



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

December 2024

Downtown San Francisco Senior Center

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 am - 3:00 pm Computer Lab 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:00 pm Movie: La La Land (2016)	3 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 Tree Decorating 1:00 pm Knitting Group	4 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	5 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: This Christmas (2007)	6 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 & Crafts 12:00 pm Chinese Mahjong 1:00 pm Art with Elders
9 10:00 am - 3:00 pm Computer Lab 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:00 pm Movie: The Magic of Christmas (1995)	10 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 Outing - Christmas Hotel Walk 1:00 pm Knitting Group	11 No Computer Lab 10:00 am Drumming Jams 10:30 am - 3:00 pm FOOD BANK SENIOR FOOD BOXES (60+) 12:00 pm - 3:00 pm Ping Pong	12 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 12:00 pm ESL Class 1:00 pm Movie: The 12 Dogs of Christmas (2004)	13 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 & Crafts 12:00 pm Chinese Mahjong 1:00 pm Art with Elders
16 10:00 am - 3:00 pm Computer Lab 10:00 am Fall Crafts with SF Public Library 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:00 pm Movie: The Holiday (2006)	17 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	18 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 Sing-Along !	19 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 - 2:00 pm LIBRARY ON WHEELS 1:30 pm Christmas Party	20 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 & Crafts 12:00 pm Chinese Mahjong 1:00 pm Art with Elders
23 10:00 am - 3:00 pm Computer Lab 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:30 pm Tea & Talk - Christmas Traditions	24 Center Closes at 1:30 pm 10:00 am - 1:30 pm Computer Lab 10:00 am - 1:30 pm Ping Pong 10:00 am Tai Chi 12:00 pm Harmonica Workshop	25 Christmas Day Holiday ~~~ Project Open Hand Is OPEN (9am Breakfast, 11am Lunch) No Activities Today	26 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: Love Actually (2003)	27 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 & Crafts - Display Board 12:00 pm Chinese Mahjong 1:00 pm Art with Elders
30 10:00 am - 3:00 pm Computer Lab 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:00 pm Movie: Last Holiday (2006)	31 Center Closes at 1:30 pm 10:00 am - 1:30 pm Computer Lab 10:00 am - 1:30 pm Ping Pong 10:00 am Tai Chi 12:00 pm Harmonica Workshop			

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
jliang@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.

Winter Solstice Celebration



The Winter Solstice is the most important traditional festival in Chinese culture, even more so than Chinese New Year. It usually falls around December 21st or 22nd, marking the shortest day and longest night of the year in the Northern Hemisphere. It is one of the 24 solar terms in the Chinese lunisolar calendar.

It marks the point at which the sun reaches its southernmost position relative to the Earth, after which the days begin to lengthen. This event signals the turning point for the arrival of spring. Traditionally, it's a time for family gatherings and celebrating the return of longer days. It is often considered an important time to honor one's ancestors and is seen as a moment of renewal and hope.

Different regions have special foods associated with the Winter Solstice. In northern China, people often eat dumplings, believed to warm the body and prevent illnesses during the cold winter. In southern China, a common dish is tangyuan (sweet rice dumpling), symbolizing unity and family togetherness.

Puzzle table and library are open most days!
M-F 10 am - 3 pm



Visit our website
www.centers.sequoialiving.org

SEQUOIA
LIVING™

San Francisco
Senior Center

Downtown San Francisco Senior Center

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



December 2024



~~ Reusable ~~ Hand Warmers

Learn to make reusable hand warmers with flax seeds and stay warm during this winter!

Monday, Dec. 10th, 10:00 am



San Francisco
Public Library

A Year-End Sing Along

with the Downtown Senior Center

Older Adult Choir

Wednesday, Dec. 18th at 2:15 pm

Directed by Rita from the Community Music Center

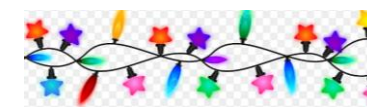
Come Join the Cheer !



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	16	20
JUL	AUG	SEP	OCT	NOV	DEC
18	15	19	17	21	19

More Christmas Cheer Party !

Thursday, December 19th at 1:30pm

Featuring:

Harmonica Jim
and the Happy
Jingle Tones



Plus Special
Guest:
The
AP Band



Schedule Changes

Dec. 24 - Closing Early - 1:30 pm

Dec. 25 - Closed for Activities

Dec. 31 - Closing Early - 1:30 pm

Jan. 1 - Closed for Activities

*Project Open Hand serving meals



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!

12月2024

三藩市耆英中心

481 O'Farrell Street, San Francisco CA

415-771-7950

SEQUOIA
LIVING™

San Francisco
Senior Center

星期一	星期二	星期三	星期四	星期五
2 10:00 am-3:00 pm 電腦班開放 11:30 am 活力訓練 和 Akiyo 12:30 pm “專注當下” 星期一 1:00 pm 電影: La La Land (2016) 	3 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 裝飾聖誕樹 1:00 pm 針織班 	4 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) 	5 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: This Christmas (2007)	6 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 
9 10:00 am-3:00 pm 電腦班開放 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 Magic of Christmas (1995) 	10 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 外遊 - 聖誕節酒店行 1:00 pm 針織班 	11 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 	12 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: The 12 Dogs of Christmas (2004) 	13 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 
16 10:00 am-3:00 pm 電腦班開放 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 Holiday (2006) 	17 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 	18 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 	19 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 1:30 pm 聖誕節派對 	20 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 
23 10:00 am-3:00 pm 電腦班開放 11:30 am 活力訓練 和 Akiyo 12:30 pm “專注當下” 星期一 1:30 pm 飲杯茶講往事-聖誕節的傳統点滴 	24 中心下午 1:30 關閉 10 am-1:30 pm 電腦班 10 am-1:30 pm 乒乓 10:00 am 太極 12:00 pm 口琴班 	25  聖誕節假日 ~~~ Project Open Hand 餐食照常提供 (9am 早餐, 11am 午餐) 今天沒有活動 	26 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: Love Actually (2003) 	27 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- 展板手工藝 12:00 pm 中國麻雀 1:00 pm 長者藝術班
30 10:00 am-3:00 pm 電腦班開放 11:30 am 活力訓練 和 Akiyo 12:30 pm “專注當下” 星期一 1:00 pm 電影: Last Holiday (2006) 	31 中心下午 1:30 關閉 10 am-1:30 pm 電腦班 10 am-1:30 pm 乒乓 10:00 am 太極 12:00 pm 口琴班 	   		

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

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練課程。

*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。

strengthening and stretch class.



慶祝冬至



~~~~~

冬至是中國文化中最重要傳統節日，甚至比春節更重要。

冬至通常在 12 月 21 日或 22 日左右，這是北半球一年中白天最短、黑夜最長的一天。它是中國陰陽歷 24 節氣之一。

它標誌着太陽到達相對於地球的最南端的位置，此後白天開始變長。這一事件標誌着春天到來的轉折點。傳統上，這是一個家庭聚會和慶祝白晝變長的時刻。

人們通常認為這是向祖先致敬的重要時刻，也被視為復興和希望的時刻。

不同的地區有與冬至有關的特殊食物。在中國北方，人們經常吃餃子，認為餃子可以在寒冷的冬天溫暖身體，預防疾病。在中國南方，常見的菜是湯圓(甜湯圓)，象徵着團結和家庭團聚。

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



~~ 可重用 ~~ 暖手巾 ~~

學會用亞麻籽制作可重複使用的暖手布巾，  
在這個冬天保持溫暖！  
星期一，12 月 10 日，上午 10:00



San Francisco  
Public Library

齊唱年終歌

市中心耆英中心老年人合唱團一起唱

12 月 18 日 星期三 下午 2:15

由社區音樂中心的 Rita 指導

請來加入齊歡呼吧!



更多聖誕節歡樂派對!

12 月 19 日 星期四 下午 1:30pm

節目特色:

Jim 的口琴表演  
和快樂叮噠響



加上特邀嘉賓:

The  
AP Band 樂隊



活動更改

12 月 24 日 - 下午 1:30 關閉

12 月 25 日 - 聖誕日. 關閉

12 月 31 日 - 下午 1:30 提早關閉

1 月 1 日 - 元旦日. 關閉

Project Open Hand 照常提供早午餐



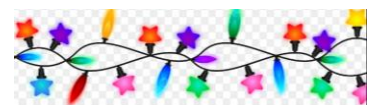
12 月 2024

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  | 16  | 20  |
| JUL | AUG | SEP | OCT | NOV | DEC |
| 18  | 15  | 19  | 17  | 21  | 19  |