

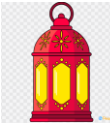


Project Open Hand • [Breakfast](#) Daily at 9 am • [Lunch](#) Daily 11 am •
If this is your first visit, you can register on-site !

November 2025

Downtown San Francisco Senior Center
481 O'Farrell Street, San Francisco CA



Monday	Tuesday	Wednesday	Thursday	Friday
  November is Native American Heritage Month. This month was established to honor and recognize Native Americans as the first people of this nation. This month is a time to raise awareness about the diverse traditions of American Indian, Alaska Native, Native Hawaiian, and American Samoan communities. Native American Heritage Month honors the rich history, cultures, and contributions of Native and Indigenous peoples in the United States to both educate and celebrate cultural heritage and the integral importance to our past, our present, and our future.				
3 10:00 am - 3:00 pm Computer Lab 10:00 am Game-Exercise 11:30 am Active Conditioning w/Akiyo 11:30 am Women's Group 12:30 pm Mindful Monday 1:00 pm Come Karaoke 1:30 pm Lantern Craft 	4 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 12:45 pm Vital Moves with Akiyo 1:00 pm The Creatives Write 1:00 pm Knitting Group 2:15 pm Paper Folding Craft 	5 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 	6 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 You Should Be Dancing w/Keisha 1:00 pm Movie: Training Day (2001) 	7 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 1:30 pm Outing - Ruth's Table 
10 10:00 am - 3:00 pm Computer Lab 10:00 am Game-Exercise 11:30 am Active Conditioning w/Akiyo 11:30 am Women's Group 12:30 pm Mindful Monday 12:30 pm Outing - Japanese Tea Garden 1:00 pm Come Karaoke 	11 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 12:45 pm Vital Moves with Akiyo 1:00 pm The Creatives Write 1:00 pm Knitting Group 2:15 pm Paper Folding Craft 	12 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 	13 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 You Should Be Dancing w/Keisha 1:00 pm Movie: Miracles From Heaven (2016) 	14 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 Tea & Talk 
17 10:00 am - 3:00 pm Computer Lab 10:00 am Game-Exercise 11:30 am Active Conditioning w/Akiyo 11:30 am Women's Group 12:30 pm Mindful Monday 1:30 pm Birthday Party 	18 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 12:45 pm Vital Moves with Akiyo 1:00 pm The Creatives Write 1:00 pm Knitting Group 2:15 pm Paper Folding Craft 	19 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 	20 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 1:00 pm You Should Be Dancing w/Keisha 1:00 pm Movie: Mr & Mrs Smith (2005) 	21 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 
24 10:00 am - 3:00 pm Computer Lab 10:00 am Game-Exercise 11:30 am Active Conditioning w/Akiyo 11:30 am Women's Group 12:30 pm Mindful Monday 1:00 pm Come Karaoke 	25 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 12:45 pm Vital Moves with Akiyo 1:00 pm The Creatives Write 1:00 pm Knitting Group 2:15 pm Paper Folding Craft 	26 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 	27 Thanksgiving Holiday No Activities ~~~ Project Open Hand is OPEN (9 am Breakfast, 11 am Lunch)	28 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 



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

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)

Our Next Stop – Outings:

11/7, 1:00 pm - Ruth's Table
11/10, 12:00 pm – Japanese Tea Garden
Please sign-up with Gloria !



Exercise Programs

*Mondays at 10:00 am

SEATED EXERCISE: A variety of 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.

*Tuesdays at 12:45 pm

VITAL MOVES: A program to develop strength and maintain day-to-day functional abilities.

*Wednesdays at 10 am

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

*Wednesdays at 1 pm

KEEP ON DANCIN': 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 (seated or standing).

*Fridays at 10 am

CHAIR YOGA: A strengthening and stretch class (seated or standing).

Schedule Changes

We are closed for activities on Thurs, Nov. 27
Project Open Hand will be serving breakfast and lunch.

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

The Creatives Write with Jacqui ~ A Creative Writing Group Tuesdays at 1:30pm



Express yourself ! Join us as we explore self-celebration through creative writing. All writing styles and levels welcomed. Whether you're a playwright, author or poet, this group will be a fun way to expand your creativity. Writing prompts will be available, with the option of sharing with the group at the end of each session. The group will be led by Jacqueline, a volunteer with a background in performing arts, public speaking and poetry.



COMMUNITY MUSIC CENTER
MUSIC FOR EVERYONE SINCE 1921

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



UNIVERSITY OF
SAN FRANCISCO
School of Nursing and
Health Professions

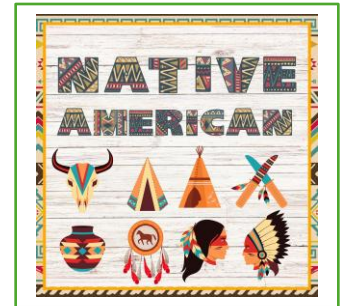
Health Services from USFCA Nursing Students

Thursdays - 11/5, 11/13, 11/20
 9:45 am – 10:45 am Health Screening
 12:45 pm – 1:45 pm Hand/Foot Massage
 Confidential and Prevention-Focused

VITAL MOVES with Akiyo

Tuesdays from 12:45 pm to 1:30 pm

A program to develop strength and maintain day-to-day functional abilities. Begins with primary warm-up and stretching, then better grab a towel !



November 2025

Project Open Hand

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



Project Open Hand
meals with love



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	19	18
JUL	AUG	SEP	OCT	NOV	DEC
17	21	18	16	20	18

**No bookmobile service on November 6/19*
 We bring the library to you!
 Questions or requests? Call us at (415) 554-9047