

# SENIORS



*"There are elderly people, living alone in our community, who haven't had a hug in a year," explains Susan Verde of Little Brothers-Friends of the Elderly, "Just having a visitor can change their world." You can change the world of a senior and at the same time change the western world's view of senior citizens. Our grandmothers and grandfathers have so much to give and teach us; volunteering at a senior center or convalescent home will open your eyes to the variety of life experience. You may learn more about history in one afternoon hanging out with a senior than you will in a whole year of history class!*

## BVHP Multipurpose Senior Services (F,G)

1250 La Salle Avenue, San Francisco  
415-826-4774

**Email:**  
**Minimum age:** 16  
**Bus lines:** 54

**Web:**  
**W/parental supervision:** 12  
**BART:**

Youth volunteers can have a rewarding experience and can brighten the day of persons who are mentally and/or physically challenged by socializing with Bayview Hunter's Point's senior clients. Volunteers may also help a small group of African-American seniors produce a video of their lives, or help with special projects such as the Memorial Tree.

## Bethany Center (G)

580 Capp Street, San Francisco  
415-821-4515 x12

**Email:** lanal@bethanycenter.org  
**Minimum age:** 16  
**Bus lines:** 18

**Web:** thecity.sfsu.edu/~bethany  
**W/parental supervision:** 16  
**BART:** 24th Street

Interested in a gym? You can be an Aide for the Fitness Instructor in conducting and/or helping with treadmill, weights, aerobics, etc. (2-4 hrs/wk). Art Projects/ Arts and Crafts of all sorts are welcome (2 hrs/wk). We have a Computer Learning Center and need a teacher to continue their e-mail, games, and interests in internet searches (2 hrs/wk). Photographer interested in taking portraits of seniors of all nationalities and finally... someone willing to teach ESL!

## San Francisco Adult Day Support (F,G)

50 Broad Street, San Francisco  
415-452-3500

**Email:** lbaker@ccyo.org  
**Minimum age:** 14  
**Bus lines:** 54

**Web:** www.ccyo.org  
**W/parental supervision:** 2  
**BART:** M-line

San Francisco Adult Day Support, a program of Catholic Charities CYO, works with frail and impaired seniors who are socially isolated. Their goal is to offer a variety of activities, while assisting the seniors in maintaining the highest possible level of independent functioning. Volunteers are welcome to assist with a variety of activities being offered or simply visit with the seniors.

## Centro Latino de SF

1656 15th Street, San Francisco  
415-861-8758

**Email:**  
**Minimum age:** 16  
**Bus lines:** 14, 49Mission

**Web:** www.sfgetcare.com  
**W/parental supervision:** 16  
**BART:** 16th street

If you are bilingual and committed to aiding the Latino community, you are encouraged to volunteer at Centro Latino de SF. Volunteers are needed to escort Spanish speaking seniors to the doctor and other appointments while providing translation assistance when necessary.

## Diamond Senior Center (F,G)

117 Diamond Street, San Francisco  
415-863-3507

**Email:**  
**Minimum age:** 16  
**Bus lines:** 24, 33, 37, K, L, M, F

**Web:**  
**W/parental supervision:** 12  
**BART:** Castro

Diamond Senior Center is a multipurpose senior center, offering outreach services, educational & recreational programs, health screening, counseling, as well as tax and renter assistance. We also provide low-cost hot nutritious lunches Monday through Friday. Please call for more information about volunteer opportunities.

## Golden Gate Senior Services

6221 Geary Boulevard, 3rd Floor, San Francisco  
415-752-6444

**Email:**  
**Minimum age:** 10  
**Bus lines:** 2, 5, 38, 44

**Web:**  
**W/parental supervision:** any  
**BART:**

The Richmond Senior Center has several volunteer positions open to a wide range of youth volunteers: assist with various art projects, serve meals, or act as a companion to one of the many participants.

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## Heritage

3400 Laguna Street, San Francisco  
415-202-0300

**Email:**  
**Minimum age:** 16  
**Bus lines:** 28, 30

**Web:**  
**W/parental supervision:** 14  
**BART:**

Heritage is a long-term care residential program with an attached skilled nursing facility that assists adults to be as independent as possible, and provides health care if necessary. Please call for more information on volunteer opportunities.

## Hillhaven Victorian Convalescent Home

2121 Pine Street, San Francisco  
415-922-5085

**Email:**  
**Minimum age:** 13  
**Bus lines:** 1,22

**Web:**  
**W/parental supervision:** 6  
**BART:**

Victorian Healthcare Center is a nursing home that needs caring, attentive, patient people who are comfortable around the elderly. Groups are welcome!

## Institute On Aging (G)

3330 Geary Boulevard, 2nd Floor West, San Francisco  
415-750-4180 x121

**Email:** jlee@ioaging.org  
**Minimum age:** 14  
**Bus lines:** 38/38L

**Web:** www.ioaging.org  
**W/parental supervision:** 14  
**BART:**

The Goldman Institute On Aging has many opportunities for volunteers to help seniors in a variety of programs and services. These include offering assistance through recreation, therapy, nursing, and social services. Volunteers are invited to visit with seniors, get involved with special programs and events, help serve lunch, shop and run errands, visit or be a pen pal with home bound elders. Everyone is welcome. Bring a smile!!

## Italian-American Community Services

678 Green Street, 3rd Floor, San Francisco  
415-362-6423

**Email:** iacsa@pacbell.net  
**Minimum age:** 15  
**Bus lines:** 15, 30, 41, 45

**Web:**  
**W/parental supervision:** Any /  
**BART:** Montgomery

The Italian-American Community Services Agency provides free social service support, friendly visitors, translators, and limited financial assistance to the Italian community. Visit with an elderly Italian to recreate a sense of family and connection with community, or help with occasional errands like shopping and medical appointments. Volunteers are also invited to brighten up convalescent homes by playing traditional Italian music for sing alongs.

## Jewish Family & Children's Services (G)

1710 Scott Street, San Francisco  
415-359-2463

**Email:** ronitd@jfcs.org  
**Minimum age:** 12  
**Bus lines:** 2, 3, 4

**Web:** www.jfcs.org  
**W/parental supervision:** 12  
**BART:**

Teens Take Action! offers service opportunities and ongoing volunteer opportunities for youth ages 12-18. Work with children, seniors, emigres and people with disabilities. Gain skills and experience in an office environment. All are welcome!

## Jewish Home (F,G)

302 Silver Avenue, San Francisco  
415-469-2229

**Email:** cburns@jhsf.org  
**Minimum age:** 12  
**Bus lines:** 14, 44, 49, 52

**Web:** www.jhsf.org  
**W/parental supervision:** 2  
**BART:** Glen Park

Jewish Home volunteers choose from a range of activities assisting residents and staff. Visit one-on-one with residents or assist with group activities like bingo, checkers and other entertainment, or assist with our pet care program.

## Laguna Honda Hospital (F,G)

375 Laguna Honda Boulevard, San Francisco  
415-759-3333 x3334

**Email:**  
**Minimum age:** 16  
**Bus lines:** 43, 44, 36, 52, K, L, M

**Web:**  
**W/parental supervision:** Any /  
**BART:** Forest Hill

Be an artist's champion! At Laguna Honda Hospital, volunteers are needed to help frail elderly residents create works of art. Volunteers also help by feeding residents, doing clerical work, or assisting in the Aquatic Therapy or Adopt-A-Ward Programs. Volunteers in the Activity Therapy program at Laguna Honda Hospital will be involved with seniors at the hospital. Call for information on volunteer opportunities.

## Laurel Heights Convalescent Hospital

2740 California Street, San Francisco  
415-567-3133

**Email:**  
**Minimum age:** 14  
**Bus lines:** 1 Cal, 24 Divis

**Web:**  
**W/parental supervision:** 12  
**BART:**

Be a friend to a senior in the community! At Laurel Heights Convalescent Hospital, your help is needed in many areas. Volunteers provide companionship by reading stories, talking and sharing interests, playing games (such as cards, BINGO, or puzzles), and participating in art projects. If you have a musical talent, please bring an instrument to enliven the community room.

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## Lawton Healthcare Center (F)

1575 7th Avenue, San Francisco  
415-566-1200

**Email:**  
**Minimum age:** 15  
**Bus lines:** 43, 44, 36, 6, 66

**Web:**  
**W/parental supervision:** 4  
**BART:** N-Judah

Lawton Healthcare Center is a skilled nursing facility located in pleasant surroundings opposite the Garden for the Environment. Most of their residents love entertainment, singing, dancing and instrumental music. Individual or groups of volunteers are welcome to entertain, make one-on-one visits, and possibly work on the autobiographies of their residents.

## Lincoln Park Presbyterian Church; Senior

417-31st Avenue, San Francisco  
415-751-1140

**Email:** judithlppc@sbcglobal.net **Web:**  
**Minimum age:** 14 **W/parental supervision:** 12  
**Bus lines:** 1, 2, 38 **BART:**

We have a vibrant Senior Center Wednesdays from 10-2 p.m. and a Community Center where we distribute Food Pantry goods later in the afternoon. Come join in the fun. We are in particular need of volunteers who are bilingual in English and Cantonese/Mandarin.

## Mission Street Convalescent Center (G)

5767 Mission Street, San Francisco  
415-584-3294

**Email:**  
**Minimum age:** 18  
**Bus lines:** 14 Daly City

**Web:**  
**W/parental supervision:** 10  
**BART:** Balboa & #88 Bus

The Mission Convalescent Center welcomes youth volunteers, who will assist with activities and interact with senior residents.

## Network for Elders (F,G)

1555 Burke Avenue Suite#A, San Francisco  
415-647-5363 x17

**Email:** btaylor@networkforelders. **Web:**  
**Minimum age:** 18 **W/parental supervision:** 10  
**Bus lines:** **BART:**

At Network for Elders, you can assist elderly homeowners restore once beautiful gardens: weed, mow lawns, haul trash, and trim bushes. Our clients could also use your help to sort through and clean out their garages. Call for more information.

## North of Market Senior Services

333 Turk Street, San Francisco  
415-292-1069

**Email:** aimeeyan@nomss.org **Web:**  
**Minimum age:** 15 **W/parental supervision:** 12  
**Bus lines:** 31 or 5 **BART:** Civic Center

North of Market Senior Services provides a comprehensive multilingual program of health and social services for senior citizens. Volunteers will have interaction with the senior citizens in a variety of activities. We also offer opportunities which develop vocational skills.

## North & South of Market ADHC, Inc.(G)

230 Jones Street, San Francisco  
415-923-9085

**Email:**  
**Minimum age:** 14  
**Bus lines:** 5, 21

**Web:**  
**W/parental supervision:** 12  
**BART:**

The North & South of Market Adult Day Health Center provides health care and support services for disabled or frail adults who may otherwise face being sent to a nursing home. The Center needs Chinese-English, Russian-English and Tagalog translators for recent senior immigrants to help them participate in activities.

## North & South of Market ADHC, Inc.(F,G)

55 Mabini Street, San Francisco  
415-882-7301

**Email:** nsmmabini@aol.com **Web:**  
**Minimum age:** 15 **W/parental supervision:** 10  
**Bus lines:** 9, 30, 45 **BART:** Powell Street

North and South of Market Adult Day Health Center offers skilled nursing and therapy services to frail elderly and disabled adults. Volunteers also help organize bingo parties, arts and crafts, and assorted activities and games.

## Old First Presbyterian Church (F,G)

1751 Sacramento Street (Van Ness), San Francisco  
415-776-5552 x316

**Email:** judith@oldfirst.org **Web:** www.oldfirst.org  
**Minimum age:** 16 **W/parental supervision:** any  
**Bus lines:** 42, 47, 49, 1 **BART:**

We are a community ministry of the Old First Presbyterian Church. Old First Senior Activities Center promotes the well-being of seniors by offering social, recreational, and educational programs which encourage fellowship, the development of individual skills, dignity, and security. We invite volunteers to participate in all aspects of our Center, be it office assistance or entertainment we welcome you.

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## On Lok Senior Health Services (G)

1333 Bush Street, San Francisco  
415-292-8738

**Email:** info@onlok.org      **Web:** www.onlok.org  
**Minimum age:** 16      **W/parental supervision:** 16  
**Bus lines:** 2, 3, 4, 12, 19, 24, 26,      **BART:** Civic Center

On Lok Senior Health Services helps frail seniors remain in their homes and communities by providing complete medical and social service. Volunteers help with recreation (art projects, games, music, etc.) or visit seniors at one of our Day Health Centers. Some clerical duties also available. Bilingual helpful, especially Cantonese, Spanish, Korean. On site training provided. Please call Monday through Friday 10:00am - 2:30 pm.

## Salvation Army; Meals That Heal

240 Turk St., San Francisco  
415-440-4325

**Email:** Claire\_Dunmore@usw.Sa      **Web:** www.tsagoldenstate.org  
**Minimum age:** 18      **W/parental supervision:** 16  
**Bus lines:** 27      **BART:** Powell Street

The Salvation Army provides hot and nutritious meals (lunch) to seniors at its 4 centers in the city, Monday through Friday. Help is always needed which includes serving meals; organizing activities; assisting staff with special events. Call the Volunteer Coordinator for specifics on how you can participate!

## SF Ministry to Nursing Homes (F,G)

1755 Clay Street, San Francisco  
415-441-2649

**Email:**      **Web:**  
**Minimum age:** 15      **W/parental supervision:** any  
**Bus lines:** 42, 49, 1      **BART:**

The SF Bay Area Ministry to Nursing Homes (MNH) encourages youth volunteers to work with activity directors and other volunteers in one of their 18 participating nursing homes. Use your imagination and creativity to assist with a variety of activities for the elderly residents, a make a difference in the lives of institutionalized elderly by sharing your time, energy, and any talents you have with them. MNH staff will provide training and support.

## St. Mary's Adult Day Health Care (G)

35 Onondaga Street, San Francisco  
415-334-4000

**Email:** drussell@chw.edu      **Web:** none  
**Minimum age:** 14      **W/parental supervision:** 14  
**Bus lines:** 14, 14L, 14X, 29, 5M,      **BART:** Balboa

St. Mary's Adult Day Health Care is a great place to go if you want to get to know some of the community's older residents. You can help out in almost all of their programs: recreation, therapy, arts & crafts, greeting clients, serving food, and visiting with clients.

## Providence Place (F, G)

2456 Geary Boulevard, San Francisco  
415-359-9700

**Email:** info@providencecare.com      **Web:** www.providencecare.com  
**Minimum age:** 12      **W/parental supervision:** 8  
**Bus lines:** 38, 43      **BART:** Montgomery Station

We are looking for outgoing, energetic people to visit with the seniors in our program. Must be interested in working with seniors; talking with them, playing board games or doing arts and crafts.

## Self-Help for the Elderly; Home Care and

407 Sansome Street, Suite 300, San Francisco  
415-982-9171

**Email:** she@selfhelpelderly.org      **Web:** www.selfhelpelderly.org  
**Minimum age:** 16      **W/parental supervision:** 6  
**Bus lines:** 1, 41, 15, California      **BART:** Montgomery

Self-Help for the Elderly offers many services to seniors to help them preserve dignity and independence. Volunteers are needed to work directly with the seniors by serving meals or assisting with group activities. Help is also needed with general office work, and with special events.

## Sheffield Convalescent Hospital

1133 South Van Ness Avenue, San Francisco  
415-647-3117

**Email:**      **Web:**  
**Minimum age:** 16      **W/parental supervision:** 14  
**Bus lines:** 14      **BART:**

Sheffield Convalescent Hospital brings young people and seniors together in a friendly, supportive environment. Be a friend, read stories, play games, and interact with a senior at the Sheffield Convalescent Hospital.

## Sunset Senior Center (G)

1290 5th Ave, San Francisco  
415-759-9507

**Email:**      **Web:**  
**Minimum age:** 14      **W/parental supervision:** 14  
**Bus lines:** M Judah, 51      **BART:**

At Sunset Senior Center, youth volunteers are needed to assist the staff with serving meals and helping out with other center activities.

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## University Mound Ladies Home

350 University Street, San Francisco  
415-239-6696

**Email:**

**Minimum age:** 18

**Bus lines:** 44, 54

**Web:**

**W/parental supervision:** 14

**BART:** Glen Park

Be a senior companion at the University Mound Ladies Home. Work one-on-one and in small groups to do an arts/crafts project, read a story, perform a song, or play an instrument! Your creative ideas are welcome in bringing joy to the lives of others. We need a volunteer with a green thumb to help us with our garden and we have a peiano waiting for someone to play it and bring joyful music to our residents.

## Victorian Manor (F,G)

1444 McAllister Street, San Francisco  
415-264-3655

**Email:** victorianmanor\_rcfe@yah

**Minimum age:** 16

**Bus lines:** 5 Fulton

**Web:**

**W/parental supervision:** 10

**BART:**

We invite you to come spend time with our elders in a meaningful way. Whether it's baking cookies, singing songs, reading aloud, playing chess or visiting with your favorite (well behaved) pet, you can make a difference just by taking some time to get to know some incredible, interesting people. Please call for more information.

## YMCA Mission

4080 Mission Street, San Francisco  
415-452-7569

**Email:** jmartens@ymcasf.org

**Minimum age:** 18

**Bus lines:** 14, 23, 49

**Web:**

**W/parental supervision:** 16

**BART:** Glen Park

Be an elderly companion in the YMCA Mission senior program and add something special to an older person's day. You can help with arts and crafts projects, assist with the lunch program and baking projects. You may also work in the office and with the facility staff.