

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: http://www.openhand.org/eating-right/our-menu			
	*One-on-one computer tutoring: Call Program Assistant Jan Freeman at 415.775.1869			
<p>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</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: fmitchell@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: smaittelman@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: 415.202.2982 Email: zhu@ncphs.org</p>	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION
	MONDAY			
	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
	TUESDAY			
	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
	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 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
	THURSDAY			
	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
	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
	<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>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: 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 & 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 & 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	
	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	
	TUESDAY				
	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	
	WEDNESDAY				
	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	
	THURSDAY				
	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		
FRIDAY					
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 & 30th Street Senior Center</p> <p>(#) Medical release required (see Sue Mittelman)</p>					
Note: Exercise equipment is for SFSC members only					