



**Self-Help for
the Elderly**
安老自助處

Intergenerational Program One-on-One Tech Help

Contact: 415-677-7648

Cantonese	Chi Sing Community Center 3133 Taraval Street San Francisco, CA 94116	1 st Tuesday of the month: 1:00 PM - 3:00 PM Appointment Required For inquiries, call (415) 369-2210
Cantonese Mandarin Toishanese English	Geneva Community Center 5050 Mission Street, Suite C San Francisco, CA 94112	Wednesdays: 2:30 PM - 5:00 PM Appointment Recommended For inquiries, call (415) 347-7194
Cantonese Mandarin Toishanese English	Chi Sing Community Center 3133 Taraval Street San Francisco, CA 94116	1 st & 3 rd Mondays of the month: 10:00 - 11:30 AM Fridays: 1:00 PM - 3:00 PM Appointment Recommended For inquiries, call (415) 369-2210
Cantonese Mandarin Toishanese English	Lady Shaw Senior Center 1483 Mason Street San Francisco, CA 94133	2 nd Thursday of the month: 1:00 PM - 3:00 PM Appointment Required For inquires, call (415) 677-7581



SFHSA
Department of Disability
and Aging Services

To schedule an appointment, please contact 415-677-7648 (voicemail available)



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手機或電腦科技疑問解答服務

有專業人員提供一對一的協助。詳情, 請聯絡: 415-677-7648

粵語	志誠社區中心 Chi Sing Community Center 3133 Taraval Street San Francisco, CA 94116	每月的第一個星期二: 1:00 PM - 3:00 PM 安排一對一的協助, 請提前預約。 查詢, 請電: (415) 369-2210
粵語 普通話 台山話	日內瓦康樂中心 Geneva Community Center 5050 Mission Street, Suite C San Francisco, CA 94112	逢星期三: 2:30 PM - 5:00 PM 安排一對一的協助, 建議提早預約。 查詢, 請電: (415) 347-7194
粵語 普通話 台山話	志誠社區中心 Chi Sing Community Center 3133 Taraval Street San Francisco, CA 94116	每月的第一及第三個星期一: 10:00 - 11:30 AM 逢星期五: 1:00 PM - 3:00 PM 安排一對一的協助, 建議提早預約。 查詢, 請電: (415) 369-2210
粵語 普通話 台山話	邵逸夫中心 Lady Shaw Senior Center 1483 Mason Street San Francisco, CA 94133	2nd Thursday: 1:00 PM - 3:00 PM 每月的第二個星期四: 1:00 PM - 3:00 PM 安排一對一的協助, 請提前預約。 查詢, 請電: (415) 369-2210



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登記報名, 請聯絡 415-677-7648 (可以留言)