


















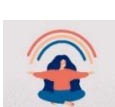






Project Open Hand • [Breakfast Daily at 9 am](#) • [Lunch Daily 11 am](#) •
If this is your first visit, you can register on-site!

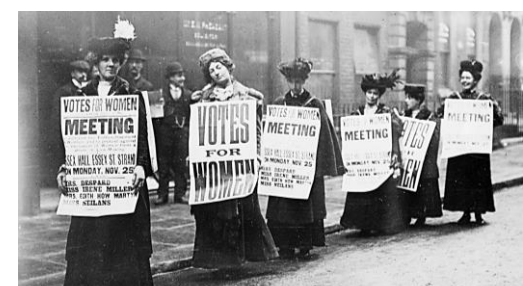
March 2025

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 Chance</p> 	<p>4</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Morning Stretch 12:00 pm Harmonica Workshop 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 Qi Gong with Beth 10:00 am Bridge Game 12:00 pm ESL Class 1:00 pm Movie: Maria (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 & 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 Chance</p> 	<p>11</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Morning Stretch 12:00 pm Harmonica Workshop 1:00 pm Knitting Group</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 Ballet Movement 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 Qi Gong with Beth 10:00 am Bridge Game 12:00 pm ESL Class 1:00 pm Movie: Simone Biles Rising (2024)</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 Chinese Mahjong 12:30 pm Art with Elders</p> 
<p><i>Happy St. Patrick's Day!</i> 17</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 Chance</p> 	<p>18</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Morning Stretch 12:00 pm Harmonica Workshop 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 1:00 pm - 2:00 pm LIBRARY ON WHEELS 1:00 pm Movie: Judy (2019)</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 Chance</p> 	<p>25</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Morning Stretch 12:00 pm Harmonica Workshop 1:00 pm Knitting Group 1:30 pm Tea & Talk w/Judith Dancer</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 Chinese Mahjong 12:30 pm Art with Elders</p> 
<p>31</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 Chance</p> 	<p> Educators in Santa Rosa, California, first celebrated Women's History Week in March 1978 to increase awareness of women's contributions to society. Organizers selected a week in early March to correspond with International Women's Day on March 8. Over the next several years, other cities across the country joined Santa Rosa in celebrating Women's History Week. In 1980, U.S. President Jimmy Carter declared the week of March 8 National Women's History Week, urging everyone in the United States to participate. According to Carter, "too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength, and love of the women who built America was as vital as that of the men whose names we know so well."</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

Maymie Chan 415-202-2983
mchan@sequoialiving.org

Maricel Basbas 415-923-4490
mbasbas@sequoialiving.org



Maymie - our newest team 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**

GENTLE MORNING STRETCH: A gentle warm up and stretch through 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.



Want to Improve your Singing ?
Well, do it here
(not in the shower)!
Every Wednesday at 2:15 pm



St. Patrick was a real person, but some of the traditions associated with him and the holiday are actually myths. For instance, you'll often see the four-leaf clover on St. Patrick's Day. However, according to legend, Patrick used a *three-leaf* clover, or shamrock, as part of his teachings. Even though it's possible for a shamrock to grow a fourth leaf, a four-leaf clover is just considered a symbol of good luck.



Sunday, March 9th
is the first day of
=Daylight Savings=
move your clocks
AHEAD one hour
before you go to
sleep on Saturday

Schedule Changes

*Ballet Movement Class is scheduled for each 2nd Wednesday of the month

*Gentle Morning Stretch temporarily replaces Tai Chi

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



Visit our website
www.centers.sequoialiving.org



Downtown San Francisco Senior Center

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



March 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



In February, the Participant Advisory Committee staff led the Community Meetings at both sites, sharing with everyone what has been happening at the Center since our last meeting in August. Some highlights include: wonderful celebrations for the holidays and Lunar New Year, visits to the opera, the museums and Alcatraz, karaoke at both sites, and sandwich making service projects for

homeless people at both sites. Upcoming events: belly dancing performer, writing series, and women's history month events. Suggested activities and visits: Exploratorium, Aquarium, Chinese Opera, symphony, and participating in a community walk. We also want to share the good news of the Center with others: please tell a friend and bring them to the Center, place menus and calendars in the lobby of apartment building you live in, let churches in the area know to include in their bulletin announcements. DO fill out the current survey by 3/26, and you can write down other ideas as well.

Thank you!



SAN FRANCISCO HUMAN SERVICES AGENCY
 Department of Disability and Aging Services

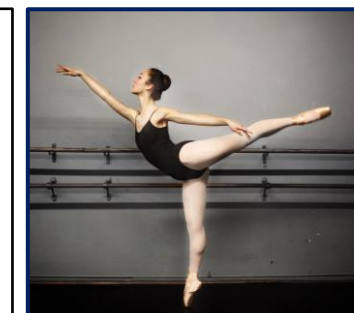


Monthly Birthday Party
Thursday, March 27th
special guest performer
Nicole Maria
~ A Bellydance Event ~

Ballet Movement

Wednesday, Mar. 12 at 1:00pm

Join Cecelia for a wonderful form of dance exercise through graceful expression.



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.