

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>Labor Day Holiday No Activities ~~~ Project Open Hand Is OPEN (9 am Breakfast, 11 am Lunch)</div> <div></div>	<div>2</div> <div>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 2:15 pm Paper Folding Class</div> <div></div>	<div>3</div> <div>10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 10:00 am Healing Movement 12:00 pm - 3:00 pm Ping Pong 1:00 pm Bingo</div> <div></div>	<div>4</div> <div>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 Line Dancing with Keisha 1:00 pm Movie: Holiday in the Wild (2019)</div> <div></div>	<div>5</div> <div>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</div> <div></div>
<div>8</div> <div>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</div> <div></div>	<div>9</div> <div>Center Closed Today ~~~ Project Open Hand Is OPEN (9 am Breakfast, 11 am Lunch) No Activities Today</div>	<div>10</div> <div>10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 10:00 am Healing Movement 12:00 pm - 3:00 pm Ping Pong 1:00 pm Ballet Movement 2:15 pm Community Choir</div> <div></div>	<div>11</div> <div>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 Line Dancing with Keisha 1:00 pm Movie: Rush Hour (1989)</div> <div></div>	<div>12</div> <div>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</div> <div></div>
<div>15</div> <div>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 Outing - GGP Flower Pianos 1:00 pm Your Karaoke Chance</div> <div></div>	<div>16</div> <div>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 2:15 pm Paper Folding Class</div> <div></div>	<div>17</div> <div>10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 10:00 am Healing Movement 12:00 pm - 3:00 pm Ping Pong 1:00 pm Bingo 2:15 pm Community Choir</div> <div></div>	<div>18</div> <div>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 Line Dancing with Keisha 1:00 pm - 2:00 pm LIBRARY ON WHEELS 1:00 pm Movie: Apollo 13 (1995)</div> <div></div>	<div>19</div> <div>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</div> <div></div>
<div>22</div> <div>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 Emergency Preparation Presentation</div> <div></div>	<div>23</div> <div>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 12:30 pm Outing - Tenderloin Forest Walk 1:00 pm Knitting Group 2:15 pm Paper Folding Class</div>	<div>24</div> <div>10:00 am - 3:00 pm Computer Lab 10:00 am Drumming Jams 10:00 am Healing Movement 12:00 pm - 3:00 pm Ping Pong 1:00 pm Bingo 2:15 pm Community Choir</div> <div></div>	<div>25</div> <div>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</div> <div></div>	<div>26</div> <div>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</div> <div></div>
<div>29</div> <div>10:00 am - 3:00 pm Computer Lab 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 1:00 pm Outing - de Young Museum 12:30 pm Mindful Monday 1:00 pm Your Karaoke Chance</div>	<div>30</div> <div>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 2:15 pm Paper Folding Class</div> <div></div>	<div>Trivia Time! Can you name our Hispanic heritage representatives?</div> <div></div>		

Information and Resources

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 (*Cantonese, Mandarin)

Maymie Chan 415-202-2983
mchan@sequoialiving.org (*Cantonese, Mandarin)

Qun Gu 415-923-4490
qgu@sequoialiving.org (*Mandarin, Cantonese)

Maricel Basbas 415-923-4490
mbasbas@sequoialiving.org (Tagalog)



Autumn is a season, which is characterized by decreasing daylight in the Northern Hemisphere. The Autumnal Equinox is the moment when there is 12hrs of day and night.

Exercise Programs

***Mondays at 10:00 am**
SEATED EXERCISE: A variety movements to promote circulation and loosen to your joints to wake up your body.

***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.

***Wednesdays at 10 am**
HEALING MOVEMENT: Uplift your mind and spirit through our range of movement sessions (seated or standing).

***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.



Schedule Changes

***Closed for activities on 9/1**
***Closed for activities on 9/9**
Breakfast and Lunch will be served at 9:00 am and 11:00 am
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***9/25 - Line dancing will be a skip week**

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



Trivia Answers: Making History
 1) Roberto Clemente, 2) Cesar Chavez,
 3) Alexandria Ocasio-Cortez,
 4) Sonia Sotomayor, 5) Ellen Ochoa

SEQUOIA
LIVING™

San Francisco
Senior Center

Downtown San Francisco Senior Center

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



September 2025

News from Project Open Hand

Daily breakfast & lunch service at the Downtown Center Mon. thru Fri.

Breakfast served at 9 am and Lunch at 11 am



Project Open Hand



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., September 9th at 2:15 pm



MONDAY, 9/22 at 1:00 pm

We will explore what the most possible or even probable emergencies that could actually occur in our everyday lives could be and discuss the keys to create an action plan.

Tuesdays at 2:15 pm,
Paper Folding Class, starting September 2nd with Mrs. Lo
 During this segment, we'll learn how to make a beautiful swan.



Outings - See Gloria for details

9/15 - GGPark, Flower Pianos
 9/23 - Tenderloin Forest Walk
 9/29 - Access Day - de Young Museum



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	24	17	15	10
JUL	AUG	SEP	OCT	NOV	DEC
17	21	18	16	20	18

*No bookmobile service on June 19th, 6/19

We bring the library to you!

Questions or requests? Call us at (415) 554-9047



SAN FRANCISCO HUMAN SERVICES AGENCY
 Department of Disability and Aging Services

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