

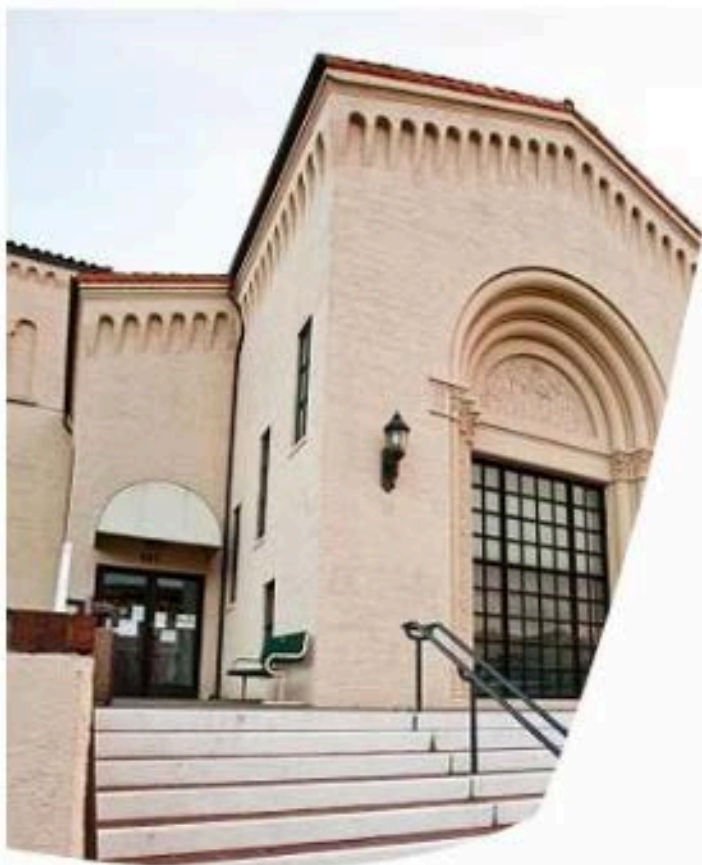
Lisa Wilson, Recreation and Community Services Coordinator, Senior Program Area (650) 829-3816

Adult Day Care Program (650) 829-3824

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