



Happy Friday! It's hard to believe that May is already here. There is a lot to recognize this month, among them National Bike Month, Asian American and Pacific Islander Heritage Month, Mother's Day, Older Americans Month, National Public Works Week, and Mental Health Awareness Month. For May, the City has lit City Hall lime green in support and awareness for this month to reduce the stigma surrounding behavioral health issues. Self-care is essential for mental health and overall well-being. I am encouraged to see more and more people prioritizing their mental health just as they would their physical health. This is a healthy and vital step because by raising awareness and acceptance of mental health, we empower ourselves and help remove stigma, enforce the message that it is okay to not be okay, and encourage people to seek help when needed. Make self-care a priority this May and beyond.

For details on upcoming activities, please scroll down below:

- Gun Buyback Event
- AAPI Community Conversations
- Summer 2023 Aquatics Registration
- Pickleball!
- Summer 2023 Recreation Classes
- May is Older Americans Month
- Silicon Valley Bicycle Coalition City Challenge
- San Mateo County Medicine Disposal Program
- 2023 Commuter Challenge through May 31
- Upcoming library events

In closing, I look forward to highlighting more of what this month brings! As always, if you know of a friend or neighbor who does not receive these important City updates, please forward this email to them, and they can [sign up here](#).

Your Mayor,
Flor Nicolas

LOCAL NEWS AND HAPPENINGS

- **Gun Buyback Event | Saturday, May 6.** San Mateo County is hosting an anonymous gun buyback event this Saturday in South San Francisco at 1050 Mission Road from 10:00 a.m. – 2:00 p.m. For more information, please call (650) 363-4800. Please transport your firearms unloaded and in the trunk of your vehicle. 3D and homemade guns will be evaluated for value on the event day. \$50 for non-functioning firearms; \$100 for handguns, shotguns and rifles; \$200 for assault weapons and “ghost

guns” as classified in the State of California. **Any individual can surrender weapons, no questions asked.** This event is made possible by the County of San Mateo (through Measure K local sales tax funds), San Mateo County Sheriff’s Office, South San Francisco Police, San Bruno Police, Daly City Police Department, Colma Police Department, and the Citizens for a San Mateo County Gun Buyback.

- **AAPI Community Conversations | Friday, May 12, 5:30 p.m. – 7:00 p.m.** In honor of Asian-American & Pacific Islander (AAPI) Month, join us for a **Community Conversation** event hosted by South San Francisco Mayor Flor Nicolas. The event will be held at the Municipal Services Building, 33 Arroyo Dr., Council Chambers. Hear from local AAPI leaders their stories of resilience, inspiration, and celebration of their AAPI heritage. Following the panel discussion, there will be AAPI resource tables and light refreshments to enjoy. *RSVP is not required, but appreciated to plan for food!* **RSVP HERE**
- **Summer 2023 Aquatics Registration.** The Summer 2023 Activity Guide has arrived and registration for summer programming will begin in early May! *Please note that the aquatic registration dates differ from the recreation class registration dates.* **Resident** registration will begin on Wednesday, May 31, 2023, at 6:00 a.m. online. **Non-Resident** registration will begin on Wednesday, June 7, 2023, at 6:00 a.m. online. To register, visit our online registration webpage at www.ssf.net/rec-catalog. For questions and assistance specifically about aquatics, please get in touch with aquatics at (650) 875-6973 or email web-rec@ssf.net
- **Pickleball!** Two new *Open Gym Pickleball* days are now available on Tuesdays and Thursdays from 12:00 p.m. to 3:00 p.m. through June 1, 2023. Our *Open Gym Pickleball-Mondays* will continue to be offered from 7:00 p.m. to 9:30 p.m. with an in-house instructor throughout the spring session. Limited equipment includes paddles, balls, and nets (due to limited supply, we recommend that participants bring their own paddles). Additional open gym activities include badminton, basketball, and open fitness gym. View the May 2023 schedule [here](#). To register, visit www.ssf.net/rec-catalog or call (650) 829-4680.
- **Summer 2023 Recreation Classes | Resident** registration for summer classes will begin on Monday, May 8, 2023, at 6:00 a.m. online. In-person resident registration will start on Monday, May 8, 2023, to all residents of South San Francisco from 8:00 a.m. to 5:00 p.m. at the Recreation office at 33 Arroyo Drive in South San Francisco. **Non-resident** registration will begin on Monday, May 22, 2023, at 6:00 a.m. online. A variety of summer classes will start the week of June 5, 2023. *Registration Reminder:* Registration for each class will end one week before the start of class. Participants must be registered to participate in our recreation classes. To register, visit our online registration webpage at www.ssf.net/rec-catalog. For questions and assistance specifically pertaining to classes, please contact Veronica Ortiz at (650) 829-3806, or email web-rec@ssf.net
- **May is Older Americans Month.** Our City’s Senior Services offers many wonderful programs and services. One of those programs is our **Congregate Nutrition Program - Grab and Go Lunches** at the Roberta Cerri Teglia Center (601 Grand Ave., SSF). They will be providing

delicious meals that you can come and enjoy. Food service will take place from 12:00 p.m. - 2:00 p.m. as a grab-and-go lunch service. Participants should enter at the Grand Avenue entrance using the ramp on the right side of the building. After signing in with a staff person, participants will receive a boxed meal to go. To participate in the program, you must be 60 years or older. Pre-registration is required. To apply, pick up an application during scheduled meal service times or at the Municipal Services Building, 33 Arroyo Drive. For more information, visit www.ssf.net/seniors, call (650) 829-3800, or email kaseyjo.cullinan@ssf.net

COUNTY UPDATES

- **Silicon Valley Bicycle Coalition City Challenge.** Join Silicon Valley Bicycle Coalition in celebrating Bike Month in May. Throughout May, there will be all sorts of fun events for you and your family to try riding a bike for everyday use. This year, there's also a friendly competition between the cities for the most people who Pledge to Ride. Help (insert city) win by signing up here to Pledge today! Right now, Menlo Park is in the lead with Mountain View in second place. You can check the leaderboard every week to see where our city ranks and help give us a boost by pledging to ride! You might be thinking, shoot, my bike has mainly been gathering dust in the garage. No worries! Attend one of the bike maintenance classes. Or maybe it's been a long time since you've thrown a leg over a bike. Drop in on one of the biking basics courses. Whatever is preventing you from getting back in the saddle, we've got your back. Start by pledging to ride and checking out the calendar of events all through May.
- **San Mateo County Medicine Disposal Program** What should you do with your expired or unwanted medicines? Medicines help treat diseases, manage chronic conditions, and improve the health and well-being of millions of Americans. It is important that patients take their medicines as prescribed by their healthcare provider. However, if you have expired or unwanted medicines, proper disposal is important and easy. Learn more about the program.
- **2023 Commuter Challenge through May 31.** Unleash your inner commute superhero and show off your superpowers by embracing new transportation modes other than driving alone in your car this spring! Join the 2023 Commuter Challenge through May 31. You can qualify to win prizes weekly & grand prizes by using sustainable commute options like carpool, vanpool, telework, bicycle, walk, shuttle, or public transit on your way to or from work in San Mateo County. Follow these steps to start winning prizes: Go to STAR at my.commute.org; 2. Use the trip planner to discover your commute options. Log your sustainable trips to be automatically added to the prize drawings. Click here for more information.

LIBRARY EVENTS

- **Friends of the Library Book Sale | Main Library (840 West Orange Ave) | Friday, May 5 – Sunday, May 7, During Library Operating Hours** . Support The South San Francisco Friends of the Library as you

purchase fabulous used books at our Pop-Up Book Sale on Friday, May 5, 2023, through Sunday, May 7, 2023. All you need to do is purchase the standard-size plastic shopping bag for \$5 per bag and you can fill the bag with books, hardcover, and paperback to take home for some great reading. Please note: the Sale DOES NOT include CDs and DVDs. CASH Only--Exact Change. You can find the Library's operating hours [here](#). The South San Francisco Friends of the Library fund Youth, Adult, and Literacy Programs and contributes to the Library's Ongoing Collection.

- **Mother's Day Gift Book Sale | Main Library (840 West Orange Ave) | Friday, May 5, and Saturday, May 6.** Join us Friday and Saturday for a special Mother's Day Gift Boutique. All sale items are gift-quality and include new, old, and out-of-print books, coffee table books, cookbooks, CD and DVD sets, and more. Most items are priced at \$5 or \$10—cash only.
- **Free Comic Book Day | Main Library (840 W Orange Ave) and Grand Ave Library (306 Walnut Ave) | Saturday, May 6, from 10:00 AM to 5:00 PM.** Stop by the Main Library or Grand Ave Library for a free comic book! Comic books are fun to read and feature diverse storylines that capture the reader's imagination. Various comics appealing to all ages and tastes will be made available. While supplies last.
- **Flipbook Fun | Main Library (840 W Orange Ave) | Wednesday, May 10 at 3:00 PM.** Learn animation fundamentals and create your own flipbook animation to take home. Join us in Makerspace. This program has limited seats available; register for your seat today.
- **Book Munchers | Main Library (840 W. Orange Ave) | Thursday, May 11 at 4:00 PM.** Book Munchers, a book club for ages 5-9, returns with *Press Start: Game Over, Super Rabbit Boy!* by Thomas Flintham (AR 2.9). Read the book, and then we'll meet to discuss and work on an activity. Registration is required. Please register at the Orange Ave Library children's desk, call 650-829-3860, or email ssfyouth@plsinfo.org. To place a book on hold, click [here](#) or go to bit.ly/3QpCUAm.



May 11 & 12, 2023

Navigating the Behavioral Healthcare System

CEU credits available: LCSW, LPCC, LMFT, SUD CC, RADT, CADC, RAC, CATC



SPONSORED BY:



TOPICS WILL INCLUDE:

- Mental Health Access 101
- Mental Health and Housing
- What to Do in a Crisis
- Advances in Mental Health Treatment

Tickets are \$30 for general admission, \$60 for general admission and CEUs. Scholarships are available. Call for information at 650-892-1021.



May 11, 2023 • 9:00 AM to 4:00 PM
May 12, 2023 • 9:00 AM to 1:00 PM



350 Twin Dolphin Drive,
Redwood Shores



TO REGISTER:

eventbrite.com/e/navigating-the-behavioral-healthcare-system-tickets-602748475917



City of South San Francisco | 400 Grand Avenue, South San Francisco, CA 94080

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