






















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

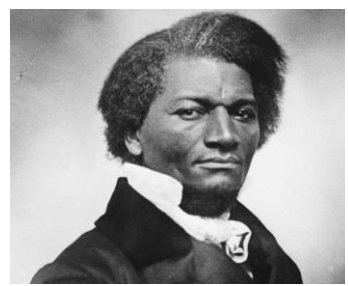
# February 2025

## Downtown San Francisco Senior Center

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:30 pm Your Karaoke Voice</p> 	<p>4</p> <p>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 Traditions - The Chinese Zodiac 1:00 pm Knitting Group</p> 	<p>5</p> <p>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>6</p> <p>10:00 am - 12:00 pm Computer Lab 10:00 am - 12:00 pm Ping Pong 10:00 am Movement Class 10:00 am Bridge Game 12:00 pm ESL Class 1:00 pm Movie: The Six Triple Eight (2024)</p> 	<p>7</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Chair Yoga with Richard 12:00 pm Arts &amp; Crafts 12:00 pm Chinese Mahjong 12:30 pm Art with Elders</p> 
<p>10</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:30 pm Your Karaoke Voice</p> 	<p>11</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Tai Chi 12:00 pm Community Meeting 1:00 pm Knitting Group 1:00 pm Tulip Walk at Pier 39 - Outing</p> 	<p>12</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 12:00 pm - 3:00 pm Ping Pong 1:00 pm - Line Dancing Fun with Maricel 2:15 pm Community Choir</p> 	<p>13</p> <p>10:00 am - 12:00 pm Computer Lab 10:00 am - 12:00 pm Ping Pong 10:00 am Movement Class 10:00 am Bridge Game 12:00 pm ESL Class 1:00 pm Movie: Forgotten Genius (2007)</p> 	<p>14</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Chair Yoga with Richard 12:00 pm Make a Friend Day 12:00 pm Chinese Mahjong 12:30 pm Art with Elders</p> 
<p>17</p> <p><b>Presidents Day Holiday</b> --- Project Open Hand Is OPEN (9am Breakfast, 11am Lunch) <b>No Activities Today</b></p>	<p>18</p> <p>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 1200 Magnolia Season in Golden Gate Park - Outing 1:00 pm Knitting Group</p> 	<p>19</p> <p>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>20</p> <p>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: Shirley (2024)</p> 	<p>21</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Chair Yoga with Richard 12:00 pm Chinese Mahjong 12:30 pm Board Games 12:30 pm Art with Elders</p> 
<p>24</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am Crafts with the SF Public Library 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:30 pm Your Karaoke Voice</p> 	<p>25</p> <p>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 Tea &amp; Talk with Brandon Mendiola, Aquatic Park Sr. Center Supervisor</p> 	<p>26</p> <p>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>27</p> <p>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 1:30 pm Monthly Birthday Party</p> 	<p>28</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Chair Yoga with Richard 12:00 pm Arts &amp; Crafts - Display Board 12:00 pm Chinese Mahjong 12:30 pm Art with Elders</p> 





**Information & Referral Assistance**

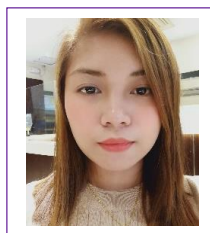
**Aging & Disability Resource Center (ADRC)**

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 Tagalog.

**ADRC Specialists:**

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

Maricel Basbas 415-923-4490  
[mbasbas@sequoialiving.org](mailto:mbasbas@sequoialiving.org)



Maricel - our Newest Crew Member

**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.



The "Year of the Snake," arriving in 2025, embodies qualities of wisdom, intuition, transformation, and elegance, as symbolized by the snake in the Chinese zodiac. Like the stealthy creature it represents, the Lunar New Year slips into the calendar with no fixed date, typically between late January and February, and brings a wave of celebration. This ancient tradition is marked by vibrant festivals, family reunions, and a collective sweeping away of the old year, ushering in a season of new beginnings and reflection.

2025年的「蛇年」即將來臨，隨著智慧、直覺、轉變和優雅等品質，這些都是中國十二生肖中蛇的象徵。如同其所代表的靈巧生物一樣，農曆新年並沒有固定的日期，通常落在一月底到二月之間，帶來一波慶祝活動。這個古老的傳統以色彩繽紛的節日、家庭團聚和共同掃除舊歲為標誌，迎來一個新開始和反思的季節。



**Schedule Changes**

\*Feb. 7<sup>th</sup> Art with Elders class now begins at 12:30 pm

\*Feb. 20<sup>th</sup> Presidents Day Holiday - Open for Meals

\*Monday Movie time is now Karaoke

**\*Project Open Hand serving meals every day**

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

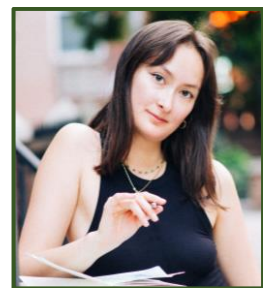


Visit our website  
[www.centers.sequoialiving.org](http://www.centers.sequoialiving.org)



**Downtown San Francisco Senior Center**

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**Meet Natalie our In-Person Art Instructor**

Natalie is a visual artist, writer, and graphic designer based in San Francisco. Originally from Seattle, she earned a degree in Studio Art and Urban Sustainability from Scripps College in

Claremont, CA. Natalie previously assistant-taught art classes at Pratt Fine Arts Center in Seattle, and is thrilled to now be teaching in the SF community. She credits her late grandmother, who was a painter, fashion designer, and art teacher in Singapore, with inspiring her artistically from a young age. In her free time she enjoys writing (and performing) music, reading in the Panhandle, and road biking.

The Downtown Senior Center is fortunate to be partners with both Art With Elders and Natalie to bolster and continue the expressive experience of our participants.



Join Us on Fridays at 12:30 pm!

**Community Meeting**

Tuesday, Feb.11 at 12:00 pm

Come hear information about our Senior Center, share your experience, and let us know how we can make your time here better!



**Traditions - The Chinese Zodiac**

Please join us as we continue our Lunar New Year celebration!  
 Tuesday, Feb. 4<sup>th</sup> at 1:00 pm



February 2025

**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



Project Open Hand



**LIBRARY ON WHEELS**  
 SAN FRANCISCO PUBLIC LIBRARY



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

**2025 SCHEDULE**

JAN	FEB	MAR	APR	MAY	JUN
16	20	20	17	15	18
JUL	AUG	SEP	OCT	NOV	DEC
17	21	18	16	20	18

\*No bookmobile service on Juneteenth, 6/19  
 We bring the library to you!  
 Questions or requests? Call us at (415) 554-9047



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