



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

January 2026

Downtown San Francisco Senior Center

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



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Dr. Martin Luther King Jr. – Some Facts *On January 15, 1929, Michael King Jr. was born. His father changed his name in 1934 as he was inspired by the great 16th-century Protestant reformer, Martin Luther. *Dr. King enrolled at Morehouse College in 1944 at the age of 15. *Nichelle Nichols, the groundbreaking African American actress who portrayed Lt. Uhura on Star Trek, was encouraged by Dr. King to continue on the show as a positive influence – King was a Trekkie! *Pool shark alert! Dr. King loved playing pool and was apparently pretty good at it too...</p>			<p>New Year's Holiday No Activities Project Open Hand is OPEN (9 am Breakfast, 11 am Lunch)</p>	<p>10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 12:00 pm Chinese Mahjong 2:30 pm Art with Elders</p>
<p>5 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</p> 	<p>6 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Movement 12:45 pm Vital Moves with Akiyo 1:00 pm Knitting Group 1:30 pm The Creatives Write</p> 	<p>7 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement 12:00 pm - 3:00 pm Ping Pong 2:15 pm Community Choir</p> 	<p>8 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 Bingo</p> 	<p>9 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 Tea & Talk</p> 
<p>12 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 Monthly Birthday Party</p> 	<p>13 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Movement 12:45 pm Vital Moves with Akiyo 1:00 pm Knitting Group 1:30 pm The Creatives Write</p> 	<p>14 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement 12:00 pm - 3:00 pm Ping Pong 1:00 pm Ballet Movement 2:15 pm Community Choir</p> 	<p>15 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 Movie: Charlie's Angels (2000)</p> 	<p>16 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</p> 
<p>19 Martin Luther King Jr. Day No Activities ~~~ Project Open Hand Is OPEN (9 am Breakfast, 11 am Lunch)</p>  	<p>20 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Movement 12:45 pm Vital Moves with Akiyo 1:00 pm Knitting Group 1:30 pm The Creatives Write</p> 	<p>21 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement 12:00 pm - 3:00 pm Ping Pong 2:15 pm Community Choir</p> 	<p>22 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 Bingo</p> 	<p>23 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</p> 
<p>26 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</p> 	<p>27 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong 10:00 am Gentle Movement 12:45 pm Vital Moves with Akiyo 1:00 pm Knitting Group 1:30 pm The Creatives Write 1:00 pm Outing - Muni Exhibit</p> 	<p>28 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement 12:00 pm - 3:00 pm Ping Pong 1:00 pm Ballet Movement 2:15 pm Community Choir</p> 	<p>29 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: The Hustle (2019)</p> 	<p>30 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</p> 

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, and Mandarin.

ADRC Specialists:

Jaren Liang 415-923-4488
jlchang@sequoialiving.org (Cantonese, Mandarin)

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

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

Schedule Changes

The Center will be closed for activities on New Year's Day and on Jan. 19th in honor of Dr. Martin Luther King Jr. Day. **Project Open Hand will be serving meals** ~~~

- * Art with Elders resuming on Jan. 9th
- * Bingo is now 1st and 3rd Thursdays
- * Drumming Circle will resume in March
- * Harmonica will resume in February
- * Paper Folding Workshop is on Break

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**
SHALL WE DANCE: 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.

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San Francisco
Senior Center

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With Thanks and Warm Wishes for the New Year !

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As we welcome the New Year, I want to sincerely thank each of you for the warmth, kindness, and openness you have shown me since I became Director of the San Francisco Senior Center. Your warm embrace has meant more to me than I can fully express, and it has been a true gift to be welcomed into such a caring and vibrant community. Every day, I am inspired by your stories, your resilience, your laughter, and the care you show one another. A new year brings fresh beginnings, renewed hope, and new opportunities to connect, learn, and grow together. I am excited for what lies ahead and for another year of meaningful programs, shared moments, and continued support for your health and well-being. I wish each of you a New Year filled with good health, peace, joy, and many reasons to smile. Please know that I am grateful to be on this journey with you, and I look forward to all that we will experience together in the year ahead.



With gratitude,
 Sandra Haggerty
 Director, San Francisco Senior Center

Our Next Stop – Tuesday, 1/27 at 1:00 pm
Outing: Muni Exhibit at City Hall
 Please see Gloria for details !!!



The Creatives Write
Tuesdays at 1:30 pm
 Expand your horizons
 Honor your past,
 Look to the future and to your
 Outer Limits... Let's have fun !



Thursdays
 at 1:00 pm
 (1st and 3rd week)



Bingo game !



January 2026

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

2026 SCHEDULE

JAN	FEB	MAR	APR	MAY	JUN
15	19	19	16	21	18
16	20	17	15	19	17

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