








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

# April 2025

## Downtown San Francisco Senior Center

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



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</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 1:00 pm Creative Writing 5-Week Workshop</p> 	<p>2</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</p> 	<p>3</p> <p>10:00 am - 3:00 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: 50 First Dates (2004)</p> 	<p>4</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>7</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 1:00 pm Your Karaoke Chance</p> 	<p>8</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 1:00 pm Creative Writing 5-Week Workshop</p> 	<p>9</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>10</p> <p>10:00 am - 3:00 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 Six Triple Eight (2024)</p> 	<p>11</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>14</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 1:00 pm Your Karaoke Chance</p> 	<p>15</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 1:00 pm Creative Writing 5-Week Workshop</p> 	<p>16</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 1:00 pm Bingo 2:15 pm Community Choir</p> 	<p>17</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: On the Basis of Sex (2018)</p> 	<p>18</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>21</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 1:00 pm Special Celebration</p> 	<p>22</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 1:00 pm Creative Writing 5-Week Workshop</p> 	<p>23</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>24</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>25</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>28</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 1:00 pm Your Karaoke Chance</p> 	<p>29</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 1:00 pm Creative Writing 5-Week Workshop</p> 	<p>30</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>Where would we be without our dear-heart volunteers ??? You are so, so important to all who come to our precious Center. Please accept our thanks and gratitude. – Downtown Senior Center Staff</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)

Maymie Chan 415-202-2983  
[mchan@sequoialiving.org](mailto:mchan@sequoialiving.org)

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



**FREE/DISCOUNTED MUSEUM & CULTURAL CENTER TICKETS**  
 FOR EBT/MEDI-CAL HOLDERS

**VISIT THESE FOR FREE!**

- Asian Art Museum
- deYoung Museum
- Legion of Honor
- Museum of the African Diaspora
- SFMOMA
- Cable Car Museum
- Aquarium of the Bay
- California Academy of Sciences
- Conservatory of Flowers
- Botanical Gardens
- Japanese Tea Garden

**... AND MORE!**

**Ask the ADRC for more information**

or sign-up at:  
<https://www.sfhsa.org/san-francisco-museums-all>

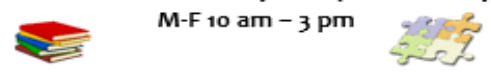
**Ballet Movement**  
 Wed, 4/9 at 1:00 pm

A wonderful form of graceful expression through dance exercise.

**Schedule Changes**

- \*Ballet Movement Class is scheduled for each 2<sup>nd</sup> Wednesday of the month
- \*Gentle Morning Stretch temporarily replaces Tai Chi
- \*Choir on Spring Break until April 9th

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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**COMMUNITY MUSIC CENTER**  
 MUSIC FOR EVERYONE SINCE 1921

Are you looking to level up your singing game ??? Don't just practice in the shower for your neighbors to enjoy... Come to the Center and join our weekly sing-along ! Rita Lackey, our singing coach, can focus on your unique vocals, teach you how to project, and how to control your breath... heck, she might even get you into that vibrato range ! It's a lot of fun !

**Beginning Wed., April 9<sup>th</sup> at 2:15 pm**



**5-Week Creative Writing Workshop** ~ Tuesdays at 1:00 pm



Using San Francisco as a map, we will travel back and forth through time and genre, encountering San Francisco through the written word. How does the city look as expressed in Richard Brautigan's Poetry, Molly Giles' Nonfiction, and Armistead Maupin's Fiction writings ? Students will soon find out and use these texts as guide posts as they begin to write about their world. Throughout the five weeks, class sessions will feature fun writing activities and close readings of texts that are suitable for all levels of readers and writers. By the end of the course, students will have experimented in writing poetry, fiction, and nonfiction, discovering which genre suits their words best.

\* This workshop will be facilitated by Caroline, a first year MFA candidate, specializing in non-fiction writing.



April 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



**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.