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

December 2025

Downtown San Francisco Senior Center

481 O'Farrell Street. San Francisco CA

Monday	Tuesday	Wednesday	Thursday	Friday
1 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 12:00 pm Medicare Update Presentation 12:30 pm Mindful Monday 1:00 pm Come Karaoke	**2** 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 1:30 pm The Creatives Write 1:00 pm Knitting Group 2:15 pm Paper Folding Craft	**3** 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	**4** 10:00 am - 3:00 pm Computer Lab 10:00 am Bridge Game 10:00 am - 3:00 pm Health Clinic 10:00 am Qi Gong with Beth 1:00 pm Keep On Dancing 1:00 pm Movie: Falling for Christmas (2022)	**5** ***Senior Center Closed*** **No Activities** ~~~ ***Project Open Hand is OPEN*** ***(9 am Breakfast, 11 am Lunch)***
8 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 - Holiday Walk 1:00 pm Come Karaoke	**9** 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 1:30 pm The Creatives Write 1:00 pm Knitting Group 2:15 pm Paper Folding Craft	**10** 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement 10:00 am Drumming Jams 11:15 am Conservatory of Music Duet 12:00 pm - 3:00 pm Ping Pong 1:00 pm Ballet Movement 2:15 pm Community Choir	**11** 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 1:00 pm Keep On Dancing 1:00 pm Movie: Christmas Chronicles (2019)	**12** 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
15 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	**16** 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 1:30 pm The Creatives Write 1:00 pm Knitting Group 2:15 pm Paper Folding Craft	**17** 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	**18** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Bridge Game 1:00 pm - 2:00 pm LIBRARY ON WHEELS 1:30 pm Monthly Birthday Party	**19** 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
22 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	**23** 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 1:30 pm The Creatives Write 1:00 pm Knitting Group 2:15 pm Paper Folding Craft	**24** **Closing Early** **No Afternoon Activities** ~~~ 10:00 am - 12:00 pm Computer Lab 10:00 am Healing Movement 10:00 am Drumming Jams	**25** **Christmas Day** **No Activities** ~~~ ***Project Open Hand is OPEN*** ***(9 am Breakfast, 11 am Lunch)***	**26** 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
29 10:00 am - 3:00 pm Computer Lab 10:00 am Game-Exercise 11:30 am Women's Group 12:30 pm Mindful Monday 1:00 pm Come Karaoke	**30** 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 1:30 pm Holiday Party - Featuring the FOG Band	**31** **Closing Early** **No Afternoon Activities** ~~~ 10:00 am - 12:00 pm Computer Lab 10:00 am Healing Movement 10:00 am Drumming Jams	***(Jan. 1st)*** **New Year Day** **No Activities** ~~~ ***Project Open Hand is OPEN*** ***(9 am Breakfast, 11 am Lunch)***	***(Jan. 2nd)*** 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

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)

Schedule Changes

Project Open Hand will be serving breakfast and lunch.

ESL is on break until January
Friday, Dec 5th Closed for Activities
Wednesday, Dec 24th Closing at 12:00 pm
Thursday, Dec 25th Closed for Christmas
Tuesday, Dec 30th No The Creatives Write
Wednesday, Dec 31st Closing at 12:00 pm
Thursday, Jan 1st Closed New Year's Day

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).

***Thursdays at 10 am**
QI GONG: Flex and expand your range, focus and energy (seated or standing).

***Thursdays at 1 pm**
KEEP ON DANCIN': Dynamic movements and a great way to keep your cardio system healthy (seated or standing).

***Fridays at 10 am**
CHAIR YOGA: A strengthening and stretch class (seated or standing).

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

December 2025

San Francisco State University provides:

Health Screening Clinic
Thursday, December 4th
9:30 am to 3:00 pm (All Day Clinic)
A Comprehensive Screening encompassing the basics of your health

The Nursing Program at SF State University has worked with the Downtown Senior Center for over 10 years to providing you toward your best health.

Updates to Medicare

Monday, Dec 1st, 12:00 pm
Changes to your benefits, premiums, out-of-pocket drug costs, co-pays…
Be informed.

Self-Help for the Elderly | HICAP | California Health Advocates | SMP

A Month of Mirth & Merriment

12/8, 12:30 pm - Holiday Walk
12/10, 11:15 pm – Conservatory of Music Duet
~ ~ ~
12/18, 1:30 pm - Monthly Birthday Party
12/30, 1:30 pm - Holiday Party – FOG Band

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	15	
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