

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Project Open Hand<br/>meals with love</p> <p><b>6</b><br/>10-11AM Bingo<br/>11AM-12PM Knitting<br/>12:30-1:30PM Intermediate Ukulele Class</p> <p><b>13</b><br/>10-11AM Bingo<br/>11AM-12PM Knitting<br/>12:30-1:30PM Intermediate Ukulele Class</p> <p><b>20</b><br/>10-11AM Bingo<br/>11AM-12PM Knitting<br/>11AM-12PM <b>Cooking Demo: Seafood Salad</b><br/>12:30-1:30PM Intermediate Ukulele Class</p> <p><b>27</b><br/>10-11AM Bingo<br/>11AM-12PM Knitting<br/>12:30-1:30PM Intermediate Ukulele Class</p> | <p>Lunches served Monday through Friday<br/><b>Project Open Hand</b><br/>from 11:30AM to 12:30PM.<br/>Come early at 9:30AM to register.</p> <p><b>7</b><br/>11AM-12PM Beginners Ukulele Class<br/>12-2PM Ping Pong<br/>12-2PM Cooking Matters (Last Class)</p> <p><b>14</b><br/>11AM-12PM Beginners Ukulele Class<br/>12-1PM Arts &amp; Crafts<br/>12-2PM Ping Pong</p> <p><b>21</b><br/>11AM-12PM Beginners Ukulele Class<br/>12-1PM Arts &amp; Crafts<br/>12-2PM Ping Pong</p> <p><b>28</b><br/><b>10-11AM Hope SF Blood Pressure Screening</b><br/>11AM-12PM Beginners Ukulele Class<br/>12-1PM Arts &amp; Crafts<br/>12-2PM Ping Pong</p> | <p><b>1</b><br/>9:30-10:30 AM Exercise Class<br/>11AM-12PM Chinese Calligraphy<br/>12-2PM Free Tech Support<br/>12:30-2PM Cantonese/Mandarin Karaoke</p> <p><b>8</b><br/>9:30-10:30 AM Exercise Class<br/>11AM-12PM Library Presentation<br/>12-1PM Chinese Calligraphy<br/>12-2PM Free Tech Support<br/>12:30-2PM Cantonese/Mandarin Karaoke</p> <p><b>15</b><br/>9:30-10:30 AM Exercise Class<br/>12-12:30PM <b>Advisory Council</b><br/>11AM-12PM Chinese Calligraphy<br/>12-2PM Free Tech Support<br/>12:30-2PM Cantonese/Mandarin Karaoke</p> <p><b>22</b><br/>9:30-10:30 AM Exercise Class<br/>11AM-12PM Chinese Calligraphy<br/>12-2PM Free Tech Support<br/>12:30-2PM Cantonese/Mandarin Karaoke</p> <p><b>29</b><br/>9:30-10:30 AM Exercise Class<br/>11AM-12PM Chinese Calligraphy<br/>12-2PM Free Tech Support<br/>12:30-2PM Cantonese/Mandarin Karaoke</p> | <p><b>2</b><br/>9:30-10:30AM Salsa Dancing @ 290 Malosi<br/>10:30AM-12PM Super Seniors @ 290 Malosi St. (Arts &amp; Crafts)<br/>11:30AM-12:30PM Ping Pong</p> <p><b>9</b><br/>9:30-10:30AM Salsa Dancing @ 290 Malosi<br/>10:30AM-12PM Super Seniors @ 290 Malosi St. (Bingo)<br/>11:30AM-12:30PM Ping Pong</p> <p><b>16</b><br/>9:30-10:30AM Salsa Dancing @ 290 Malosi<br/>10:30AM-12PM Super Seniors @ 290 Malosi St. (Concentration Game)<br/>11:30AM-12:30PM Ping Pong</p> <p><b>23</b><br/>9:30-10:30AM Salsa Dancing @ 290 Malosi<br/>10:30AM-12PM Super Seniors @ 290 Malosi St. (Exercise and Arts &amp; Crafts)<br/>11:30AM-12:30PM Ping Pong</p> <p><b>30</b><br/>9:30-10:30AM Salsa Dancing @ 290 Malosi<br/>10:30AM-12PM Super Seniors @ 290 Malosi St. (Safety Presentation)<br/>11:30AM-12:30PM Ping Pong</p> | <p><b>3</b><br/><b>10 AM-2PM Asian Art Museum Trip</b><br/>10-11AM Always Active Exercise Class @ 1530 Sunnydale</p> <p><b>10</b><br/>10-11AM Always Active Exercise Class @ 1530 Sunnydale</p> <p><b>17</b><br/>10-11AM Always Active Exercise Class @ 1530 Sunnydale</p> <p><b>24</b><br/>10-11AM Always Active Exercise Class @ 1530 Sunnydale</p> |

周一

周二

周三

周四

星期五



Project Open Hand  
meals with love

6

上午 10:00-11:00 宾果游戏  
上午 11:00-下午 12:00 编织活动  
下午 12:30-1:30 中级尤克里里课程

13

上午 10:00-11:00 宾果游戏  
上午 11:00-下午 12:00 编织活动  
下午 12:30-1:30 中级尤克里里课程

20

上午 10:00-11:00 宾果游戏  
上午 11:00-12:00 编织活动  
上午 11:00-12:00 烹饪演示：海鲜沙拉  
下午 12:30-1:30 中级尤克里里课程



27

上午 10:00-11:00 宾果游戏  
上午 11:00-下午 12:00 编织活动  
下午 12:30-1:30 中级尤克里里课程

7

周一至周日提供的午餐由  
上午 11:30 至中午 12:30。  
早上 9:30 早点来注册。

14

上午 11:00-12:00 初学者尤克里里课  
下午 12:00-1:00 手工制作  
下午 12:00-2:00 乒乓球

21

上午 11:00-12:00 初学者尤克里里课  
下午 12:00-1:00 手工制作  
下午 12:00-2:00 乒乓球

28

上午 10:00-11:00 Hope SF 血压筛查  
上午 11:00-12:00 尤克里里初级班  
中午 12:00-下午 1:00 手工制作  
中午 12:00-下午 2:00 乒乓球

1

上午 9:30-10:30 健身课程  
上午 11:00-下午 12:00 中国书法  
下午 12:00-2:00 免费技术支持  
下午 12:30-2:00 粤语/普通话卡拉 OK

8

上午 9:30-10:30 健身课程  
上午 11:00-下午 12:00 图书馆座  
下午 12:00-1:00 中国书法  
下午 12:00-2:00 免费技术支持  
下午 12:30-2:00 粤语/普通话卡拉 OK

15

上午 9:30-10:30 健身课程  
下午 12:00-12:30 咨询委员会会议  
上午 11:00-下午 12:00 中国书法  
下午 12:00-2:00 免费技术支持  
下午 12:30-2:00 粤语/普通话卡拉 OK

22

上午 9:30-10:30 健身课程  
上午 11:00-下午 12:00 中国书法  
下午 12:00-2:00 免费技术支持  
下午 12:30-2:00 粤语/普通话卡拉 OK

29

上午 9:30-10:30 健身课程  
上午 11:00-下午 12:00 中国书法  
下午 12:00-2:00 免费技术支持  
下午 12:30-2:00 粤语/普通话卡拉 OK

2

9:30-10:30AM 萨尔萨舞@第 290 章  
10:30AM-12PM 超级老年人@290 Malosi St. (艺术与工艺品)  
11:30AM-12:30PM 乒乓球

9

9:30-10:30AM 萨尔萨舞@第 290 章  
10:30AM-12PM 超级老年人@290 马洛西街 (宾果)  
11:30AM-12:30PM 乒乓球

16

9:30-10:30AM 萨尔萨舞@第 290 章  
10:30AM-12PM 超级老年人@290 Malosi St. (集中游戏)  
11:30AM-12:30PM 乒乓球

23

9:30-10:30AM 萨尔萨舞@第 290 章  
10:30AM-12PM 超级老年人@290 Malosi St. (运动和艺术及工艺品)  
11:30AM-12:30PM 乒乓球

30

9:30-10:30AM 萨尔萨舞@第 290 章  
10:30AM-12PM 超级老年人@马洛西街 290 号 (安全介绍)  
11:30AM-12:30PM 乒乓球

3

上午 10 点至下午 2 点：亚洲艺术博物馆参观活动  
上午 10 点至 11 点：“活力常在”健身课程 (地点：Sunnydale 1530 号)

10

上午 10:00-11:00 活力健身课程 地点：1530 Sunnydale

17

上午 10:00-11:00 活力健身课程 地点：1530 Sunnydale

24

上午 10:00-11:00 活力健身课程 @ 1530 Sunnydale



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services

该服务社区的计划由旧金山市残疾和老龄化服务部资助。