

July - August - Sept

AQUATIC PARK CLASSES AND PROGRAMS

***Project Open Hand: Lunch Monday - Friday, Sunday. Noon. Call 415.603.0190 to make a reservation.**

Menus: <http://www.openhand.org/eating-right/our-menu>

***One-on-one computer tutoring: Call Program Assistant Jan Freeman at 415.775.1869**

Aquatic Park Center
 890 Beach Street
 San Francisco, CA 94109
 Direct: 415.775.1866
 Fax: 415.775.4020
www.sfsenior.com
 Mon-Fri 9am-3:45pm

Aquatic Park Staff
 Sue Horst
 SFSC Director
 Direct: 415.775.2562
 Email: shorst@ncphs.org

Frank Mitchell
 Program Coordinator
 Direct: 415.923.4485
 Email: fmitchell@ncphs.org

Jill Spezzano
 Social Worker
 Direct: 415.923.4481
 Email: jspezzano@ncphs.org

Sue Mittelman
 Fitness & Health Coordinator
 Direct: 415.923.4482
 Email: smaittelman@ncphs.org

Jan Freeman
 Program Assistant
 Direct: 415.775.1869
 Email: jfreeman@ncphs.org

Vilma Molina
 Information & Assistance
 Specialist
 Direct: 415.202.2982
 Email: vmolina@ncphs.org

Jerry Hu
 Information & Assistance
 Specialist
 Direct: 415.202.2982
 Email: zhu@ncphs.org

CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION
MONDAY			
Ceramics* / CCSF Older Adults Program Sponsored (Begins August 15)	9:00 - 11:30 12:00 - 2:30	Ellen Burns	Ceramics Room
Social Worker on Duty	9:00 - 3:45	Jill Spezzano	Jill's Office
Computer Lab	9-12 & 1-3:45	Monitor present	West Wing
Farmers Market	10:00 - 1:00	Volunteers	Room 11
Breath Meditation	10:30 - 11:00	Jill Spezzano	Room 13
Photography Group	12:30 - 2:30	Marie Eisen	Room 13
Knitting Group	2:00 - 3:45	Leslie Pellegrini	Blue Room
TUESDAY			
Mindfulness Meditation (Fee)	9:00 - 10:30	Gary Gach	Room 13
Social Worker on Duty	9:00 - 3:45	Jill Spezzano	Jill's Office
Computer Lab	9-12 & 1-3:45	Monitor present	West Wing
Open Studios	9:00 - 3:45	Enjoy!!!	Ceramics Room
Acting and Self Expression	10:30 - 12:00	Kathy Stefano	Room 11
Troubadour Extraordinaire (Music)	12:00 - 1:00	Peter Monks	Blue Room
David's Hollywood (Classic Movies)	12:45 - 2:45	David London	Room 13
Stress Busters (3rd Tuesday of the month)	1:00 - 1:30	Eileen Chan	Floating
Mahjong	1:00 - 2:30	Jill Spezzano	Ceramics Room
Brain Injury Survivors Support Group	2:00 - 3:45	John Hatten	Room 11
WEDNESDAY			
Social Worker on Duty	9:00 - 3:45	Jill Spezzano	Jill's Office
Computer Lab	9-12 & 1-3:45	Monitor present	West Wing
Writers Group	9:30 - 11:30	Yvonne Cannon	Room 11
Beginners Ceramics* / CCSF Older Adults Program Sponsored (Begins August 17)	11:00 - 1:30	Ellen Burns	Ceramics Room
Astrophysics by the Bay	12:00 - 1:30	Patrick Carrazana	Room 11
CTN Computer Lab Classes (2nd & 4th Wed)	1:00 - 3:00	CTN instructors	Computer Lab
Women's Group	1:00 - 2:00	Leslie/Alex Pellegrini	Room 13
Bridge (415.674.8212)	1:00 - 3:00	Frank Savage	Library
Advanced Italian	2:00 - 3:30	Oscar Rimoldi	Room 11
Men's Group	2:30 - 3:30	Alex Pellegrini	Room 13
THURSDAY			
Painting* / CCSF Older Adults Program Sponsored (Begins August 18)	9:00 - 11:30 12:00 - 2:15	Aisjah Hopkins	Room 11 & Ceramics Room
Social Worker on Duty	9:00 - 3:45	Jill Spezzano	Jill's Office
Computer Lab	9-12 & 1-3:45	Monitor present	West Wing
Play Reading Group (3rd Thurs of the month)	12:30 - 2:30	Eunice Stuart	Room 13
Living Well Aging Well Peer Group (1st Thurs)	1:00 - 2:00	Jill Spezzano	Room 13
Community of Voices Choir (Begins Sept.1)	1:00 - 2:30	Beth Wilmurt	Blue Room
Bingo (Fee)	1:00 - 2:30	Volunteers	West Wing
FRIDAY			
Social Worker on Duty	9:00 - 1:00	Jill Spezzano	Jill's Office
Computer Lab	9-12 & 1-3:45	Monitor present	West Wing
Open Studios	9:00 - 3:45	Enjoy!!!	Ceramics Room
Dementia Caregivers Group (last Fri of month)	10:30 - 11:30	Angie Pratt	Room 13
*Classes are free and taught by City College of San Francisco teachers (Fee) Nominal fee for this activity			

July - August - Sept	AQUATIC PARK FITNESS PROGRAMS				
<p>Aquatic Park Center 890 Beach St. S.F. CA 94109 Direct: 415.775.1866 www.sfsenior.com Mon-Fri 9am-3:45pm</p> <p>Aquatic Park Staff Sue Horst SFSC Director Direct: 415.775.2562 Email: shorst@ncphs.org</p> <p>Frank Mitchell Program Coordinator Direct: 415.923.4485 Email: fmittell@ncphs.org</p> <p>Jill Spezzano Social Worker Direct: 415.923.4481 Email: jspezzano@ncphs.org</p> <p>Sue Mittelman Fitness & Health Coordinator Direct: 415.923.4482 Email: smittelman@ncphs.org</p> <p>Jan Freeman Program Assistant Direct: 415.775.1869 Email: jfreeman@ncphs.org</p> <p>Vilma Molina Information & Assistance Specialist Direct: 415.202.2982 Email: vmolina@ncphs.org</p> <p>Jerry Hu Information & Assistance Specialist Direct: 415.202.2983 Email: zhu@ncphs.org</p>	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION	
	MONDAY				
	Walking Group	9:00 - 10:00	Nae Kim	West Bleachers	
	Qi Gong (Wild Goose)	9:30 - 10:30	Jill Spezzano	Fitness Center	
	Line Dancing (Fee)	10:00 - 11:30	Gloria Doon	Blue Room	
	Always Active*** (#)	11:00 - 12:00	Sue Mittelman	Fitness Center	
	Restorative Yoga (Fee)	11:00 - 12:00	Katia Almeida	West Wing	
	Mat Yoga (Fee)	12:00 - 1:00	Katia Almeida	West Wing	
	Qi Gong (Wild Goose)	12:00 - 1:00	Jill Spezzano	Fitness Center	
	Fall Prevention and Maintenance**	1:30 - 2:30	Chris Thompson	Fitness Center	
	Ping Pong	2:45 - 3:45	Enjoy!!!	Fitness Center	
	TUESDAY				
	Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center	
	Fitness Challenge Camp	11:30 - 12:30	Meeka Toner	West Wing	
	Beginner Machine Circuit Training	11:30 - 12:00	Keith Davis/Ruby Loheac	Fitness Center	
	Zumba Gold (Fee)	12:15 - 1:15	Claudia Rodas	Fitness Center	
	WEDNESDAY				
	Walking Group	9:00 - 10:00	Nae Kim	West Bleachers	
	Tai Chi (Adv.)/*CCSF Sponsored (August 17)	9:30 - 10:30	Garrett Chinn	Fitness Center	
	Garden Walk	10:00 - 11:00	Jill Spezzano	Blue Room	
	Tai Chi (Beg.)/*CCSF Sponsored (August 17))	10:30 - 11:30	Garrett Chinn	Fitness Center	
	Chair Yoga (Fee)	10:30 - 11:30	Sally Goodwin	West Wing	
	Mat Yoga (Fee)	12:00 - 1:00	Sally Goodwin	West Wing	
	Always Active*** (#)	12:15 - 1:15	Akiyo Kinst-Hori	Fitness Center	
	Fall Prevention and Maintenance**	1:30 - 2:30	Becca Pedra	Fitness Center	
	Hula (Fee)	1:30 - 2:30	Akiyo Kinst-Hori	Blue Room	
	THURSDAY				
	Tai Chi Chih (Fee)	9:30 - 10:30	Pat Bourne	Room 13	
	Fitness Challenge Camp	10:30 - 11:30	Akiyo Kinst-Hori	West Wing	
	Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center	
Beginner Machine Circuit Training	11:30 - 12:00	Keith Davis	Fitness Center		
Zumba Toning (Fee)	12:10 - 1:00	Claudia Rodas	Fitness Center		
Ping Pong	2:30 - 3:30	Enjoy!!!	Fitness Center		
FRIDAY					
Longevity Stick (Fee) (Begins July 15)	9:30 - 10:30	Gary Gach	Beachfront		
Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center		
Chair Yoga	10:30 - 11:15	Katia Almeida	West Wing		
Mat Yoga (Fee)	11:30 - 12:30	Sally Goodwin	West Wing		
FABS (Fee)	12:05 - 1:00	Akiyo Kinst-Hori	Fitness Center		
*Classes are free and taught by City College of San Francisco teachers					
**Contact Dr. Chris Thompson for enrollment at 415.422.6105					
***Always Active program provided in partnership with USF & 30th Street Senior Center					
(#) Medical release required (see Sue Mittelman)					
Note: Exercise equipment is for SFSC members only					