



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 **70th 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 or 415.775.1869.

Thank you, and enjoy!

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

415.775.1869

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

Lunch served Monday – Friday, and Sunday



JANUARY SCHEDULE OF EVENTS

We will be closed Monday, January 2

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**

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



"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!

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

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



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).** Sign-up for the workshop at the Center or rsvp to the same address.

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**



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**



FEBRUARY SCHEDULE OF EVENTS

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

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**

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

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.)*



MARCH SCHEDULE OF EVENTS



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*

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*



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*