











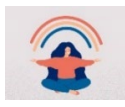














Project Open Hand • [Breakfast Daily at 9 am](#) • [Lunch Daily 11 am](#) •
If this is your first visit, you can register on-site !

May 2025

Downtown San Francisco Senior Center

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



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Memorial Day is observed on the last Monday of May. It was formerly known as Decoration Day and commemorates all men and women who have died in military service for the United States. It was first observed on May 30, 1868, as the leader of the Grand Army of the Republic for Northern Civil War Veterans had called for a nationwide day of remembrance.</p>			<p>1</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: From Zero To Hero (2021) </p>	<p>2</p> <p>CLOSING at 12:00 pm No Activities ~ ~ ~ Breakfast and Lunch will be served</p>
<p>5</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 Voice </p>	<p>6</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Movement 12:00 pm Harmonica Workshop 1:00 pm Elder Abuse Prevention Presentation  1:00 pm Knitting Group </p>	<p>7</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>8</p> <p>10:00 am - 12:00 pm Computer Lab 10:00 am - 3:00 pm Health Screening 10:00 am Qi Gong with Beth 10:00 am Bridge Game 12:00 pm ESL Class 1:00 pm Movie: Officer Black Belt (2024) </p>	<p>9</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 12:00 pm Chinese Mahjong 12:30 pm Art with Elders </p>
<p>12</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 Voice </p>	<p>13</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Movement 12:00 pm Harmonica Workshop 1:00 pm Knitting Group </p>	<p>14</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>15</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: Frozen Hot Boys (2025) </p>	<p>16</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>19</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 1:00 pm Your Karaoke Voice </p>	<p>20</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Movement 12:00 pm Harmonica Workshop 1:00 pm Medicare/HICAP Presentation  1:00 pm Knitting Group</p>	<p>21</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>22</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: The Most Beautiful Girl In The World (2025) </p>	<p>23</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 - Display Board 12:00 pm Chinese Mahjong 12:30 pm Art with Elders </p>
<p>26</p> <p>Memorial Day Holiday ~ ~ ~ Project Open Hand Is OPEN (9am Breakfast, 11am Lunch) No Activities Today </p>	<p>27</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Movement 12:00 pm Harmonica Workshop 1:00 pm Knitting Group </p>	<p>28</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>29</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>30</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 - 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

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

Qun Gu 415-202-2982
qgu@sequoialiving.org

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



Qun Gu - 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 Movement: Improve your circulation and range of motion 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.



The first Asians to come to the western hemisphere were Chinese Filipinos who settled in Mexico. Eventually, Filipino sailors were the first to settle in America around 1750 in what would later be Louisiana. Later around 1840, to make up for the shortage of slaves from Africa, the British and Spanish brought over slaves from China, India, and the Philippines. The first large-scale immigration of Asians into the U.S. didn't happen until 1848, the time gold was discovered in America. Many Chinese also came as contract laborers to Hawai'i. While in California, Chinese miners experienced discrimination in the form of the Foreign Miner Tax. Despite challenges on many fronts, AAPI communities have persevered and made significant contributions to American culture, history, and society. From building the transcontinental railroad to fighting for civil rights to creating innovative technologies, AAPI individuals have played a vital role in shaping the United States.

Schedule Changes

***Friday, May 2 – No Activities this day, Project Open Hand will be open for Breakfast and Lunch.**

***Monday, May 26 – Memorial Day Holiday, No Activities - Project Open Hand will be open for Breakfast and Lunch.**

Puzzle table and library are open most days!



M-F 10 am – 3 pm



Programs are subject to change without notice.



San Francisco Senior Center

Downtown San Francisco Senior Center

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

Dear Participants, Teachers, Colleagues, and Friends -

It is time for me to say goodbye as Senior Center Director; my last day is May 2nd. I have been so blessed to work at Sequoia Living and the Senior Center. We have come out of the pandemic with record attendance, serving 3500 people this last fiscal year (July through March). The Senior Center has been blessed with amazing staff and teachers, and I am proud to have worked with this dedicated and enthusiastic group of people. And all of you who have attended, thank you for your participation and putting yourself first to live a healthy life. A shout out to all the volunteers who are the life blood of this organization. Gratitude Gratitude Gratitude! --Judith



MAY 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



Elder Abuse Prevention Presentation Tuesday, May 6th at 1:30 pm

Bring awareness of isolation, self-neglect, financial scams, and domestic violence among dependent and older adults to the forefront, make it a priority to educate yourself.

Health Screening

Thursday, May 8th 9:00 AM to 3:00 pm

is provided by the Nursing Program at San Francisco State University. Get your blood pressure checked, test your vision, how about your blood glucose level? Come and meet the future of our medical world.



A Medicare Workshop

Tuesday, May 20th at 1:00 pm presented by:

Self-Help for the Elderly and HICAP

What are Medicare Parts A, B, C, D? Learn about Updates, Medicare Scams, Medicare navigation.



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	19
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