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

February 2026

Downtown San Francisco Senior Center

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

SEQUOIA LIVING | San Francisco Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 am - 3:00 pm Computer Lab 10:00 am Game & Exercise with Gloria 11:30 am Active Conditioning with Akiyo 11:30 am Women's Group 12:30 pm Mindful Monday 1:00 pm Karaoke Voices	**3** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Gentle Movement with Wilma 12:00 pm Harmonica Workshop 12:45 pm Vital Moves with Akiyo 1:00 pm Knitting Group 1:30 pm The Creatives Write	**4** 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement with Keisha 12:00 pm - 3:00 pm Ping Pong & Pool 2:15 pm Community Choir	**5** 10:00 am - 12:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Qi Gong with Beth 10:00 am Bridge Game 12:00 pm ESL Class 1:00 pm Bingo	**6** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Chair Yoga with Richard 12:00 pm Chinese Mahjong 12:30 pm Art with Elders 1:30 pm Learn about Lunar New Year and Traditions
9 10:00 am - 3:00 pm Computer Lab 10:00 am Game & Exercise with Gloria 11:30 am Active Conditioning with Akiyo 11:30 am Women's Group 12:00 pm Outing - Legion of Honor 12:30 pm Mindful Monday 1:00 pm Karaoke Voices	**10** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Gentle Movement with Wilma 12:00 pm Harmonica Workshop 12:45 pm Vital Moves with Akiyo 1:00 pm Knitting Group 1:30 pm The Creatives Write	**11** 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement with Keisha 12:00 pm - 3:00 pm Ping Pong & Pool 1:30 pm Monthly Birthday Party	**12** 10:00 am - 12:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Qi Gong with Beth 10:00 am Bridge Game 12:00 pm ESL Class 1:00 pm Movie: The Amazing Spider-Man (2012) 1:30 pm Institute on Aging Support Circle Presentation	**13** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Chair Yoga with Richard 12:00 pm Chinese Mahjong 12:30 pm Art with Elders
16 ***Presidents Day Holiday*** ~~~ ***Project Open Hand Is OPEN*** ***(9 am Breakfast, 11 am Lunch)*** **No Activities Today**	**17** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Gentle Movement with Wilma 12:00 pm Harmonica Workshop 12:45 pm Vital Moves with Akiyo 1:00 pm Knitting Group 1:30 pm The Creatives Write	**18** 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement with Keisha 11:30 am Advisory Committee 12:00 pm - 3:00 pm Ping Pong & Pool 2:15 pm Community Choir	**19** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Qi Gong with Beth 10:00 am Bridge Game 12:00 pm ESL Class 1:00 pm - 2:00 pm LIBRARY ON WHEELS 1:00 pm Bingo	**20** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Chair Yoga with Richard 12:00 pm Chinese Mahjong 1:00 pm Board Games 12:30 pm Art with Elders
23 10:00 am - 3:00 pm Computer Lab 10:00 am Game & Exercise with Gloria 11:30 am Active Conditioning with Akiyo 11:30 am Women's Group 12:30 pm Mindful Monday 1:30 pm Lunar New Year Celebration	**24** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Gentle Movement with Wilma 12:00 pm Harmonica Workshop 12:45 pm Vital Moves with Akiyo 1:00 pm Knitting Group 1:30 pm The Creatives Write	**25** 10:00 am - 3:00 pm Computer Lab 10:00 am Healing Movement with Keisha 12:00 pm - 3:00 pm Ping Pong & Pool 1:00 pm Ballet Movement Class 2:15 pm Community Choir	**26** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Qi Gong with Beth 10:00 am Bridge Game 12:00 pm ESL Class 1:00 pm Movie: Barbie (2023)	**27** 10:00 am - 3:00 pm Computer Lab 10:00 am - 3:00 pm Ping Pong & Pool 10:00 am Chair Yoga with Richard 12:00 pm Chinese Mahjong 12:30 pm Art with Elders

Lunar New Year vs. Chinese New Year

"Lunar New Year" and "Chinese New Year" fall on the same date, marking the start of the lunisolar calendar. They are often used interchangeably, but they are not the same. The Lunar New Year is celebrated in multiple countries, including South Korea, Vietnam, and China. Chinese New Year refers specifically to Chinese traditions. Despite their differences, both mark a time for renewal, family gatherings, and honoring ancestors, crossover similar rituals and traditions.

馬 (Cantonese), 马 (Mandarin), **ngu'a** or **ma** (Vietnamese), 말 (Korean)

Metal Horse **(1930):** Kind, calm, rational, and popular.
Water Horse **(1942):** Amicable, helpful, charming, but can be sentimental.
Wood Horse **(1954):** Imaginative, insightful, but potentially moody.
Fire Horse **(1966):** Especially lively, charismatic, energetic, but can be stubborn.
Earth Horse **(1978):** Optimistic, kind, righteous, and responsible.

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, and Mandarin*.

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)

More Great Programs !

Knitting: Tuesdays at 1:00 pm a quiet and peaceful place to get together and enjoy. Join Kelly and group.

The Creatives Write: a writing space to create and to stretch your imagination. Tuesdays, 1:30 pm with Instructor, Jacqui.

Community Choir: use your voice, teach your voice and beautiful music together. Join Rita on Wednesdays at 2:15 pm.

ESL: no need to be perfect – a no pressure way to practice speaking English and to learn new words. Thursdays at 12:00 pm with Judy.

Exercise Programs

***Mondays at 10 am**
GAME & 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 (2nd & 4th weeks)**
Ballet Movement Exercise Class: Paced and smooth, graceful yet intentional… taught by the SF Ballet (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).

We'll be closed for activities on Monday, Feb. 16th for the Presidents Day Holiday. Project Open Hand will be serving meals.

Programs are subject to change without notice.

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February

Check out our new pool table !

It took a bit but your input on the Annual Consumer Survey had not been forgotten. Your feedback and opinions are most appreciated and invaluable in steering our Center forward in the best possible way.

Our once-a-year survey is coming around and we'd like to hear how we can continue to make our Center an even better place ! But for now, get in "cue" and check out the table.

NEVER STOP GROWING.

Institute on Aging is inviting you to a conversation to learn more about a group that will be starting soon intended to promote your sense of wellness and self-esteem. Please attend this informational session on Thursday Feb 12th at 1:30pm.

Our Next Stop

The Legion of Honor Museum, on Monday, Feb. 9th, leaving at 12:00 pm
Special Exhibit: Manet and Morisot
Please see Gloria for details

ADVISORY COMMITTEE

meets every third Wednesday.
Be a part of helping to shape our Center. The next meeting is:
February 18th at 11:30 am.

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
JUL	AUG	SEP	OCT	NOV	DEC
16	20	17	15	19	17

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