

# New **FILLMORE**

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## On Tuesdays, Senior Scene Is at Calvary

Quilts of Gee's Bend,  
fellowship and lunch  
— all for \$1.50

By JOE BEYER

**T**HIS MONTH senior adults from all over the city will be returning to the corner of Fillmore and Jackson to enjoy a wide variety of free programs offered on Tuesdays at Calvary Presbyterian Church's senior center.

The fall series of programs begins on September 12 at 11 a.m. with a docent's talk and slide presentation on the de Young Museum's current "Quilts of Gee's Bend" exhibition. A hot lunch follows for \$1.50. No reservations are necessary.

While sponsored by the church, this neighborhood community center has been open to all seniors for nearly 50 years. In recent years attendance has grown to include from 60 to 80 people.

This month's programs include a speaker from Kaiser on senior eye care on September 19. On September 26, "Opera Bob" Brock previews the upcoming opera season.

Coming later this fall is a performance by the Rhythm Tappers, a group of senior adult tap dancers in full costume, and a talk by Mark Bittner, whose relationship with the "Wild Parrots of Telegraph Hill" was the subject of the documentary of that name recently shown at the Clay Theater.

The volunteer leaders of the senior center put considerable effort into ensuring that the programs are of a high quality that people will find worth attending. They say their program "up," not "down" to the se-

niors who participate in the activities.

"I enjoy spending Tuesdays with the seniors," says retired Balboa High School teacher Allen Chamness. "The programs run the gamut from entertaining to intellectually stimulating. It's nice getting to meet people and having conversations with new friends from the wider community."

Each year the senior center also arranges two inexpensive chartered bus trips to destinations beyond the Bay Area.

"A lot of us don't drive anymore and have no means to leave the city," says Sara Phillips, a retired federal employee. "The well-thought-out trips give us the travel experiences we miss — at a price we can afford."

Marion Stanton chairs the senior center's volunteer leadership team. Even more rewarding than the stimulating programs is seeing the friendships that develop among the people who attend regularly, she says. "Sometimes people linger into mid-afternoon, just chatting and drinking another cup of coffee or tea."

The weekly programs on Tuesday at 11 are offered from mid-September until mid-June. All seniors are welcome. For more information, call Calvary Presbyterian Church at 346-3832.

*Joe Beyer is the historian of Calvary Presbyterian Church and a volunteer leader with the senior program.*



Some of the crowd on a recent Tuesday toast Calvary's senior center.