



# Aquatic Park Center

## A Destination for 50+ Adults

JANUARY – MARCH 2017

A Community Service of  
Northern California Presbyterian  
Homes and Services



Together Building  
a Community  
for Adults 50+

Providing Opportunities to  
explore and experience  
the many pathways to  
*Living Well*



It is always exciting to write the January Community News section. We get to look forward to a fresh year with new friends and new ideas to better our community of Aquatic Park Center. I began this column with our **Living Well, Aging Well** header to highlight that this image is a symbol of our center. We are integrating the concepts of well-being as we age into every aspect of our services and programs.

We believe that we indeed provide a pathway to creating your story, whether it be through art, through learning, through improving health, through a caring community of friends, etc. As many of you have heard us say, our center offers you more than a class to attend. It offers a supportive community where we can all grow, engage, and belong.

This year we launch our **70<sup>th</sup> Anniversary** celebrations. Please mark your calendars for Friday, May 12 at the War Memorial and Performing Arts Center where we “fancy up” and will be entertained by comedian Will Durst and will dance the night away. We will also host a symposium on **Living Well, Aging Well** with experts in the field. On Thursday, April 6 at 9:30am we will gather at the Sequoias San Francisco to be inspired and educated. Our very own Aquatic Park choir will also perform.

We are proud to report that our annual appeal drive to raise funds for a new fitness floor and new adaptive exercise equipment has raised over \$24,300 to date. We are grateful to all of you who donated to this cause. We are also beaming that we were able to donate over 80 pairs of children’s slippers to Casa de Las Madres thanks to those of you who answered the call. Happy New Year!

**\*\*IMPORTANT NEWS\*\***

To Our Valued Readers:

We are grateful to our many members for your dedication and support.

**It is time to re-up your Annual Membership!!**

Each January SFSC membership begins anew.

**Please join!**

The benefits of sharing in this caring community are endless!

For any program-related questions, please contact Jan Freeman, Program Assistant, at [jfreeman@ncphs.org](mailto:jfreeman@ncphs.org) or 415.775.1869.

Thank you, and enjoy!

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**Become a SFSC Member**

**Membership Fees**

- Single \$70 per year
- Household \$125 per year
- Patron \$1,000 per year

- Annual Member Celebration Event
- Membership card
- Free use of Fitness Center exercise equipment

For information contact:

[jfreeman@ncphs.org](mailto:jfreeman@ncphs.org)

415.775.1869

**\*\*\*For Open Hand Lunch Reservations: 415-603-0190**

*Lunch served Monday – Friday, and Sunday*



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## JANUARY SCHEDULE OF EVENTS

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**We will be closed Monday, January 2**

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### **Preparing for Floods in San Francisco | Friday, January 6, 1:00pm – 2:00pm Room 11**



Due to California's ongoing drought, many San Franciscan's don't typically have flooding at the forefront of their minds. However, many factors contribute to severe urban flooding: old infrastructure, storm water and waste water management, and geography are just a few. Popular presenter Tara Connor from the Department of Public Health returns to discuss what flooding looks like in San Francisco, how it affects our city and our health, and how we can prepare and

recover before and after the storm. **Please rsvp to 415.923.4485 or [fmitchell@ncphs.org](mailto:fmitchell@ncphs.org)**

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### **Munch & Learn: Lighten Up! How to Lighten Up from the Inside Out w/Elise Celli**

**Tuesday, January 10, 1:00pm – 2:30pm Room 11** The best-selling author is back to share her ideas on being healthier, healed, trim and joyous. Start the new year in the right way without fad diets or health fixes that do more harm than good. Learn the secrets that will work for you individually. Elisa will discuss the latest medical and nutritional information to help you "lighten up"!



**Please rsvp to Frank at 415.923.4485 or [fmitchell@ncphs.org](mailto:fmitchell@ncphs.org)**

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### **"The Light Fantastic- Lectures on Classical and Quantum Optics" | Begins Wednesday, January 11, 12:00pm – 1:30pm Room 11**

Professor Patrick Carrazana, our resident physics guru, is back to inform, inspire and challenge our brains! His new series of lectures will focus on fiber optics, quantum computers, teleportation, and many other ideas that were once considered science fiction but are now close to

science fact. Educational and entertaining, if you haven't yet attended any of his previous lectures, come see what all the buzz is about!

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### **Why Does the Breath Heal? w/Jill | Friday, January 13, 11:30am – 12:30pm Room 11**

It's not in your head! Scientific research has shown that we have a second brain, located in our gut. Our emotions are strongly influenced by this other brain. Breathing into your stomach calms this wellspring of feelings. It's not all in your head, when it comes to your emotional state. Gut feelings are real and we can regulate them by how we treat our gut.



Researchers have documented the benefits of a regular practice of simple deep breathing to reduce anxiety and depression, lower and stabilize blood pressure, increase energy levels, relax muscles, and decrease feelings of

stress. Join us to learn more! **Please rsvp to Frank at 415.923.4485 or [fmitchell@ncphs.org](mailto:fmitchell@ncphs.org)**

**We will be closed for Martin Luther King Jr. Day, Monday, January 16.**

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**Ukulele Workshop w/Akiyo! | Begins Wednesday, January 18,**

**3:00pm – 4:00pm Blue Room** The ukulele is one of the most “friendly”

instruments. It has only four strings, it’s portable, and its sound makes you smile irresistibly! In this **8 week course** you will learn basic techniques and easy songs with simple chords. You will need to bring a ukulele of your own. **(For tips on what to look for and where to purchase an instrument, please contact Frank at [fmitchell@ncphs.org](mailto:fmitchell@ncphs.org)).** Sign-up for the workshop at the Center or rsvp to the same address.

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**Kaiser Health Series – Keeping Joints Healthy w/Ashley Oakley, PA – C,**

**Orthopedics | Friday, January 20, 1:00pm – 2:00pm Room 11** Join us for an informative and entertaining discussion about something we all can relate to: keeping our joints healthy and happy! Get tips on staying mobile, flexible and comfortable. **Please rsvp to 415.923.4485 or [fmitchell@ncphs.org](mailto:fmitchell@ncphs.org)**



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**Connections for Healthy Aging Workshop | Friday, January 27, 10:00am –**

**12:00pm Room 11** Staying healthy and engaged is no easy matter these days, but with a little help from our friends, neighbors and families we can be informed and empowered to do just that. To that end, Community Living Campaign presents,

**“The Empowered Elder To-Do List” & “Protecting Our Rights in a Hospital Stay”** a two-pronged workshop aimed to educate, enlighten and help people remain independent while focusing on our priorities and practicalities. **Please rsvp to 415.923.4485 or [fmitchell@ncphs.org](mailto:fmitchell@ncphs.org)**



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**FEBRUARY SCHEDULE OF EVENTS**

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**Guided Memoir Writing | Begins Wednesday, February 1, 11:00am – 12:30pm Room 13**



In this **6 week workshop**, you will learn to shape and dramatize what you know (i.e., your life experience) into an enjoyable, readable, shareable text that at a minimum, will engage friends, family and others. Learn to turn non-fiction events into a narrative that employs devices such as scenes, dialog and engaging descriptive language. Learn how memoir is also about reflection. Instructor Linda Dackman is

the author of three books and has published articles in Vogue, Self, The New York Times, LA Times, and SF Chronicle among others. **The cost for the entire series is \$42.**

**Please rsvp to Frank at 415-923-4485 or [fmitchell@ncphs.org](mailto:fmitchell@ncphs.org)**

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**AARP Tax Assistance | Starting Tuesday, February 7, 9:00am – 1:00pm Room 11**



Every Tuesday beginning February 7 through April 11, volunteers from AARP will be on site to provide free tax preparation assistance. **To participate, you must schedule an appointment with Jan Freeman at 415-775-1869.** Please remember, you must also bring your last year’s tax return, Social Security Card, and a photo ID with you to the appointment. **Please arrive early** as staff will ask you to complete and

sign Aquatic Park Center forms before your appointment. **Space is extremely limited.**

We will be **closed Monday, February 20 for Presidents' Day**

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**Munch & Learn: "Communication, Behaviors and How to Manage Stress for Caregivers" | Friday, February 10, 10:30am – 12:00pm Room 11**



Come and learn about some of the most common behaviors associated with Alzheimer's and other forms of dementia. Learn and practice some proven communication techniques to relieve stress in communication with persons with dementia in this hour and a half presentation by Angie Pratt, Medical Outreach Specialist for the Alzheimer's Association of Northern California and Northern Nevada.

*Please sign-up at the center or rsvp to 415.923.4485 or fitchell@ncphs.org*

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**Aquatic Park Center Member Party! | Tuesday, February 14, 1:30pm – 3:00pm**

**Blue Room** Are you a member of Aquatic Park Center? Well thank you for that!

We want to celebrate all of our members who make this a lively, caring community. Take some time out and come together to share a little bit of food, music and lots of smiles! A Valentine's bash to say we really, really like you! *(And if you're not currently a member, maybe now's a good time to think about joining-up.)*



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**MARCH SCHEDULE OF EVENTS**

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**Munch & Learn: Integrative Medicine w/Dr. Margaret Chesney | Friday,**

**March 3, 1:00pm – 2:30pm Room 11** Integrative medicine is the art of looking at the "whole person", with a view toward treating the person, not just the disease. In her own entertaining and profound way, Dr. Chesney will discuss new

approaches to treating mind, body and spirit all at the same time, and methods that respect each individual's specific needs towards a greater wellbeing and recovery. Don't miss this exciting, informative afternoon! *Please rsvp to Frank at 415.923.4485 or fitchell@ncphs.org*

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**CHIPPS – Community and Home Injury Prevention Project for Seniors | Friday, March 10, 11:00am – 12:00pm Room 11**

CHIPPS, a leading fall prevention organization, is helping seniors avoid falls and injuries at home and in the community. People think that such injuries happen by chance. The goal of CHIPPS is to create an awareness that these injuries can be prevented, and help seniors develop simple ways to recognize and correct injury hazards at home. CHIPPS also provides resources to help people stay safe. Please join us for this important, useful discussion. *Rsvp to 415.923.4485 or fitchell@ncphs.org*



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**Creating Your Portfolio w/Joan Silver | Friday, March 24 & 31, 1:00pm – 3:30pm Room 11**



Popular presenter Joan Silver returns with another thoughtful workshop. Joan will present a **two week session** focused on assisting photography, painting, drawing, and ceramic enthusiasts to create a working portfolio. She will discuss options for selecting and editing art images, how and where to resource or develop written materials to accompany images, and other relevant insights. Participants are asked to bring some of their artwork (3-4 pieces) or images of their work to the class. **Space is limited to 15 people. The cost is \$15 for the two part series.** *Rsvp to 415.923.4485 or fitchell@ncphs.org*

Jan - Feb - Mar	AQUATIC PARK CLASSES AND PROGRAMS			
	*Project Open Hand: Lunch Monday - Friday, Sunday. Noon. Call 415.603.0190 to make a reservation. Menus: <a href="http://www.openhand.org/eating-right/our-menu">http://www.openhand.org/eating-right/our-menu</a>			
	*One-on-one computer tutoring: Call Program Assistant Jan Freeman at 415.775.1869			
<p><b>Aquatic Park Center</b> 890 Beach Street San Francisco, CA 94109 Direct: 415.775.1866 Fax: 415.775.4020 <a href="http://www.sfsenior.com">www.sfsenior.com</a> Mon-Fri 9am-3:45pm</p> <p><b>Aquatic Park Staff</b> Sue Horst SFSC Director Direct: 415.775.2562 Email: <a href="mailto:shorst@ncphs.org">shorst@ncphs.org</a></p> <p>Frank Mitchell Program Coordinator Direct: 415.923.4485 Email: <a href="mailto:fmitchell@ncphs.org">fmitchell@ncphs.org</a></p> <p>Jill Spezzano Social Worker Direct: 415.923.4481 Email: <a href="mailto:jspezzano@ncphs.org">jspezzano@ncphs.org</a></p> <p>Sue Mittelman Fitness &amp; Health Coordinator Direct: 415.923.4482 Email: <a href="mailto:smaittelman@ncphs.org">smaittelman@ncphs.org</a></p> <p>Jan Freeman Program Assistant Direct: 415.775.1869 Email: <a href="mailto:jfreeman@ncphs.org">jfreeman@ncphs.org</a></p> <p>Vilma Molina Information &amp; Assistance Specialist Direct: 415.202.2982 Email: <a href="mailto:vmolina@ncphs.org">vmolina@ncphs.org</a></p> <p>Jerry Hu Information &amp; Assistance Specialist Direct: 415.202.2982 Email: <a href="mailto:zhu@ncphs.org">zhu@ncphs.org</a></p>	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION
	<b>MONDAY</b>			
	Ceramics* / CCSF Older Adults Program Sponsored (Begins January 23)	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
	<b>TUESDAY</b>			
	Open Studios	9:00 - 3:45	Enjoy!!!	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
	Mindfulness Meditation (Fee)	9:00 - 10:30	Gary Gach	Room 13
	Acting and Self Expression	10:30 - 12:00	Kathy Stefano	Room 11
	Troubadour Extraordinaire (Music)	12:00 - 1:00	Peter Munks	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	Room 11/Blue Room
	Living Well Aging Well Group (1st Tues of mo.)	1:00 - 2:00	Jill Spezzano	Room 11
	Mahjong	1:00 - 2:30	Jill Spezzano	Ceramics Room
	Brain Injury Survivors Support Group	2:00 - 3:30	John Hatten	Room 11
	<b>WEDNESDAY</b>			
	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 January 17)	11:00 - 1:30	Ellen Burns	Ceramics Room
	Classic and Quantum Optics (January 11)	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 (415.923.9780)	1:00 - 3:00	Sue Brown	Library
	Advanced Italian	2:00 - 3:30	Oscar Rimoldi	Room 11
	Men's Group	2:30 - 3:30	Alex Pellegrini	Room 13
	<b>THURSDAY</b>			
	Painting* / CCSF Older Adults Program Sponsored (Begins January 19)	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
	CMC Aquatic Park Center Older Adults Choir	1:00 - 2:30	Beth Wilmurt	Blue Room
	Bingo (Fee)	1:00 - 2:30	Volunteers	West Wing
	<b>FRIDAY</b>			
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	
<p>*Classes are free and taught by City College of San Francisco teachers (Fee) Nominal fee for this activity</p>				

Jan - Feb - Mar	AQUATIC PARK FITNESS PROGRAMS				
<p><b>Aquatic Park Center</b> 890 Beach St. S.F. CA 94109 Direct: 415.775.1866 www.sfsenior.com Mon-Fri 9am-3:45pm</p> <p><b>Aquatic Park Staff</b> Sue Horst SFSC Director Direct: 415.775.2562 Email: suehorst@ncphs.org</p> <p>Frank Mitchell Program Coordinator Direct: 415.923.4485 Email: fmittchell@ncphs.org</p> <p>Jill Spezzano Social Worker Direct: 415.923.4481 Email: jspezzano@ncphs.org</p> <p>Sue Mittelman Fitness &amp; Health Coordinator Direct: 415.923.4482 Email: smittelman@ncphs.org</p> <p>Jan Freeman Program Assistant Dirct: 415.775.1869 Email: jfreeman@ncphs.org</p> <p>Vilma Molina Information &amp; Assistance Specialist Direct: 415.202.2982 Email: vmolina@ncphs.org</p> <p>Jerry Hu Information &amp; Assistance Specialist Direct: 415.202.2983 Email: zhu@ncphs.org</p>	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION	
	<b>MONDAY</b>				
	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	
	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 ** (Jan 23)	1:30 - 2:30	Linda Dackman	Fitness Center	
	Fall Prevention Maintenance ** (Jan 9)	1:30 - 2:30	Linda Dackman	Fitness Center	
	Ping Pong	2:45 - 3:45	Enjoy!!!	Fitness Center	
	<b>TUESDAY</b>				
	Fitness Challenge Camp (Jan 10 - Feb 2)	9:30 - 10:30	Jim Spinelli	West Wing	
	Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center	
	Fitness Challenge	11:00 - 12:00	Jim Spinelli	West Wing	
	Zumba Gold (Fee)	12:15 - 1:15	Claudia Rodas	Fitness Center	
	<b>WEDNESDAY</b>				
	Walking Group	9:00 - 10:00	Nae Kim	West Bleachers	
	Tai Chi (Adv.)/*CCSF Sponsored (Jan 18)	9:30 - 10:30	Garrett Chinn	Fitness Center	
	Garden Walk	10:00 - 11:00	Jill Spezzano	Blue Room	
	Tai Chi (Beg.)/*CCSF Sponsored (Jan 18)	10:30 - 11:30	Garrett Chinn	Fitness Center	
	Chair Yoga (Fee)	10:30 - 11:30	Sally Goodwin	West Wing	
	Mat Yoga (Fee)	11:45 - 12:45	Sally Goodwin	West Wing	
	Always Active*** (#)	12:15 - 1:15	Akiyo Kinst-Hori	Fitness Center	
	Fall Prevention ** (Jan 23)	1:30 - 2:30	Linda Dackman	Fitness Center	
	Fall Prevention and Maintenance ** (Jan 9)	1:30 - 2:30	Linda Dackman	Fitness Center	
	Hula (Fee)	1:30 - 2:30	Akiyo Kinst-Hori	Blue Room	
	<b>THURSDAY</b>				
	Tai Chi Chih (Fee)	9:30 - 10:30	Pat Bourne	Room 13	
	Fitness Challenge Camp (Jan 10 - Feb 2)	9:30 - 10:30	Jim Spinelli	West Wing	
	Fitness Challenge	10:30 - 11:30	Jim Spinelli	West Wing	
	Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center	
Zumba Toning (Fee)	12:10 - 1:00	Claudia Rodas	Fitness Center		
Ping Pong	2:30 - 3:45	Enjoy!!!	Fitness Center		
<b>FRIDAY</b>					
Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center		
Chair Yoga	10:30 - 11:15	Katia Almeida	West Wing		
Mat Yoga (Fee)	11:45 - 12:45	Sally Goodwin	West Wing		
FABS (Fee)	12:05 - 1:00	Akiyo Kinst-Hori	Fitness Center		
<p>*Classes are free and taught by City College of San Francisco teachers</p> <p>**Contact Dr. Chris Thompson for enrollment at 415.422.6105</p> <p>***Always Active program provided in partnership with USF &amp; 30th Street Senior Center</p> <p>(#) Medical release required (see Sue Mittelman)</p>					
<b>Note: Exercise equipment is for SFSC members only</b>					