



Aquatic Park Center

A Destination for 50+ Adults

APRIL – JUNE 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



The 70th Anniversary of San Francisco Senior Center at Aquatic Park has begun and it is truly an exciting time. We begin this quarter with our **Living Well, Aging Well Symposium** on Thursday, April 6. Seven experts on aging will share their expertise on their life's work. You can enjoy the symposium on our website, as we are filming the day!

On **Friday, May 12** we will officially celebrate our 70th at the War Memorial & Performing Arts Center Green Room. Beginning at 6pm we will welcome all of you to a spectacular evening of dining on foods from local restaurants, entertainment by **comedian Will Durst**, and dancing or humming along to tunes from 1947 to today. Will will perform his new piece entitled, Boomeraging: From LSD to OMG. To purchase event tickets visit

<http://seniorservicesnorcal.org/events>, find a staff at Aquatic Park, or mail in your invitation response. See you there!!!!

On Wednesday, May 24 at noon we are so proud to announce that **we will host Betty Reid Soskin, the oldest and most amazing park ranger in the nation**. Betty is 95 years young and working at the Rosie the Riveter WWII Home Front National Historical Park. Ranger Betty was instrumental in establishing the Park and attracts huge crowds with her scintillating programs. See page 3 for details! This event is not to be missed! Seats will be limited.

Please think about supporting us this year in any way you can. Become a member, buy raffle tickets, volunteer. I guarantee you will receive as much as you give!!!

Sue Horst, Director

****IMPORTANT NEWS****

To Our Valued Readers:

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

Have you remembered 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



APRIL SCHEDULE OF EVENTS

Walking Group | Every Monday and Wednesday, 9:00am – 10:00am

West Bleachers Been meaning to get started on that healthy walking plan? Here is the perfect place to begin! Join our friendly and fit Aquatic Park Walking Group. You can choose to walk any distance between 1 and 3 miles around this gorgeous park. Enjoy incredible views and get fit at the same time. It's a great way to start the day! No reservations needed, just show up and be ready to have fun.





Parkinson's Together Support Group | Wednesday, April 5, 11:00am – 12:00pm Room 13

A new support group is coming together to provide peer assistance to people living alone and without a care-partner. Co-facilitated by Dr. Maya Katz of UCSF, ideas, recommendations and resources will be shared. Presenters will also provide helpful information to the group. **"Parkinson's Together" meets the first Wednesday of every month here at Aquatic Park.**

Unforgettable Password Creation | Thursday, April 13, 11:00am – 12:00pm Room 13

How's that for a guarantee! Our resident computer guru Randy Schroeder will lead this lighthearted workshop on creating passwords for your computer and other devices that are effectively safe, but easy to remember. Randy will help each participant create their own unforgettable password in this class for users of all abilities. Join us for this unforgettable workshop and remove that frustration of password anxiety from your online life!



Please RSVP to Frank at 415.923.4485 or fmitchell@ncphs.org



California Telephone Access Program | Thursday, April 20, 11:00am – 11:30am Room 13

Casey Kho, Outreach Specialist for California Phones, will be here to talk about her program that **provides free specialized phones to qualifying California residents**. She will show us new amplifying equipment for cell phones, captioned and picture-dial phones, and speech assistance equipment among others. Come see the many ways to make the telephone your friend again! After the presentation, Casey will take applications for the program.

Munch & Learn: Hearing and Speech Center of Northern California



Friday, April 21, 10:30am – 11:30am Room 11 Steven Lopez from the Hearing and Speech Center of Northern California will be here to discuss how to communicate effectively with someone who has hearing loss, how to take care of our hearing, and resources for getting hearing aids. And since it's a Munch & Learn, you'll not only get valuable information for your hearing, but treats as well for your appetite. **Please RSVP to 415.923.4485 or fmitchell@ncphs.org**

MAY SCHEDULE OF EVENTS

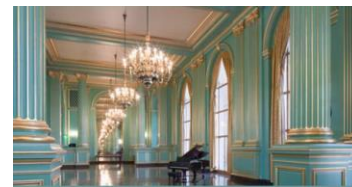


The TechMobile! | Wednesday, May 10, 10:30am – 12:30pm Outside of Blue Room The San Francisco Public Library's TechMobile is a 30-ft bookmobile with 7 computers and Wi-Fi access. The TechMobile techs will give us a demonstration on a cutting-edge process called "3-D Printing". It refers to a process used to create a three-dimensional object of almost any shape or geometry out of digital data files. Very futuristic! The TechMobile is free; drop-by and join us for this intriguing presentation!

San Francisco Senior Center 70th Anniversary Gala – Friday, May 12 6:00pm – 9:30pm **San Francisco War Memorial, Green Room, 401 Van Ness Avenue**



I know, we barely look a day over 50! But yes, we will take some time out and joyously celebrate 70 years of delivering meaningful service to the seniors of the San Francisco Bay Area. Join us for fabulous food and drink, DJ music, a raffle and silent auction, and last but not least, entertainment by comedian Will Durst. Tickets are \$95 for members, \$125 for the general public and can be purchased at the Center, via mail and at <http://seniorservicesnorcal.org/events>



Note! We will close early at 1:30 on Friday, May 12.



Munch & Learn: Brain Health w/ Dr. Elena Portacolone | Monday, May 15, 1:00pm – 2:00pm Room 11 How can we keep our brain strong and healthy? What are some strategies recommended by neurologists? What is the relationship between heart and brain? These are some questions that Dr.

Portacolone, a researcher from UCSF will address. This presentation is also an opportunity to seek potential participants for an ongoing research project funded by the National Institute on Aging. Join us for this important discussion! **Rsvp to 415.923.4485 or fmitchell@ncphs.org**

Summer Grasses – How to Haiku w/Gary Gach | Tuesday, May 23

12:30pm – 3:30pm Room 11 Haiku are nuggets of creative, present-moment, natural awareness; a brief, impressionist sketch - in words. In this special workshop, we'll map the basics, take a relaxed haiku walk (ginko) around the splendid grounds of Aquatic Park to witness haiku all around us, and reconvene to share what we encounter. For writers, non-writers, and nature lovers of all ages, 8-108.



\$6.00 for members, \$8.00 for non-members. Rsvp to 415.923.4485 or fmitchell@ncphs.org



Betty Reid Soskin | Wednesday, May 24, 12:00pm – 1:00pm Fitness Center

An inspiration and mentor to many, Betty continues her work as a ranger with the National Park Service. Betty has a long history that includes the birth of Reid's Records in Berkeley, participating as a well-known songwriter during the Civil Rights Movement, and as a planner for the Rosie the Riveter park, memorializing the role of women on the home front in World War II. We are grateful for this opportunity to meet this amazing woman!

Please rsvp to fmitchell@ncphs.org or 415.923.4485

Remember, we will be **closed** Memorial Day, Monday, May 29

JUNE SCHEDULE OF EVENTS

Aquatic Park Mid-Year Celebration | Thursday, June 8, 1:00pm – 2:30pm Room 11 Any reason for a party! It's the mid-year point, let's get together for some fun, food, and entertainment. The afternoon will feature a performance by the Aquatic Park Chorus in their last event of the season, *plus* some surprise musical guests! All participants are welcome! **Please rsvp to Frank at 415.923.4485 or fmitchell@ncphs.org**





Munch & Learn: Alzheimer's Community Education Series – "Art and Creativity" | Friday, June 9, 10:00am – 11:00am Room 11

Participation in the arts has been shown to open a doorway to self-expression for many people affected by Alzheimer's and related dementia. Within the last decade we have seen a tremendous increase, worldwide, in research studies that demonstrate a correlation between artistic engagement by individuals with Alzheimer's and an increase in quality of life. In this seminar we'll look at different approaches: interactive museum visits, painting, poetry, group improv, and music. Presented by Eldercare Alliance. **Rsvp to 415.923.4485 or fmitchell@ncphs.org**



Communication, Behaviors, and How to Manage Stress for Caregivers, Part 2 w/Angie Pratt | Friday, June 16, 10:30am – 12:00pm Room 11

Angie Pratt, Medical Outreach Specialist for the Alzheimer's Association of California and Northern Nevada, will continue her discussion around the most common behaviors associated with Alzheimer's Disease and other forms of dementia. She will provide examples of proven techniques that

are aimed at relieving the stress in communication with dementia sufferers for both the patient and the caregiver. **Please rsvp to 415.923.4485 or fmitchell@ncphs.org**

Longevity Stick | Friday, June 16, 9:30am – 10:30am Beachfront

One of our favorite activities at Aquatic Park, the graceful and energizing Longevity Stick returns. A form of Qi Gong, this is a fitness practice that improves posture, circulation, and muscle tone; it's also a wellness plan to help focus the mind and cultivate an overall sense of wellbeing. Begin your day on our calm, beautiful beachfront with this program that will feed your mind, body and spirit. **\$6.00 for members, \$8.00 for non-members.**





Chanteys: Work Songs at Sea | Tuesday, June 27, 1:00pm – 2:00pm Room 11

Chanteys were the work songs of merchant seamen, fishermen, oarsmen and longshoremen. Discover these compelling songs and the stories they tell. The choruses are easy to pick up, and will be taught to the class. All are encouraged to join-in during this one hour program led by our own Maritime Historical Park Ranger, Peter Kasin! Historical background to each song will be given, and there will be time for questions. This promises to be a boatload of sing-along fun! **Please rsvp to fmitchell@ncphs.org or 415.923.4485**