



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

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
NOTES:		1 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement 10:00 am Drumming Jams 12:00 pm - 3:00 pm Ping Pong 1:00 pm Bingo 2:15 pm Community Choir 	2 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Bridge Game 10:00 am Movement Class 12:00 pm ESL Class 1:00 pm Line Dancing w/Keisha 1:00 pm Movie: Apollo 13 (1995) 	3 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 
6 10:00 am Computer Lab 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 11:30 am Women’s Group 12:30 pm Mindful Monday 1:00 pm Come Karaoke 	7 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 Make Smore 1:00 pm Knitting Group 2:15 pm Paper Folding Craft 	8 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement 10:00 am Drumming Jams 12:00 pm - 3:00 pm Ping Pong 1:00 pm Ballet Movement 2:15 pm Community Choir 	9 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Bridge Game 10:00 am Qi Gong with Beth 12:00 pm ESL Class 1:00 pm Line Dancing w/Keisha 1:00 pm Movie: Tower Heist (2011) 	10 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 1:00 pm Outing - Blue Angels 
13 10:00 am - 3:00 pm Computer Lab 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 11:30 am Women’s Group 12:30 pm Mindful Monday 1:00 pm Come Karaoke 2:00 pm Walking Group 	14 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 2:15 pm Paper Folding Craft 	15 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement 10:00 am Drumming Jams 12:00 pm - 3:00 pm Ping Pong 1:00 pm Bingo 2:15 pm Community Choir 	16 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Bridge Game 10:00 am Qi Gong with Beth 12:00 pm ESL Class 1:00 pm - 2:00 pm LIBRARY ON WHEELS 1:30 pm Monthly Birthday Party 	17 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 12:30 pm Board Games 
20 10:00 am - 3:00 pm Computer Lab 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 11:30 am Women’s Group 12:30 pm Mindful Monday 1:00 pm Come Karaoke 	21 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 1:30 pm Tea & Talk with Anis 2:15 pm Paper Folding Craft 	22 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement 10:00 am Drumming Jams 12:00 pm - 3:00 pm Ping Pong 1:00 pm Bingo 2:15 pm Community Choir 	23 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Bridge Game 10:00 am Qi Gong with Beth 12:00 pm ESL Class 1:00 pm Movie: Rescued by Ruby (2022) 	24 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 1:30 pm Lantern Craft 
27 10:00 am - 3:00 pm Computer Lab 10:00 am Bingocize 11:30 am Active Conditioning w/Akiyo 11:30 am Women’s Group 12:30 pm Mindful Monday 1:00 pm Come Karaoke 	28 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 2:15 pm Paper Folding Craft 	29 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement 10:00 am Drumming Jams 12:00 pm - 3:00 pm Ping Pong 1:00 pm Bingo 2:15 pm Community Choir 	30 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Bridge Game 10:00 am Qi Gong with Beth 12:00 pm ESL Class 1:00 pm Line Dancing w/Keisha 1:00 pm Movie: Thursday Murder Club (2025) 	31 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 1:30 Halloween Party 

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

~ This Month's Outing ~
Watch the Blue Angels
with Gloria
Friday, October 10th
Meet here at 1:00 pm



Join us in crafting a lantern !
Friday, Oct. 24th at 1:30 pm
Supplies are limited, so
Please let Gloria know if you
would like to attend.



Schedule Changes

Thursday, 10/16 – Line Dancing Canceled
Thursday, 10/23 – Line Dancing Canceled

Exercise Programs

***Mondays at 10:00 am**

SEATED EXERCISE: A variety movements to promote circulation and loosen 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).

***Wednesdays at 1 pm**

LINE DANCING: Dynamic movements and a great way to keep your cardio system healthy (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.

Join the Walk to End Alzheimer's on Saturday, October 18th

You can meet Gloria at the Senior Center at 8:30 am. We hope to have cool visors



for all the walkers.
Join this important cause. **See you there !**

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

Introducing a new way to connect ~

The Women's Group

Every Monday at 11:30 am

* New participants are welcomed to join us on the first Monday of each month.

This group aims to provide a judgment-free zone where women can talk freely, feel understood, discuss topics of interest and grow together.



Advisory Committee Invites You,
the dear participants of the
= Downtown Senior Center =

You have made the Center so special through your presence this past year. We will be holding a special BBQ event on Thursday, October 23rd at 2:00 pm. Please come by and see what the Committee is about. Come check in with Committee members: Bonnie, Camille, Valerie and Vivian.

* This event is open to our current participants of the Center.

COMMUNITY MUSIC CENTER MUSIC FOR EVERYONE SINCE 1921

Wednesdays at 2:15 pm every week
From contemporary, to jazz, to gospel, you will love our instructor Rita's class !!!



We're Looking for Bridge Players !

Thursdays at 9:45 am - The more, the merrier...
Whether you're a novice, a knock-down expert, or just the curious type, come join us !
Tom and the gang will be happy to see you !



October 2025

Project Open Hand

Breakfast & Lunch
served at the Downtown
Senior Center
Monday – Friday
Breakfast served at 9 am
and Lunch at 11 am



Project Open Hand
meals with love

More Programs
featured on the back
Tea & Talk Guest,
the Outing and more...

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

We bring the library to you!
Questions or requests? Call us at (415) 554-9047