

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11 AM - 12 PM 01 Arts & Crafts 12 - 1:30 PM Ping Pong/Badminton	11 AM - 12 PM 02 Chinese Calligraphy 11 AM - 12 PM Free Tech Support 12:30 -1:30 PM Chinese Karaoke	9:30 - 10:30 AM 03 Salsa Dancing at 290 Malosi 10:30 AM - 12 PM Super Seniors at 290 Malosi 11:30 AM - 12:30 PM Ping Pong/Badminton at 66 Raymond	10 - 11 AM 04 Always Active Exercise Class at 1530 Sunnydale
7 Closed for Labor Day	11 AM - 12 PM 08 Arts & Crafts 12 - 1:30 PM Ping Pong/Badminton	9:30- 10:30 AM 09 Exercise Class 11 AM - 12 PM Chinese Calligraphy 11 AM - 2 PM Free Tech Support 12:30 -1:30 PM Chinese Karaoke	9:30 - 10:30 AM 10 Salsa Dancing at 290 Malosi 10:30 AM - 12 PM Super Seniors at 290 Malosi 11:30 AM - 12:30 PM Ping Pong/Badminton at 66 Raymond	10 - 11 AM 11 Always Active Exercise Class at 1530 Sunnydale
10 - 11 AM Bingo 14 11AM - 12 PM Cooking Demo 11 AM - 12 PM Chinese Karaoke 11 AM - 1 PM Knitting 12:30 - 1:30 PM Intermediate Ukulele Class	10AM - 3 PM 15 Academy of Science Trip 11 AM - 12 PM Arts & Crafts 12 - 1:30 PM Ping Pong/Badminton	9:30- 10:30 AM 16 Exercise Class 11 AM - 12 PM Chinese Calligraphy 11 AM - 2 PM Free Tech Support 12:30 -1:30 PM Chinese Karaoke	9:30 - 10:30 AM 17 Salsa Dancing at 290 Malosi 10:30 AM - 12 PM Super Seniors at 290 Malosi 11:30 AM - 12:30 PM Ping Pong/Badminton at 66 Raymond	10 - 11 AM 18 Always Active Exercise Class at 1530 Sunnydale
10 - 11 AM Bingo 21 11 AM - 12 PM Chinese Karaoke 11 AM - 1 PM Knitting 12:30 - 1:30 PM Intermediate Ukulele Class	11 AM - 12 PM 22 Arts & Crafts 12 - 1:30 PM Ping Pong/Badminton	11 AM - 12 PM 23 Chinese Calligraphy 11 AM - 12 PM Free Tech Support 12:30 -1:30 PM Chinese Karaoke	9:30 - 10:30 AM 24 Salsa Dancing at 290 Malosi 10:30 AM - 12 PM Super Seniors at 290 Malosi 11:30 AM - 12:30 PM Ping Pong/Badminton at 66 Raymond	10 - 11 AM 25 Always Active Exercise Class at 1530 Sunnydale
10 - 11 AM Bingo 28 11 AM - 12 PM Chinese Karaoke 11 AM - 1 PM Knitting 12:30 - 1:30 PM Intermediate Ukulele Class	11 AM - 12 PM 29 Arts & Crafts 12 - 1:30 PM Ping Pong/Badminton	11 AM - 12 PM 30 Chinese Calligraphy 11 AM - 12 PM Free Tech Support 12:30 -1:30 PM Chinese Karaoke		

Project Open Hand Lunches | Served Monday - Sunday, 11:30 AM to 12:30 PM

- Come early, at 9:30 AM, to register.
- All clients and volunteers can donate \$2.00.
- The customer's visitor must pay the fee of \$6.00 for a meal.
- Your meals are partially funded by voluntary contributions.
- Individuals over the age of sixty and adults with disabilities are eligible for meals, whether or not a voluntary contribution is made.
- Please put your contribution in the box.
- Employees and volunteers are not permitted to process donations.



SAN FRANCISCO HUMAN SERVICES AGENCY

Department of Disability and Aging Services

This program serving the community is funded by the City of San Francisco's Department of Disability and Aging Services.

All of our activities are FREE.