




























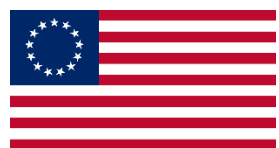

Project Open Hand • [Breakfast at 9 am](#) • [Lunch at 11 am](#) •
Monday through Friday - If this is your first visit, you can register on-site !

July 2025

Downtown San Francisco Senior Center

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



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>"Continental Union" - 1775</p>  <p>"Battle of Bennington" 1776</p>	<p>1</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 12:30 pm Café Social 1:00 pm Knitting Group</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 12:30 pm Café Social 1:00 pm Bingo</p> 	<p>3</p> <p>10:00 am - 12:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Qi Gong with Beth 12:00 pm ESL Class 12:30 pm Café Social 1:00 pm Movie: Independence Day (1996)</p> 	<p>4</p> <p>Independence Day Holiday</p> <p>~~~</p> <p>Project Open Hand Is OPEN</p> <p>(9 am Breakfast, 11 am Lunch)</p> <p>No Activities Today</p> 
<p>7</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am Gentle Movement 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 12:30 pm Café Social 1:00 pm Karaoke Voices</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 Movement 12:00 pm Harmonica Workshop 12:30 pm Café Social 1:00 pm Knitting Group</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 12:30 pm Café Social 1:00 pm Ballet Movement</p> 	<p>10</p> <p>10:00 am - 12:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Qi Gong with Beth 12:00 pm ESL Class 12:30 pm Café Social 1:00 pm Movie: Barbie (2023)</p> 	<p>11</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 Café Social 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 12:30 pm Café Social 12:30 pm Outing - Transamerica Building 1:00 pm Karaoke Voices</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 Movement 12:00 pm Harmonica Workshop 12:30 pm Café Social 12:30 pm Board Games 1:00 pm Knitting Group</p> 	<p>16</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 12:00 pm - 3:00 pm Ping Pong 12:30 pm Café Social 1:00 pm Bingo</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 12:00 pm ESL Class 12:30 pm Café Social 1:00 pm - 2:00 pm LIBRARY ON WHEELS 1:00 pm Movie: Field of Dreams (1989)</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 Café Social 12:30 pm Art with Elders 1:00 pm OPEN HOUSE</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 12:30 pm Café Social 1:00 pm Karaoke Voices</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 Movement 12:00 pm Harmonica Workshop 12:30 pm Café Social 1:00 pm Fraud Prevention Presentation 1:00 pm Knitting Group</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 12:30 pm Café Social 1:00 pm Bingo</p> 	<p>24</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 12:00 pm ESL Class 12:30 pm Café Social 1:00 pm Movie: Private Benjamin (1980)</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 Arts & Crafts - Display Board 12:00 pm Chinese Mahjong 12:30 pm Café Social 12:30 pm Art with Elders</p> 
<p>28</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am Gentle Movement 11:30 am Active Conditioning w/Akiyo 12:30 pm Mindful Monday 12:30 pm Tea & Café Social 1:00 pm Karaoke Voices</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 Movement 12:00 pm Harmonica Workshop 12:30 pm Café Social 1:30 pm Tea & Talk with Sandra</p> 	<p>30</p> <p>10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 10:00 am Crafts with the Public Library 12:00 pm - 3:00 pm Ping Pong 12:30 pm Café Social 1:00 pm Bingo</p> 	<p>31</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 12:00 pm ESL Class 12:30 pm Café Social 1:30 pm Monthly Birthday Party</p> 	<p></p> <p>"Betsy Ross" 1797</p> <p>"21 Stars" 1819-1820</p> 

Information & Referral Assistance

Aging & Disability Resource Center (ADRC)

Our ADRC specialists provide free services for adults 60 years and adults 18 years and older living with disabilities. ADRC provides many services such as assistance reading correspondence, filling out applications, translation, 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 are 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

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 stretching class.



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



GADSDEN FLAG

The Gadsden Flag can be traced back to the American Revolution. A politician and military general from South Carolina named Christopher Gadsden designed the flag in 1775. The flag was designed to create a symbol of resistance and unity against the British. Gadsden's design was well received by the Continental Congress and quickly gained popularity among American revolutionaries. Throughout the war, the flag was displayed prominently by American colonists. "Don't Tread On Me" encompasses the idea that individuals (or nations) have the right to self-determination and should not be subjected to unjust authority. This was a popular sentiment during the American revolution and the colonists' fight for independence.

Schedule Changes

***Choir is on Summer Break and will resume in September**

***Chair Yoga will not meet on July 11th**

***Project Open Hand service will now serve meals Mondays through Fridays**

Puzzle table and library are open most days!



M-F 10 am – 3 pm



Programs are subject to change without notice.

SEQUOIA
LIVING™

San Francisco
Senior Center

Downtown San Francisco Senior Center

481 O'Farrell Street, San Francisco CA

415-771-7950

Saundra Haggerty, Senior Center Director!



Who is Saundra Haggerty?

Saundra Haggerty is a proud San Francisco native, devoted mother, grandmother, and social justice advocate with a deep passion for music and community. She plays the saxophone and is eager to learn the harmonica and bass guitar. Adventurous at heart, Saundra loves activities like billiards, bowling, and axe throwing. She also embraces the thrill of river rafting, jet skiing, and riding ATVs - always chasing the next adrenaline rush. She has worked for seven years in the Tenderloin, bringing empathy, strength, and lived experience to her role. Having experienced six years of homelessness, Saundra is dedicated to helping others overcome adversity. **Tea & Talk with Saundra on July 29th !**



Outing this Month

Transamerica Building – Time Capsule Exhibit
July 14th at 12:30 pm, See Gloria for details.

Aayush from Fraud Stop and guest will go over the main types of fraud, cover safeguards, enforcement resources to report fraud.

Tuesday, July 22 at 1:00 pm



Healthier Living Workshop -
a 6 week course beginning Tuesday,
Aug. 5th – Addressing Pain Management, Nutrition,
Working Better with Your Physician, and more...
Please see Gloria as space is limited.



JULY 2025

News from Project Open Hand

**Daily breakfast & lunch
service at the
Downtown Center
5 days per week!**

Breakfast served at 9 am and
Lunch at 11 am



OPEN HOUSE
at the
Senior Center
Friday, 18th at
1:00 pm



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
10	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