

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 - 11 AM Bingo 03 11 AM - 12 PM Chinese Karaoke 11 AM - 1 PM Knitting 12:30 - 1:30 PM Intermediate Ukulele Class	11 AM - 12 PM Arts & Crafts 04 11AM - 12 PM Beginners Ukulele 12:30 - 2 PM Movie Day	9:30- 10:30 AM Exercise Class 05 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 Salsa Dancing at 290 Malosi 06 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 Always Active Exercise Class at 1530 Sunnydale 07
10 - 11 AM Bingo 10 11 AM - 12 PM Cooking Demo: Savory Beef Stew 11 AM - 12 PM Chinese Karaoke 11 AM - 1 PM Knitting 12:30 - 1:30 PM Intermediate Ukulele Class	11 AM - 12 PM Arts & Crafts 11 12 - 1:30 PM Ping Pong/ Badminton	9:30- 10:30 AM Exercise Class 12 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 Salsa Dancing at 290 Malosi 13 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 Always Active Exercise Class at 1530 Sunnydale 14
10 - 11 AM Bingo 17 11 AM - 12 PM Chinese Karaoke 11 AM - 1 PM Knitting 12:30 - 1:30 PM Intermediate Ukulele Class	11 AM - 12 PM Arts & Crafts 18 12 - 1:30 PM Ping Pong/ Badminton	9:30- 10:30 AM Exercise Class 19 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 Salsa Dancing at 290 Malosi 20 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 Always Active Exercise Class at 1530 Sunnydale 21
10 - 11 AM Bingo 24 11 AM - 12 PM Chinese Karaoke 11 AM - 1 PM Knitting 12:30 - 1:30 PM Intermediate Ukulele Class	11 AM - 12 PM Arts & Crafts 25 12 - 1:30 PM Ping Pong/ Badminton	9:30- 10:30 AM Exercise Class 26 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 Salsa Dancing at 290 Malosi 27 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 Always Active Exercise Class at 1530 Sunnydale 28
10 - 11 AM Bingo 31 11 AM - 12 PM Chinese Karaoke 11 AM - 1 PM Knitting 12:30 - 1:30 PM Intermediate Ukulele Class				

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.