

Jul - Aug - 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	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION
MONDAY				
Ceramics* / CCSF Older Adults Program Sponsored (Begins August 21)				
Social Worker on Duty				
Computer Lab				
Farmers Market				
Breath Meditation				
Photography Group				
Knitting Group				
TUESDAY				
Open Studios				
Social Worker on Duty				
Computer Lab				
Mindfulness Meditation (Fee)				
Acting and Self Expression				
Troubadour Extraordinaire (Music)				
David's Hollywood (Classic Movies)				
Stress Busters (3rd Tuesday of the month)				
Living Well Aging Well Group (1st Tues of mo.)				
Mahjong				
Brain Injury Survivors Support Group				
WEDNESDAY				
Social Worker on Duty				
Computer Lab				
Writers Group				
Beginners Ceramics* / CCSF Older Adults Program Sponsored (Begins August 23)				
Parkinson's Together (1st Wed of the month)				
Classic and Quantum Electrodynamics				
Women's Group				
Bridge				
iPhone Workshop				
Advanced Italian				
Men's Group				
THURSDAY				
Painting* / CCSF Older Adults Program Sponsored (Begins August 24)				
Social Worker on Duty				
Computer Lab				
Play Reading (3rd Thurs of mo., begins Sept 21)				
Bingo (Fee)				
FRIDAY				
Social Worker on Duty				
Computer Lab				
Open Studios				
Dementia Caregivers Group (last Fri of month)				
Ukulele (Fee)				
*Classes are free and taught by City College of San Francisco teachers (Fee) Nominal fee for this activity				

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

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

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

Sue Mittelman
 Fitness & Health Coordinator
 Direct: 415.923.4482
 Email: smittelman@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: 415.202.2983
 Email: zhu@ncphs.org

Jul - Aug - 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</p> <p>Sue Horst SFSC Director Direct: 415.775.2562 Email: suehorst@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 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 ** (Begins early September)	1:30 - 2:30	Linda Dackman Penny Sablove	Fitness Center West Wing
	Ping Pong	2:45 - 3:45	Enjoy!!!	Fitness Center
	TUESDAY			
	Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center
	Fitness Challenge	10:30 - 11:30	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 (Begins Aug.23)	9:30 - 10:30	Garrett Chinn	Fitness Center
	Garden Walk	10:00 - 11:00	Jill Spezzano	Blue Room
	Tai Chi (Beg.)*CCSF Sponsored (Begins Aug. 23)	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 ** (Begins early September)	1:30 - 2:30	Linda Dackman Penny Sablove	Fitness Center West Wing
	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	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	1:30 - 3:45	Enjoy!!!	Fitness Center
	FRIDAY			
	Longevity Stick (Fee)	9:30 - 10:30	Gary Gach	Fitness Center
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	
Ping Pong	1:30 - 3:45	Enjoy!!!	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				