

COMMUNITY CALENDAR

SPECIAL EVENTS

Boeddeker Park toy and gift giveaway for kids plus refreshments, Dec. 18, 11 a.m.-1 p.m. Gifts are donations from the community. Info: 292-2019.

SOMArts Annual Holiday Party, Fri., Dec. 18, 934 Brannan St., 6-9 p.m. Bring a potluck dish to share and a wrapped white elephant gift (\$20 maximum value). Dinner, photo booth, other games. Info: 863-1414

Christmas caroling through the Tenderloin, Dec. 20, 4.30 p.m. Gather at 559 Ellis St. Sponsored by S.F. Network Ministries. Info: 928-6209.

Interfaith Memorial for All Our Homeless Dead, Dec. 21, 5.30 p.m., Civic Center. Sponsored by S.F. Network Ministries. Info: 928-6209.

10th annual meeting, Alliance for a Better District 6, Jan. 12, 6 p.m., 201 Turk St. Awards ceremony, door prizes, refreshments, election of officers. Info: 820-1560.

ART EVENTS

24th annual Japanese new year bell-ringing ceremony, Dec. 31, Asian Art Museum, 9:30-11 a.m. Help ring in the new year on the museum's 2,100-pound, 16th-century Japanese bronze bell that will be struck 108 times — out with the bad, in with the good. Free with museum admission (children under 12 admitted free). Info: asianart.org/bellringing.htm

Muralists' informational meeting for city's new Street SmARTS program, Jan. 7, 2868 Mission St., 6:30-7:30 p.m. Alyssa Stone, 252-3209 or artsedassistant@sfgov.org.

Hospitality House Holiday Art Sale, through Jan. 29, 146 Leavenworth, Mon., Wed., Fri. 1-6 p.m.; Tue., Thu. 10 a.m.-3 p.m.. Info: 749-2133.

COMMUNITY: REGULAR SCHEDULE HOUSING

Supportive Housing Network, 3rd Thursday of the month, 3-5 p.m., location TBA. Contact: 421-2926 x304.

Tenant Associations Coalition of San Francisco, 1st Wednesday of the month, noon, 201 Turk St., Community Room. Contact Michael Nulty, 339-8327. Resident unity, leadership training.

HEALTH AND MENTAL HEALTH

CBHS Consumer Council, 3rd Monday of the month, 5-7 p.m., CBHS, 1380 Howard St., room 537. Call: 255-3695. Advisory group of consumers from self-help organizations and other mental health consumer advocates. Open to the public.

Health & Wellness Action Advocates, 1st Tuesday of the month, 5-7 p.m., Mental Health Assoc., 870 Market St., Suite 928. 421-2926 x306.

Healthcare Action Team, 2nd Wednesday of the month, Quaker Center, 65 Ninth St., noon-1:30 p.m. Focus on increasing supportive home and community-based services, expanded eligibility for home care and improved discharge planning. Light lunch served. Call James Chionsini, 703-0188 x304.

Hoarders and Clutterers Support Group, Mental Health Association, 870 Market, Suite 928. Call for dates and times: 421-2926 x306.

Mental Health Board, 2nd Wednesday of the month, 6:30-8:30 p.m., City Hall, room 278. CBHS advisory committee, open to the public. Call: 255-3474.

National Alliance for the Mentally III-S.F., 3rd Wednesday of the month, 6:30-8:30 p.m., Family Service Agency, 1010 Gough St., 5th Fl. Call: 905-6264. Family member group, open to the public.

SAFETY

Neighborhood Emergency Response Team Training (NERT). Central city residents can take the S.F. Fire Department's free disaster preparedness and response training at neighborhood locations. See www.sfgov.org/sffdert, or call Lt. Arteseros, 970-2022.

SoMa Police Community Relations Forum, 4th Monday of the month, 6-7:30 p.m. Location varies. To receive monthly e-mail info: Meital Amitai, 538-8100 x202 or mamitai@iisf.org.

Tenderloin Police Station Community Meeting, last Tuesday of the month, 6 p.m., police station Community Room, 301 Eddy St. Call Susa Black, 345-7300. Neighborhood safety.

NEIGHBORHOOD IMPROVEMENT

Alliance for a Better District 6, 2nd Tuesday of the month, 6 p.m., 230 Eddy St. Contact Michael Nulty, 820-1560 or sf_district6@yahoo.com, a districtwide improvement association.

Boeddeker Park cleanup, 3rd Saturday of the month, 9-noon, organized by the Friends of Boeddeker Park. To RSVP to work or for information, call Betty Traynor, 931-1126.

Central City Democrats, meets four times a year, 301 Eddy St. Community Room. Information: 339-VOTE (8683) or centralcitydemocrats@yahoo.com.

Central Market Community Benefit District, board meets 2nd Tuesday of the month, Hotel Whitcomb, 1231 Market St., 3 p.m. Information: 882-3088, <http://central-market.org>.

Community Leadership Alliance. Monthly meetings and informational forums, Tenderloin Police Station community room. David Villa-Lobos, admin@communityleadershipalliance.net.

Friends of Boeddeker Park, 2nd Thursday of the month, 3:30 p.m., Boeddeker Rec Center, 240 Eddy St. Plan park events, activities and improvements. Contact Betty Traynor, 931-1126.

Gene Friend Recreation Center Advisory Board, 3rd Thursday of the month, 5 p.m. Board works to protect SoMa resources for children, youth, families and adults. Gene Friend Recreation Center, 270 Sixth St. Information: 538-8100 x202.

North of Market/Tenderloin Community Benefit District. Call District Manager Elaine Zamora for times and dates, 292-4812.

SoMa Leadership Council, 3rd Wednesday of the month, 6 p.m., The Arc, 1500 Howard St. at 11th. Emphasizes good planning and good government to maintain a diverse, vibrant, complete neighborhood. Contact: Jim Meko, 624-4309 or jim.meko@comcast.net.

South of Market Project Area Committee, 3rd Monday of the month, 6 p.m., 1035 Folsom St., between 6th & 7th sts. Health, Safety and Human Services Committee meets monthly on the first Tuesday after the first Monday, 1035 Folsom St., noon. Information: 487-2166 or www.sompac.com.

Tenderloin Futures Collaborative, 2nd Wednesday of the month, 10 a.m., Tenderloin Police Station community room, 301 Eddy St. Call 358-3956 for information. Network of residents, nonprofits and businesses taking on neighborhood development issues.

SENIORS AND DISABLED

Mayor's Disability Council, 3rd Friday of the month, 1-3 p.m., City Hall, room 400. Call: 554-6789. Open to the public.

Senior Action Network, general meeting, second Thursday of the month, 9 a.m.-noon, Universal Unitarian Church, 1187 Franklin St. Monthly programs, 965 Mission St. #700: Senior Housing Action Committee, third Wednesday, 1:30. Call for info on health program and Senior U: 546-1333 and www.sfhsan.org.

Flu Season Is Here

5 steps for staying healthy

1. **Wash** your hands often.
2. **Practice** healthy habits. Eat nutritious food, rest, and drink lots of water.
3. **Don't** share personal items.
4. **Clean** and disinfect commonly used surfaces.

5. Get the flu vaccine.

- It can protect you from getting the flu.
- The seasonal flu vaccine is different than the H1N1 vaccine.
- Talk to your doctor about what vaccines are right for you.

Find out how to stay healthy during the flu season visit

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