Intergenerational Programs

San Francisco's older and younger generations connect to strengthen community, culture, and respect for each other.

VIEW VIDEO

Intergenerational Programs give older people and adults with disabilities the opportunity to interact with youth and be recognized as valued members of the community. Programs engage both generations to share talents and resources that benefit each other through music, art, cooking, technology training, and other activities.

Six community organizations offer Intergenerational Programs with support from the San Francisco Department of Disability and Aging Services (DAS).

Who can participate

You can participate in an Intergeneration Program if you are a San Francisco resident, aged 60 or over, or an adult with a disability who is 18 to 59 years old.

Contact an Intergenerational Program

- **Front Porch Foundation / Ruth's Table** <//www.ruthstable.org/>: 3160 21st St, San Francisco, CA 94110 – Mission District
  Cultivates intergenerational connections between older adults and younger generations. Initiatives include Glen Blend Open Mic!, collaborative projects with local schools, and cultural celebrations such as the Lunar New Year. Call ☎ **(415) 642-1000**.

- **Intergenerational Program — Bayview Senior Services**
  <https://www.bhpmss.org/intergenerational>
  Offers painting, writing, dancing, drumming, storytelling, and mosaics for the 10-foot monument in the Bayview. Call ☎ **(415) 508-0847**.

- **Kimochi** <https://www.kimochi-inc.org/senior-center-activities> – Japantown
  Offers Japanese culture celebrations, story exchanges, pre-school visits, and technology training for adults by high school and college students. Call ☎ **(415) 931-2294**.

- **Lighthouse for the Blind and Visionally Impaired** <https://lighthouse-sf.org/> – Citywide locations
  Offers a variety of social and cultural gatherings, peer support and discussion groups, and workshops for all age groups in the blind and low-vision community. Call **☎ (415) 431-1481**.

- **Openhouse** <https://www.openhousesf.org/community-engagement> – Citywide locations
  Offers intergenerational activities for older people and older adults with disabilities in the LGBTQ community. Call: **☎ (415) 296-8995.**

- **Mission Neighborhood Centers** <https://mncsf.org/healthy-aging-and-disability-resource-center/> – Mission District
  Celebrates Latino culture with music classes for preschool children and their parents, cooking classes for youth, and family support with professional facilitators. Call **☎ (415) 206-7752**.

- **Self-Help for the Elderly** <https://www.selfhelpelderly.org/intergenerationalprogram>
  Pairs youth volunteers with seniors for activities that promote digital and technology learning. Cross-cultural exchange sessions benefit both generations participating in the program. Call **☎ (415) 677-7648**.

- **Sequoia Living** <https://sequoialiving.org/community-services/>(formerly Northern California Presbyterian Homes and Services) – Japantown
  Offers onsite and virtual classes for older people and adults with disabilities in affordable housing. Includes technology training by students and English as a Second Language (ESL). Call **☎ (415) 202-7800.**

Did you find what you were looking for?

YES NO