



LINCOLN COMMUNITY CENTER

901 Brunswick (Acton and Brunswick)
Daly City, CA 94014-1349

OPEN: Monday-Friday, 8:00am-5:00pm*

*Subject to change without notice due to changes in programming. Call for information regarding evenings and weekends.

New Language Lines:

English: 650-991-8018

Chinese: 650-991-5526

Spanish: 650-991-5527

Tagalog: 650-991-5528

Facility Rental Information: **(650) 991-8001**
Public Transportation – Sam Trans 120 & 121
800-660-4287 for more info/schedule

~~CLASSES AND PROGRAMS~~

BINGO

Tuesday/Thursday/Friday: 1:00pm-2:30pm

CHINESE CULTURAL ACTIVITIES

- *Fan Dancing*
Mon., Tues., Thurs., Fri.: 9:00am-10:00am
- *Chinese/American Line Dancing*
Friday: 10:30am-12:00pm
- *Chinese Opera/Karaoke*
Monday/Friday: 12:00pm-5:00pm

DOMINOES/MAHJONG/SOCIAL GAMING

Monday-Friday: 8:30am-12:00pm

ENGLISH INTRODUCTION CLASS

Monday/Friday: 9:00am-10:30am

ENGLISH INTRODUCTION CLASS FOR CHINESE LEARNERS

Tuesday 9:00am-10:30am
 Wednesday 9:00am-10:00am
 Thursday 10:00am-11:30am
 Friday 10:30am-11:30am

EXERCISE GROUP

- Tai Chi, Chi-Gong, Stretching, Tai Chi
Group Meets in Parking Lot Daily
7:30am-9:00am

EXERCISE/AEROBICS

Fee Based Classes:

\$3.00 for 60 Minute Class

\$3.50 for 90 Minute Class

Tues. 10:15am-11:15am, 3:00pm-4:30pm
 Wed. 3:00pm-4:00pm
 Thurs. 10:30am-11:30am, 3:00pm-4:30pm
 Fri. 3:00pm-4:30pm
 Sat. 9:30am-11:00am



FRENCH CLASSES

Tuesdays 12:00pm-1:00pm

SPANISH CLASSES

Monday 10:00am-12:00pm (Conversational)



Tuesday 9:00am-10:00am (Beginning)
 Tuesday 10:30am-12:00pm (Conversational)

TAI CHI CLASS

Monday 8:30am-9:30am
 Saturday 8:00am-9:30am
 Taught by Basilio Chen



~~GROUPS AND CLUBS~~

DC SENIOR CITIZEN CLUB

Wednesdays 12:00pm-2:00pm

FASA

Filipino American Senior Association
 (see posted schedule at center for dates)
 Mondays 1:00pm-4:00pm
 Pay at the door



FILIXA

Filipino Californian Senior Group
 Every Sunday 12:30pm-4:30pm
 Pay at the door

~~HEALTH SCREENINGS AND SERVICES~~

DRIVERS SAFETY TRAINING COURSE

By AARP for drivers 55 and older
 Call 888-AARP-NOW

OPERATION BROWN BAG

FREE grocery bag to qualified individuals 60+
 Pre-registration required
 Call 800-984-3663
 Wednesdays 9:00am

WISE AND WELL HEALTH SCREENINGS

for individuals ages 60+
 Blood Sugar/Blood Pressure
 Call Janel Moore RN MSN: 650-696-7663
 1st Thursday 9:30am

~~LINCOLN PARK COMMUNITY CENTER FALL QUARTER EVENT CALENDAR~~

DECEMBER 2009

- 3 Thurs.: Lincoln Advisory Board Meeting 9:00am
Wise & Well-Blood Pressure Screening 9:30am
- 18 Friday: Annual Holiday Potluck! 11:00am
- 24 Thurs.: Christmas Holiday-Center Closed
- 25 Friday: Christmas Holiday-Center Closed
- **December 24, 2009 through January 3, 2010
Lincoln Community Center Closed**

JANUARY 2010

- 1 Friday: New Years Day - Center Closed
- 7 Thurs.: Lincoln Advisory Board Meeting 9:00am
- 18 Monday: Martin Luther King Day - Center Closed

FEBRUARY 2010

- 4 Thurs.: Lincoln Advisory Board Meeting 9:00am
Wise and Well-Blood Pressure Screening 9:30am
- 15 Monday: Presidents Day Holiday - Center Closed
- 19 Friday: Black History Month
Celebration Luncheon

Mmmm... Tasty Freshly cooked meals offered Daily Monday thru Friday at 12:00pm
 \$2.00 donation for seniors \$7.00 for non-seniors. Reserve early. Call 650-991-8018 before 11AM daily.
 Monthly menus available upon request.