



















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

January 2025

Downtown San Francisco Senior Center

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



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>I Have A Dream... "I look to a day when people will not be judged by the color of their skin, but by the content of their character... If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." An estimated 250,000 people attended the "March on Washington for Jobs and Freedom" in 1963.</p>		<p>New Year's Day Holiday --- Project Open Hand Is OPEN (9am Breakfast, 11am Lunch) No Activities Today</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 1:00 pm Movie: 80 for Brady (2023)</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 & Crafts 12:00 pm Chinese Mahjong 1:00 pm Art with Elders</p> 
<p>10:00 am - 3:00 pm Computer Lab 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:00 pm Reflections for the New Year with Judith</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</p> 	<p>10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 12:00 pm - 3:00 pm Ping Pong 2:15 Community Choir</p> 	<p>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: Your Place or Mine (2023)</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 Scrabble Game 12:00 pm Arts & Crafts 12:00 pm Chinese Mahjong 1:00 pm Art with Elders</p> 
<p>10:00 am - 3:00 pm Computer Lab 10:00 am Fall Crafts with SF Public Library 11:30 am Active Conditioning w/Akiyo 11:30 pm Outing - De Young Museum 12:30 pm Mindful Monday 1:30 pm Karaoke</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</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 Community Choir</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 1:00 pm - 2:00 pm LIBRARY ON WHEELS 1:00 pm Movie: The Starling (2021)</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 Chinese Mahjong 1:00 pm Art with Elders 1:00 pm Tea & Talk</p> 
<p>Martin Luther King Day --- Project Open Hand Is OPEN (9am Breakfast, 11am Lunch) No Activities Today</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 12:30 pm Board Games 1:00 pm Knitting Group</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 Community Choir</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 Lunar New Year Celebration</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 & Crafts - Display Board 12:00 pm Chinese Mahjong 1:00 pm Art with Elders</p> 
<p>10:00 am - 3:00 pm Computer Lab 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 1:30 pm Karaoke</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</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 Community Choir</p> 	<p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Bridge Game 12:00 pm ESL Class 1:30 pm Monthly Birthday Party</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 & Crafts - Display Board 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 Tagalog.

ADRC Specialists:

Jaren Liang 415-923-4488
jliang@sequoialiving.org

Maricel Basbas 415-923-4490
mbasbas@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.

Lunar New Year Party
Thursday, January 23 at 1:30 pm

Art with Elders:

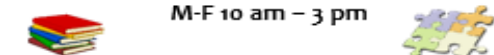


We'd like to welcome our new in-person art instructor! Natalie is a visual artist, writer, and graphic designer based in San Francisco. She earned a degree in Studio Art and Urban Sustainability from Scripps College in Claremont, Calif. Natalie previously assistant-taught art classes at Pratt Fine Arts 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.
Her first class: Fri. January 17th, 1pm.

Schedule Changes

- *Jan. 1st New Year's Day - Open for Meals
- *Jan. 8th at 2:15pm Community Choir starting back up !
- *Jan. 20th Martin Luther King 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



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A Message from the Director of The Senior Center

2024 has been quite a year of events and activities. We also had special trips to the museums and several adventures to Alcatraz. We formed the Advisory Committee, welcomed new participants, and brought in new staff. Music has been a part of the great vibratory energy with drumming class and harmonica players Downtown and the newly formed AP Band, Cantonese Singing class and Mandarin singing class at Aquatic Park and the two Community Choirs.

2025 already looks promising with Lunar New Year celebrations in January (so early!) and other quality programming at both sites. YOU are the reason we are here. You are encouraged to come often and share your expertise, stories and caring with others at each site. **HAPPY NEW YEAR!**



Lunar New Year Celebrates

Year of the Snake ~

The snake is associated with wisdom, charm, and transformation. People born in the Year of the Snake are believed to be intuitive, strategic, and intelligent.



Karaoke
(Kah-Rah-Oh-Keh)
 You asked for it, we got it!

Mondays at 1:30 pm
 beginning Jan. 13th



January 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