



Aquatic Park Center

A Destination for 50+ Adults

JULY – SEPTEMBER 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



San Francisco Senior Center
A Community Service of NCPHS

PATHWAYS TO CREATING YOUR STORY HAPPEN HERE

The 70th Anniversary events of San Francisco Senior Center, planned and executed last quarter, brought new information, new recognition, and lots of joy. We began the 70th series with our Living Well, Aging Well Symposium where experts on aging spoke to a sellout crowd and our choir sang. I encourage you to listen to the speakers' messages by visiting <https://www.youtube.com/playlist?list=PLkj88nzRixsZGy8zw7Rp-6Lb0spnLQvzb>

Our phenomenal celebration at the War Memorial Green Room was a roaring success, exceeding ticket sales, bringing belly laughs from Will Durst, attracting political congratulations and honors, and feeding over 225 happy attendees fabulous restaurant foods. We came just shy of \$40,000 in profit for our centers!

Last but not least we welcomed Betty Reid Soskin, the 95 year old ranger from the Rosie the Riveter WWII Home Front National Historical Park to speak about her experiences in Richmond during the war years. You can experience her amazing talk at <https://youtu.be/amcxuhEm-Tg>.

We want to make everyone aware of the new exercise equipment that has been installed in the fitness room. We are thrilled that we have such high quality recumbent bikes, as well as a new elliptical machine for the more fit amongst us. If you are a member, get trained and come try them out!

As always, we have some very exciting activities and events coming up this quarter. We are pleased to announce the date of our 4th Annual Pier to Pier Walk on Saturday, September 16 at 9am. We look forward to a full morning of showing off our fitness classes, offering an historic ranger walk & talk, and offering free 70th anniversary T-shirts.

We also welcome the International Association of Gerontology and Geriatrics (IAGG) World Congress being held in San Francisco from July 23rd – 27th, 2017. We are excited to be a field site for folks to come meet us! Please check out our art gallery. There is a new show, and we are proud to exhibit the work of John Kouns, a civil rights photographer and member!

A Huge Thank You to Our 70th Sponsors!

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Trader Joe's

**Many Thanks to our Raffle and Auction
sponsors!**

**And a GIANT thank you to all of our
volunteers—we couldn't have
done it without you!**

One Brick
San Francisco Senior Center
Team Lead

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

Lunch served Monday – Friday, and Sunday



Project Open Hand
meals with love

JULY SCHEDULE OF EVENTS

Remember, we will be closed Tuesday, July 4 for Independence Day.



iPhone Workshop | Every Wednesday, 1:00pm – 3:00pm Blue Room

A new offering from resident computer guru, Randy Schroeder, drop by and join others who want to learn more about the many uses of the iPhone. An informal group without an agenda, just bring your iPhone and your questions and we'll discover together. Learn about the thousands of applications that can turn your "phone" into a variety of tools you'll use constantly for entertainment, banking, photo sharing, and much more. No appointment necessary!

Ukulele Class | Every Friday beginning July 7, 2:30pm – 3:30pm Room 11

So much fun that this class just won't stop! By popular demand, Ukulele with Akiyo is now a regular class here every Friday. Learn simple chords and techniques that will have you strumming joyfully and confidently before you know it! Newcomers are always welcome. *You will need to bring a Ukulele of your own* and a willingness to have fun... **\$6.00 for members, \$8.00 for non-members.**

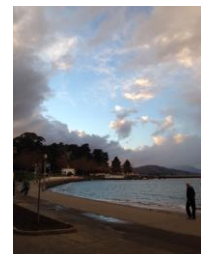


Medicare Presentation | Friday, July 14, 11:00am – 12:00pm Room 11

There are many concerns these days about what might happen to important support programs such as Medicare, MediCal and Social Security. How might changes in these affect you? Get in on the discussion and learn about possible changes, reductions, facts and fiction. Brought to you by the California Alliance of Retired Americans.

Real Voices | Friday, July 14 and 28, 12:10pm – 12:50pm West Wing Cafe

Another new creative offering, Real Voices from Living Well, Aging Well! Members tell true stories from their Now, Yesterday and Future. These stories can take the shape of memoir writing, poems, be "free standing" or diary entries, and be 10 minutes in length. Come and enjoy your fellow members describing: *Where they've been, Where they are now, and Where they want to be.* Want to share your story? Sign up with Jan or Frank for a time slot.



Living Well, Aging Well Presentation (formerly Munch & Learn):

Genealogy Workshop | Tuesday, July 25, 12:00pm – 2:30pm Room 11

Richard Lee from the North Beach Public Library will be on hand to share his expertise in genealogical research and show you how to do your own genealogy and family history exploration. Learn how to conduct research and find people using the billions of pieces of information stored in U.S. Census data, vital records, directories and more. You'll also learn how to access and use the numerous online databases and resources available. This promises to be a fun and useful presentation. And sure, snacks will be available too!... **Please RSVP to fmitchell@ncphs.org or 415.923.4485.**



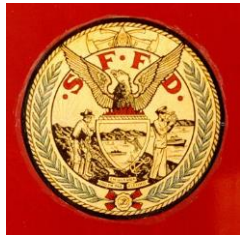


Longevity Stick | Every Friday, 9:30am – 10:30am Beachfront
 Now in its 5th summer on the beachfront, Longevity Stick has begun, and we can't praise this class enough. A beautiful, graceful activity geared to mind, body and spirit, learn about its benefits for posture, muscle tone, circulation and more. Do yourself a favor and don't miss it while it's here! **\$6.00 for members, \$8.00 for non-members.**

AUGUST SCHEDULE OF EVENTS

Always Active! | Monday through Friday (times vary, check our schedule) Fitness Center Looking to get serious about staying fit while having a great time? Always Active classes are given 5 days a week for seniors 60+ years. The classes include low-intensity routines focusing on aerobics, balance, strength and flexibility exercises using hand weights, resistance bands and chairs. The musical accompaniment isn't bad either! A signed physician's release is required to participate. Touch base with Always Active Regional Coordinator Sue Mittelman here at the Center for information and to get your release. Come in, sign up, and stay always active!"

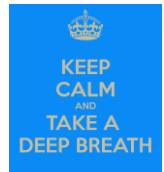




Living Well, Aging Well Presentation: Fire Safety in Your Home
Tuesday, August 8, 1:00pm – 2:00pm Room 11 The San Francisco Fire Department will be here to discuss fire safety in the home, home escape planning, what to do if you are trapped by a fire, basic fire safety skills, and the top causes of fire in the home and how to prevent them. We'll receive information about smoke alarms, carbon monoxide alarms and fire extinguishers **with a hands-on fire extinguisher training using an indoor electronic simulator to practice putting out a simulated fire!** **Rsvp to fmitchell@ncphs.org or 415.923.4485.**

Are You Ready? with Jill Spezzano | Tuesday, August 15, 1:00pm – 2:00pm Room 11

Jill will present on some basics that we often take for granted. We'll talk about emergency preparation for yourself at home and in the community, first aid, and explore some breath techniques to help you be calm under stressful conditions. (Something we all can use frequently!) Jill will also follow-up on our earlier fire safety workshop and briefly discuss earthquake safety. Please join us for this interesting, practical, and multifaceted presentation! **Rsvp to fmitchell@ncphs.org or 415.923.4485.**





AARP Safe Driving Course | Wednesday, August 30 / Thursday, August 31 / Friday, September 1, 9:00am – 1:30pm Room 13.

The AARP Smart Driving Course with instructor Doug Stetson teaches valuable defensive driving skills and provides a refresher on the rules of the road. Completing this course could make you eligible for a discount on your car insurance! (*Speak to your agent for details*). **The Full 8 Hour Course** will take place over **two** days: Wednesday, August 30 and Thursday, August 31, 9:00am – 1:30pm. **The Refresher Course** will be Friday, September 1, 9:00am – 1:30pm. **(To be eligible for an insurance discount with the 4 Hour Refresher Course, you will have to have taken another course within the past 3 years).** **\$15.00 for AARP members, \$20.00 for non-AARP members. Space is extremely limited! Please rsvp to Frank at fmitchell@ncphs.org or 415.923.4485.**

SEPTEMBER SCHEDULE OF EVENTS

Remember, we will be closed Monday, September 4 for Labor Day.



4th Annual Pier to Pier Walk! | Saturday, September 16, 9:00am – 1:00pm Beachfront Join your peers on the beachfront for a morning of dance and exercise demonstrations that will make passers-by stop in their tracks and admire. The Center will be open to display members' ceramic, painted, and photo art as well. The morning is highlighted by group walks out to the Municipal and Hyde Street Piers. It's a great way to enjoy the beauty of this area and raise awareness for the Center.

LWAW Presentation: Transportation Workshop
Tuesday, September 12, 1:00pm – 2:00pm Room 11

Want to get around the city but not sure what your options are? Join us for this informative session led by transportation accessibility expert Matthew West who will discuss using the more familiar MUNI and Paratransit systems as well as lesser-known secrets like "VanGogh", "Shop-a-Round", etc. Learn what's good, what's not so good, and what might be useful to you! **Please *rsvp* to fmitchell@ncphs.org or 415.923.4485.**



Play Reading | Begins Thursday, September 21, 12:30pm – 2:30 Room 13 Join this lively group and take two hours to become someone else! Meeting once a month, the group reads through classic and contemporary works. A dynamic and creative exercise in dramatic reading, the focus is on having fun and perhaps letting that "inner actor" come out and play for a while. Definitely no experience is necessary to join-in. ***Rsvp* to fmitchell@ncphs.org or 415.923.4485.**



Senior and Disabled Survivor School | Begins Friday, September 22, 1:00pm – 4:00pm



A 4-week workshop sponsored by Senior Disability and Action, Senior and Disability Survival School trains seniors and adults with disabilities to effectively access vital community resources and to exercise their rights when they do. Each session of Senior and Disability Survival School includes presentations from a variety of service providers, agency representatives, and advocates. Join us to learn about helpful resources you may not know exist but may in

fact be eligible for! You don't need to commit to all 4 sessions, but take the opportunity to explore what Survival School can do for you! ***Rsvp* to fmitchell@ncphs.org or 415.923.4485.**



Autumn Moon Haiku | Tuesday, September 26, 12:30pm – 3:30pm Room 11 and Environs Celebrate Autumn with this special, one-time-only workshop for learning how to notice, experience, and write haiku. A haiku is a brief, impressionist sketch - in words. We'll review the basics, take a relaxed haiku walk in Aquatic Park to witness haiku all

around us, and reconvene to share what we encounter. Led by our resident Zen friend, Gary Gach, Gary has been hosting Mindfulness Fellowship here for nearly nine years, and also teaches Longevity Stick Chi-Gong. ***\$6.00 for members, \$8.00 for non-members. Please *rsvp* to fmitchell@ncphs.org or 415.923.4485.***