
























Project Open Hand • [Breakfast Daily at 9 am](#) • [Lunch Daily 11 am](#) •  
If this is your first visit, you can register on-site !

# November 2024

## Downtown San Francisco Senior Center

481 O'Farrell Street, San Francisco CA  
415-771-7950



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>“Grandmother Ocean has been providing life to the Chumash Peoples for over ten thousand years, now is the time for all communities to work together and assist her in rebuilding her vibrant thriving for all future generations” - Fred Collins. The Chumash Heritage National Marine Sanctuary is the first tribally nominated national marine sanctuary in the history of the United States. The Sanctuary will prohibit new oil drilling and mining within its boundaries and support climate solutions by promoting the health of kelp forests and other ocean habitats that serve a host of vital ecosystem functions, including carbon storage. It will protect a globally significant ecological transition zone that is home to a wide variety of wildlife, including many at-risk species such as snowy plovers, southern sea otters, leatherback sea turtles, black abalone, and blue whales. Where warm meets cooler currents, the Chumash Marine Sanctuary is located along California’s central coast.</p>				<p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10 am Chair Yoga with Richard 12:00 pm Arts &amp; Crafts 12:00 pm Chinese Mahjong 1:00 pm Art with Elders</p> 
<p>4 10:00 am - 3:00 pm Computer Lab 10:00 am Bingocize 11:00 am Outing: Legion of Honor 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:00 pm Movie: His Three Daughters (2023)</p> 	<p>5 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Tai Chi 12:00 pm Harmonica Workshop 1:00 pm Knitting Group</p> 	<p>6 10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 12:00 pm - 3:00 pm Ping Pong 1:00 pm Bingo 2:15 pm Community Choir</p> 	<p>7 <b>Center Closes at 12:00 pm</b> 10:00 am - 12:00 pm Computer Lab 10:00 am - 12:00 pm Ping Pong 10:00 am Qi Gong with Beth 10:00 am Bridge Game</p> 	<p>8 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10 am Chair Yoga with Richard 12:00 pm Arts &amp; Crafts 12:00 pm Chinese Mahjong 1:00 pm Art with Elders</p> 
<p>11 <b>Veterans Day (we'll be open)</b> 10:00 am - 3:00 pm Computer Lab 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:00 pm Movie: Tuskegee Airmen (1995)</p> 	<p>12 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Tai Chi 12:00 pm Harmonica Workshop 1:00 pm Knitting Group</p> 	<p>13 <b>No Computer Lab</b> 10:00 am Drumming Jams <b>10:30 am - 3:00 am FOOD BANK SENIOR FOOD BOXES (60+)</b> 12:00 pm - 3:00 pm Ping Pong 2:15 pm Community Choir</p> 	<p>14 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Qi Gong with Beth 10:00 am Bridge Game 12:00 pm ESL Class 1:00 pm Movie: USS Indianapolis (2016)</p> 	<p>15 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10 am Chair Yoga with Richard 12:00 pm Scrabble Game 12:00 pm Arts &amp; Crafts 12:00 pm Chinese Mahjong 1:00 pm Art with Elders</p> 
<p>18 10:00 am - 3:00 pm Computer Lab 10:00 am Fall Crafts with SF Public Library 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:00 pm Movie: The Prince and Me (2004)</p> 	<p>19 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Tai Chi 12:00 pm Harmonica Workshop 1:00 pm Knitting Group 1:30 pm Monthly Birthday Party</p> 	<p>20 10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 12:00 pm - 3:00 pm Ping Pong 1:00 pm Bingo 2:15 pm Community Choir</p> 	<p>21 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Qi Gong with Beth 10:00 am Bridge Game 12:00 pm ESL Class <b>1:00 pm - 2:00 pm LIBRARY ON WHEELS</b> 1:00 pm Movie: Family Switch (2023)</p> 	<p>22 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10 am Chair Yoga with Richard 12:00 pm Arts &amp; Crafts - Display Board 12:00 pm Chinese Mahjong 1:00 pm Art with Elders</p> 
<p>25 10:00 am - 3:00 pm Computer Lab 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:00 pm Movie: Rez Ball (2024)</p> 	<p>26 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Tai Chi 12:00 pm Harmonica Workshop 12:30 pm Board Games 1:00 pm Knitting Group</p> 	<p>27 <b>Center Closes at 1:30 pm</b> 10:00 am - 1:30 pm Computer Lab 10:00 am Drumming Jams 12:00 pm - 1:30 pm Ping Pong</p> 	<p>28 <b>Thanksgiving Day Holiday</b> --- <b>Project Open Hand Is OPEN</b> (9am Breakfast, 11am Lunch) <b>No Activities Today</b></p>	<p>29 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10 am Chair Yoga with Richard 12:00 pm Arts &amp; Crafts 12:00 pm Chinese Mahjong 1:00 pm Art with Elders</p> 

**Information & Referral Assistance**

**Aging & Disability Resource Center (ADRC)**

ADRC specialists provide free services for adults age 60+ and adults 18+ with disabilities. ADRC provides many services, including translation, reading mail, filling out applications, applying for benefits, and utility rebates. ADRC can also provide information about resources in the community, assist with referrals to community programs, and provide information about housing, including low-income and senior housing. Services provided in English, Cantonese, Mandarin, and Filipino.

**ADRC Specialists:**

Jaren Liang 415-923-4488  
[jljiang@sequoialiving.org](mailto:jljiang@sequoialiving.org)

Luisa Balatbat 415-923-4490  
[lbalatbat@sequoialiving.org](mailto:lbalatbat@sequoialiving.org)

**Exercise Programs**

**\*Mondays at 11:30 am**  
**ACTIVE CONDITIONING:** A seated or standing exercise class using resistance bands and dumbbells.

**\*Tuesdays at 10 am**  
**TAI CHI:** Improve your balance and core strength through purposeful and soft movements.

**\*Thursdays at 10 am**  
**QI GONG:** Flex and expand your range, focus and energy.

**\*Fridays at 10 am**  
**CHAIR YOGA:** Standing or seated strengthening and stretch class.



These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.

**Indigenous Peoples of North America Heritage Month**



During Indigenous American Heritage Month, it is important not just to honor the legacy that Indigenous history makers have left, but also to celebrate those who continue to shape our society, lead their communities, and impact our culture today.

**Facts Which Might Enlighten You**

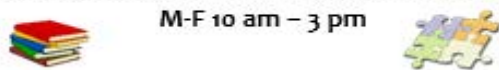
Did you know the word Okay comes from the Choctaw word "Hoke" meaning agreement or "it is so". English settlers brought it back to Europe and in 1839 it was entered in the Oxford Dictionary.

Pocahontas, from the Powhatan tribe, married John Rolfe in 1614 and had a son who continued that lineage and over the centuries, it is estimated that there are over 30,000 descendants of Pocahontas today.

While European voyagers were unprepared for the extreme weather of the Arctic, the Inuit never faced this problem as they had been making parkas from caribou and seal hide from as early as 22,000 BC.

John Kinsel Sr., one of the last remaining Navajo Code Talkers passed away on October 19<sup>th</sup>, 2024 at the age of 107. Code Talkers sent thousands of messages and were crucial to the outcome of World War II.

Puzzle table and library are open most days!



M-F 10 am - 3 pm

Visit our website  
[www.centers.sequoialiving.org](http://www.centers.sequoialiving.org)



San Francisco Senior Center

**Downtown San Francisco Senior Center**

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 415-771-7950



November 2024



**Beaded Harvest Corn Craft**

**Monday, November 18<sup>th</sup> at 10 am**

Use colorful beads to make a harvest corn decoration for your table or as a very cool gift! This craft class will be guided by Alejandra and is sponsored by the San Francisco Public Library.



San Francisco Public Library

**Sing for Fun, Sing for your Health**

**Downtown Senior Center Older Adult Choir**  
**Wednesdays at 2:15 pm**

Our singing group is directed by Rita from the Community Music Center: providing a structured and professionally-led learning opportunity.

**Gospel, Jazz, Soul, Classic Pop and more!**



**Falling Back ~ Daylight Savings Ends**

As the sky grows darker, a reminder that Daylight Savings Time ends on Sunday, Nov. 3<sup>rd</sup>. On Saturday night set your clocks back one hour!



**Schedule Changes**

Closing at Noon on Thu. Nov. 7<sup>th</sup>

Closed November 28<sup>th</sup>  
 Project Open Hand will be serving meals at 9am and 11am



**News from Project Open Hand**

**Daily breakfast & lunch service at the Downtown Center**  
**7 days per week!**

Breakfast served at 9 am and Lunch at 11 am



**LIBRARY ON WHEELS**  
 SAN FRANCISCO PUBLIC LIBRARY



Our bookmobile visits  
**SF Senior Center**  
**3rd Thursdays**  
**1:00pm to 2:00pm**

**2024 SCHEDULE**

JAN	FEB	MAR	APR	MAY	JUN
18	15	21	18	15	20
JUL	AUG	SEP	OCT	NOV	DEC
18	15	19	17	21	19



Project Open Hand • 每日早餐 9 am • 每日午餐 11 am •  
如果這是你第一次到本中心, 請登記!

# 11月 2024

## 三藩市耆英中心

481 O'Farrell Street, San Francisco CA  
415-771-7950



星期一	星期二	星期三	星期四	星期五
 <p>“海洋祖母為丘馬什人提供了一萬多年的生命，現在是所有社區共同努力的時候了，幫助她為所有子孫後代重建充滿活力的繁榮” -- 弗雷德·柯林斯。丘馬什遺產國家海洋保護區是美國歷史上第一個由部落提名的國家海洋保護區。該保護區將禁止在其邊界內進行新的石油鑽探和採礦，並通過促進海帶森林和其他海洋棲息地的健康來支持氣候解決方案，這些棲息地具有一系列重要的生態系統功能，包括碳儲存。它將保護一個全球重要的生態過渡區，該過渡區是各種野生動物的家園，包括許多瀕危物種，如雪鳥，南海獺，梭皮海龜。黑鮑魚和藍鯨。在暖流與寒流交匯的地方，丘馬什海洋保護區位於加州中部海岸。</p>				<p>1 10:00 am - 3:00 pm 電腦班 10:00 am - 3:00 pm 乒乓 10 am 与 Richard 一起做椅上瑜珈 12:00 pm 手工藝 12:00 pm 中國麻雀 1:00 pm 長者藝術班</p> 
<p>4 10:00 am-3:00 pm 電腦班開放 10:00 am 与 Gloria &amp; Wilma 玩冰歌運動 11:00 am 郊遊郊: Legion of Honor 11:30 am 活力訓練 和 Akiyo 12:30 pm “專注當下” 星期一 1:00 pm 電影: His Three Daughters (2023)</p> 	<p>5 10 am-3 pm 電腦班 10 am-3 pm 乒乓 10:00 am 太極 12:00 pm 口琴班 1:00 pm 針織班</p> 	<p>6 10 am-3 pm 電腦班開放 10:00 am 鼓樂工作坊 w/Jams 12:00 pm - 3:00 pm 乒乓 1:00 pm 玩冰歌(中/英語) 2:15 pm 社區合唱團</p> 	<p>7 中心下午 12:00 關閉 10:00 am - 3:00 pm 電腦班 10:00 am - 3:00 pm 乒乓 10:00 am 和 Beth 玩氣功 10:00 am 橋牌</p> 	<p>8 10:00 am - 3:00 pm 電腦班 10:00 am - 3:00 pm 乒乓 10 am 与 Richard 一起做椅上瑜珈 12:00 pm 手工藝 12:00 pm 中國麻雀 1:00 pm 長者藝術班</p> 
<p>11 <u>退伍軍人日 (中心如常開放)</u> 10:00 am-3:00 pm 電腦班開放 10:00 am 与 Gloria &amp; Wilma 玩冰歌運動 11:30 am 活力訓練 和 Akiyo 12:30 pm “專注當下” 星期一 1:00 pm Movie: Tuskegee Airmen (1995)</p> 	<p>12 10 am-3 pm 電腦班 10 am-3 pm 乒乓 10:00 am 太極 12:00 pm 口琴班 1:00 pm 針織班</p> 	<p>13 電腦班關閉 10:00 am 鼓樂工作坊 w/Jams 10:30 AM - 3 PM 食物銀行長者 (60+) 12:00 pm - 3:00 pm 乒乓 2:15 pm 社區合唱團</p> 	<p>14 10:00 am - 3:00 pm 電腦班 10:00 am - 3:00 pm 乒乓 10:00 am 和 Beth 玩氣功 10:00 am 橋牌 12:00 pm 英語課 1:00 pm 電影: USS Indianapolis (2016)</p> 	<p>15 10:00 am - 3:00 pm 電腦班 10:00 am - 3:00 pm 乒乓 10 am 与 Richard 一起做椅上瑜珈 12:00 pm 拼字遊戲 12:00 pm 手工藝 12:00 pm 中國麻雀 1:00 pm 長者藝術班</p> 
<p>18 10:00 am-3:00 pm 電腦班開放 10:00 am 与 Gloria &amp; Wilma 玩冰歌運動 10:00 am 三藩市公共圖書館秋季工藝品 11:30 am 活力訓練 和 Akiyo 12:30 pm “專注當下” 星期一 1:00 pm 電影: The Prince and Me (2004)</p> 	<p>19 10 am-3 pm 電腦班 10 am-3 pm 乒乓 10:00 am 太極 12:00 pm 口琴班 1:00 pm 針織班 1:30 pm 每月生日會</p> 	<p>20 10 am-3 pm 電腦班開放 10:00 am 鼓樂工作坊 w/Jams 12:00 pm - 3:00 pm 乒乓 1:00 pm 玩冰歌(中/英語) 2:15 pm 社區合唱團</p> 	<p>21 10:00 am - 3:00 pm 電腦班 10:00 am - 3:00 pm 乒乓 10:00 am 和 Beth 玩氣功 10:00 am 橋牌 12:00 pm 英語課 1:00 pm - 2:00 pm 流動圖書車在前門 1:00 pm 電影: Family Switch (2023)</p> 	<p>22 10:00 am - 3:00 pm 電腦班 10:00 am - 3:00 pm 乒乓 10 am 与 Richard 一起做椅上瑜珈 12:00 pm 展板手工藝 12:00 pm 中國麻雀 1:00 pm 長者藝術班</p> 
<p>25 10:00 am-3:00 pm 電腦班開放 10:00 am 与 Gloria &amp; Wilma 玩冰歌運動 11:30 am 活力訓練 和 Akiyo 12:30 pm “專注當下” 星期一 1:00 pm 電影: Rez Ball (2024)</p> 	<p>26 10 am-3 pm 電腦班 10 am-3 pm 乒乓 10:00 am 太極 12:00 pm 口琴班 12:30 pm 棋盤遊戲 1:00 pm 針織班</p> 	<p>27 中心下午 1:30 關閉 10 am-3 pm 電腦班開放 10:00 am 鼓樂工作坊 w/Jams 12:00 pm - 1:30pm 乒乓</p> 	<p>28 感恩節假日 --- Project Open Hand 餐廳如常開放 (9am 早餐, 11am 午餐) 今天沒有活動</p>	<p>29 中心下午 12:00 關閉 10:00 am - 3:00 pm 電腦班 10:00 am - 3:00 pm 乒乓 10 am 与 Richard 一起做椅上瑜珈</p> 

### 三藩市耆英和殘障資源中心

免費為長者和殘障人士提供有關資訊和幫助，我們可以講英語，普通話，粵語，和台山話。資訊及輔助專員專為根據您的不同需求而探索不同的社區資源 並跟相關部門進行溝通。您將會瞭解到的社區服務包括：翻譯，看信，填表，推薦指引社區資源，低收入電費，電話，或上網折扣，申請各項相關的社會福利，或申請低收入老人房屋等等...

#### 資訊與輔助專員

梁先生 415-923-4488  
[jliang@sequoialiving.org](mailto:jliang@sequoialiving.org)

Luisa Balatbat 415-923-4490(英語和菲律賓語)  
[lbalatbat@sequoialiving.org](mailto:lbalatbat@sequoialiving.org)

### 運動項目

星期一 上午 11:30 点  
活力訓練: 使用阻力帶(橡筋帶)和啞鈴的靜坐或站立的鍛煉課程。

\*星期二 上午 10:00 点  
太極: 通過有目的和柔軟的動作來提高你的平衡和核心力量。



\*星期四 上午 10:00 点  
氣功: 有彈性的和擴大你的活動範圍。

\*星期五 上午 10:00 点  
椅子瑜伽: 一種柔和的，循環的，和靈治性的運動。

## 北美洲 原住民 遺產月



在美國原住民遺產月期間，重要的是不僅要紀念原住民歷史創造者留下的遺產，而且要頌揚那些繼續塑造我們的社會，領導他們的社區並影響我們今天的文化的人。

#### 可能對你有所啟發的事實

你知道 Okay 這個詞來自喬克托語“Hoke”，意思是“同意”或“就是這樣”嗎？英國殖民者將宅帶回歐洲，並於 1839 年被收入 <<牛津詞典>>。

來自波瓦坦部落的波卡洪塔斯于 1614 年嫁給了約翰羅爾夫，並有一個兒子延續了這一血統，幾個世紀以來，據估計今天有超過 30,000 名波卡洪塔斯的後代。

歐洲航海家對北極的極端天氣毫無準備，而因紐特人卻從來沒有遇到過這個問題，因為他們早在公元前 22000 年就開始用馴鹿皮和海豹皮制作大衣。

2024 年 10 月 19 日，訥瓦霍族僅存的密碼員之一老約翰·金塞爾去世，享年 107 歲。密碼員發送了數千條信息，對第二次世界大戰的結果至關重要。

Puzzle table and library are open most days!

M-F 10 am - 3 pm

中心網址

[www.centers.sequoialiving.org](http://www.centers.sequoialiving.org)

SEQUOIA  
LIVING™

San Francisco  
Senior Center

三藩市耆英中心  
481 O'Farrell Street, San Francisco CA  
415-771-7950



11 月 2024

### 玉米串珠手工藝

11 月 18 日 星期一 上午 10



用五顏六色的珠子為你的桌子做一個玉米豐收的裝飾，或者作為一個非常酷的禮物！這個工藝班將由 Alejandra 指導，並由舊金山公共圖書館贊助。



San Francisco  
Public Library

### 為樂趣而唱，為你自己而唱出健康！

市區耆英中心老年人合唱團

逢星期三下午 2:15

我們的歌唱小組由社區音樂中心的 Rita 指導，提供一個結構化，專業領導的學習機會。

福音，爵士，靈魂樂，經典等等！



### 向後退~日光節約時間結束

隨著天空越來越暗，提醒人們日光節約時間將於 11 月 3 日周日結束。周六晚上把你的時鐘調慢一小時！



### 活動更改

11 月 7 日 星期四 中午關閉

11 月 28 日中心關閉  
Project Open Hand 照常  
早餐和午餐



來自 Project Open Hand 的消息

市中心部的耆英中心  
每週 7 天提供早餐及午餐服務！

早上 9 點開始供應早餐  
上午 11 點開始供應午餐



LIBRARY ON WHEELS  
SAN FRANCISCO PUBLIC LIBRARY



Our bookmobile visits  
SF Senior Center  
3rd Thursdays  
1:00pm to 2:00pm

#### 2024 SCHEDULE

JAN	FEB	MAR	APR	MAY	JUN
18	15	21	18	15	20
JUL	AUG	SEP	OCT	NOV	DEC
18	15	19	17	21	19



These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.