



Aquatic Park Center

A Destination for 50+ Adults

OCTOBER – DECEMBER
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



**A big thank you to
our 4th Annual Pier to Pier
Sponsors and Partners!**

Event Sponsors:

**Golden Gate Triathlon Club
NCPHS
Rose and Peter Royce
First National Bank
of Northern California
Hotel Council
of San Francisco
Lucky's
Trader Joe's
25th & Clement Produce
Market
Peet's Coffee
Clif Bar**

Event Partners:

**San Francisco Maritime
National Historical Park
AARP
Walgreens
NEXT Village SF
San Francisco Village**

**And another huge
thank you to all of
the volunteers without
whose help there would
be no Pier to Pier!**

It's always a good time
to become a
member of
Aquatic Park Center!
Talk to one of our staff
to learn the benefits of
joining!

*

Single \$70 per year
Household \$125 per year
Patron \$1,000 per year



PATHWAYS TO CREATING YOUR STORY HAPPEN HERE

What a memorable and milestone year it's been for Aquatic Park Center. In May, we came together in grand style to officially celebrate our 70th anniversary. In April we initiated our first Living Well, Aging Well Symposium to critical acclaim. We joined forces with the National Park Service in ways stronger than ever for multigenerational and cultural events highlighted by the appearance of legendary ranger, Betty Reid Soskin. On a bright, calm morning In September, we hosted our 4th Annual Pier to Pier Walk, culminating with our most successful signature event to date.

With your generous help, we were finally able to upgrade and make accessible our fitness equipment.

In October, SFSC will receive an award of merit from the prestigious San Francisco Museum and Historical Society to commemorate our 70 years of service; a reminder that we are an active, meaningful part of the fabric of this great city. Finally, through 2017, we will have offered more than 9000 hours of arts, health, safety, and exercise classes to people across the city and Bay Area. We eagerly look forward to the service, challenges and celebrations that our 71st year will bring! Before the year is out, we'll have numerous events to welcome in the holidays.

Our Halloween party kicks it off – the costume contest is not to be missed...Thanksgiving lunch will fill our Blue Room with people and fill the people with copious amounts of turkey and stuffing. We'll roll-out our yearly holiday "give back" event for our neighbors in need; celebrate our members with a year-end party featuring our amazing choir; and share the fellowship of a Christmas lunch. A sincere thank you to all who've made this year a great one!

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

Lunch served Monday – Friday, and Sunday



Project Open Hand
meals with love

OCTOBER SCHEDULE OF EVENTS

Senior and Disabled Survival School | Fridays, October 6, 13, 20, 1:00pm – 4:00pm



Room 11 Survivor School continues this month! Sponsored by Senior Disability and Action, this series trains seniors and adults with disabilities to effectively access vital community resources and exercise their rights. Each session includes presentations from a variety of service providers, agency representatives and advocates. It's not too late to join us to learn about helpful resources you may not know exist, but may be eligible for. Find out what Survival School can do for you! **Please rsvp to 415.923.4485 or fmitchell@ncphs.org**

Hal Christiansen's Puppets! | Tuesday, October 10, 1:00pm – 2:00pm

Room 11 Join us for a lighthearted and fun afternoon of puppet artistry from our member Hal Christiansen. You don't need to be a kid to enjoy this stuff! Hal will tell stories and entertain us all with his puppet pals. Creative and imaginative, take a few minutes to have a good laugh! **Rsvp to 415.923.4485 or fmitchell@ncphs.org**



Play Reading w/Eunice Stuart | Thursday, October 19, 12:30pm – 2:30pm Room 13



This lively group meets on the third Thursday of every month to enjoy read-throughs of works by classic and contemporary playwrights. 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. *This month's play: "Six Degrees of Separation".*

Living Well, Aging Well Presentation: Brain Health | Tuesday, October 24, 10:00am – 11:30am Room 11



Karen Dorsman from the UCSF Memory and Aging Center will be here to present on the issue of brain health. Among the many important topics she will cover are: what dementia is and what it is not; the different lifestyle factors that help reduce the risk of developing neurodegenerative diseases; cognitive stimulation; and the place of physical activity, nutrition and social engagement in maintaining brain health as we age. Don't miss this informative workshop. We'll have some healthy snacks on hand too to help you stay focused! **Please rsvp to Frank at 415.923.4485 or fmitchell@ncphs.org**

Halloween Party | Tuesday, October 31, 2:00pm – 3:30pm Blue Room

Join us for an afternoon of friends, frights and edible delights. Rock out with some monstrous music and stuff yourself with treats! We'll once again have our popular costume contest with prizes for the best dressed guys and ghouls.





American Mahjong | Every Tuesday, 1:00pm – 2:30pm Ceramics Room

Join us for a friendly, rousing game of American-style Mahjong! Fun, games and a darn good bit of brain exercise! We play every week and welcome newcomers and seasoned veterans alike. Drop-in, watch, or dive right in!

NOVEMBER SCHEDULE OF EVENTS



Living Well, Aging Well Peer Group | Tuesday, November 7, 1:00pm – 2:00pm

Room 11 The purpose of Living Well, Aging Well at Aquatic Park is to support our participants in seeking and finding their own pathways to living well as they age.

The Living Well, Aging Well Peer Group is a forum for these searches and discoveries. Each of us has a voice when it comes to the choices we make as we age. How do we come forward to speak about our needs and desires? **Join us on the first Tuesday of every month.**

Mat Yoga & Chair Yoga at Aquatic Park | West Wing

Been thinking about giving yoga a try? Want a place to do mat or chair yoga with peers? Look no further! Join us for some healthy, relaxing fun. And just so you know, it's not too early to begin working on your New Year's resolutions! Our instructors are friendly and professional, and will guide you through routines that will help you to feel better and stronger.

Our Mat Yoga is available Mondays, 12:00pm – 1:00pm; Wednesdays, 11:45am – 12:45pm; and Fridays, 11:45am – 12:45pm. Our Chair Yoga is available

Wednesdays, 10:30am – 11:30am; and Fridays, 10:30am – 11:15 am. Check

the schedule for which classes are fee classes and which are free.

Christmas Holiday Giving

Every year we take the opportunity to give back to our neighbors in need over the holiday season. Last year we donated over 100 pairs of slippers to the children of La Casa de Las Madres and the gifts were gratefully received. This year we plan to help the families of La Casa once again.

Look for our signs and giving stations throughout the Center in the coming weeks. Thank you!



Living Well, Aging Well Presentation: Senior Center Without Walls

Tuesday, November 14, 1:00pm – 2:00pm Room 11 Senior Center Without Walls is a "virtual" program offering activities, education, friendly conversation,

and an assortment of classes and support groups to older adults accessible from the comfort of their own homes. Play a game, write a poem, go on a virtual tour, meditate, share a gratitude, get support, and most importantly,

connect and engage with others every day **across the country**. Come find out what they may be able to provide for you! **Please RSVP to Frank at 415.923.4485 or fmitchell@ncphs.org**

Thanksgiving Lunch | Wednesday, November 22, 12:00pm Blue Room

Please make your reservations through Open Hand: 415-603-0190.

And remember, we will be closed Thanksgiving Day, Thursday, November 23.



The "Aquatic Park Players" | Tuesday, November 28, 1:00pm – 3:00pm

Room 11 Instructor Kathy Stefano and her creative band of students from our weekly "Acting and Self Expression" class will take what they've learned and give us what might just be a blockbuster show. No pressure there! Plan on dropping-by

to support our talented crew, and prepare for some comedic and dramatic turns that will thrill and entertain. Catch 'em before they take their show on the road! **You might even**

consider joining the group every Tuesday from 10:30am – 12:00pm.

DECEMBER SCHEDULE OF EVENTS

Holiday Card Writing – Christmas Tree Decorating!

Wednesday, December 6, 10:30am – 11:30am Blue Room Our yearly tradition of the season! Trim the tree together with the Kids Club kids to help ring-in the holiday spirit, and join them to create cards for each other and for underserved children throughout the city.



Biblical Archeology and How to Write Your Own Book w/John Rigoli (a Living Well, Aging Well Presentation) | Tuesday, December 12, 1:00pm – 2:30pm



Room 11 Aquatic Park Center member John Rigoli shares the joys and rigors of focusing one’s passion into book form. An author of biblical archeology, John will present on this intriguing subject and then discuss what it takes to transform a chosen topic into something others would be able to read and enjoy. John has taken-on the research of first

Century Christianity and history, and admits that as gratifying as the finished product is, the process of writing a book is a lot of work. Please join us for what promises to be an interesting afternoon! **Rsvp to Frank at 415.923.4485 or fmittchell@ncphs.org**



Holiday Member Party | Thursday, December 14, 1:30pm – 3:00pm

Blue Room Celebrate the season with us! Fun, food, and community fellowship guaranteed to make you merry! Plus, enjoy a special guest appearance by our very own **Aquatic Park Choir!** **Please rsvp to Frank at 415.923.4485 or fmittchell@ncphs.org**

Stress Busters | Tuesday, December 19, 1:00pm – 1:30pm Room 11

This month’s timely topic: “Holiday-related stress”. This long running, creative group takes a different approach to talking about stress. Presenting a series of sometimes hilarious vignettes, the Stress Busters attempt to teach us ways to handle stressful situations and tips on how to avoid getting stressed-out in the first place. If you’ve never joined us for an installment of the Stress Busters, now’s the time to take advantage of this engaging and instructive group. **The Stress Busters meet on the third Tuesday of every month.**





Genealogy w/Richard Le | Wednesday, December 20, 9:00am – 11:00am

Room 11 If you missed it over the summer, or just can’t wait to get more, genealogy expert Richard Le from the North Beach Public Library is back for another fascinating and instructive presentation. Richard will show you how to do your own family history exploration and share his insights on the volumes of material available on the web to assist your search. And if genealogy is your thing, keep an eye on our schedule next year as Richard will be offering one-on-one workshops on a monthly basis! **Please rsvp to Frank at 415.923.4485 or fmittchell@ncphs.org**

Christmas Lunch | Friday, December 22, 12:00pm Blue Room

Please make your reservations through Open Hand: 415-603-0190.

And remember, we will be closed for the Christmas holiday on Monday, December 25.

Oct - Nov - Dec	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: smittelman@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>Vicky Guan Information & Assistance Specialist Direct: 415.202.2983 Email: vguan@ncphs.org</p>	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION
	MONDAY			
	Ceramics* / CCSF Older Adults Program Sponsored	10:00 - 12:15	Ellen Burns	Ceramics Room
		1:00 - 3:15		
	Social Worker on Duty	9:00 - 3:45	Jill Spezzano	Jill's Office
	Computer Lab	9-12 & 1-3:45	Monitor present	West Wing
	Farmer's 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	1:30 - 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*	10:00 - 12:15	Ellen Burns	Ceramics Room
	CCSF Older Adults Program Sponsored	1:00 - 3:15		
	Parkinson's Together (1st Wed of the month)	11:00 - 12:00	Lee Schwager	Room 13
	Cosmology	12:00 - 1:30	Patrick Carrazana	Room 13
	Women's Group	1:00 - 2:00	Leslie/Alex Pellegrini	Room 11
	Bridge	1:00 - 3:00	Enjoy!!!	Library
	iPhone Workshop	1:00 - 3:00	Randy Schroeder	West Wing
	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	9:00 - 11:30	Aisjah Hopkins	Room 11 & Ceramics Room
		12:00 - 2:15		
	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 (3rd Thurs of mo., begins Oct. 19)	12:30 - 2:30	Eunice Stuart	Room 13
	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
	Ukulele (Fee)	2:30 - 3:30pm	Akiyo Kinst-Hori	Room 11
*Classes are free and taught by City College of San Francisco teachers				
(Fee) Nominal fee for this activity				

Oct - Nov - Dec	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: shorst@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 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>Vicky Guan Information & Assistance Specialist Direct: 415.202.2983 Email: vguan@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 **	1:30 - 2:30	Linda Dackman	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	
	Ping Pong	2:00 - 3:45	Enjoy!!!	Fitness Center	
	WEDNESDAY				
	Walking Group	9:00 - 10:00	Nae Kim	West Bleachers	
	Tai Chi (Adv.) *CCSF Sponsored	9:30 - 10:30	Garrett Chinn	Fitness Center	
	Garden Walk	10:00 - 11:00	Jill Spezzano	Blue Room	
	Tai Chi (Beg.)*CCSF Sponsored	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 **	1:30 - 2:30	Linda Dackman	Fitness Center West Wing	
	Hula (Fee)	1:30 - 2:30	Akiyo Kinst-Hori	Blue Room	
	Ping Pong	2:45 - 3:45	Enjoy!!!	Fitness Center	
	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					
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		
<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>					
<p>Note: Exercise equipment is for SFSC members only</p>					