

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: <a href="http://www.openhand.org/eating-right/our-menu">http://www.openhand.org/eating-right/our-menu</a>			
	*One-on-one computer tutoring: Call Program Assistant Jan Freeman at 415.775.1869			
<p><b>Aquatic Park Center</b> 890 Beach Street San Francisco, CA 94109 Direct: 415.775.1866 Fax: 415.775.4020 <a href="http://www.sfsenior.com">www.sfsenior.com</a> Mon-Fri 9am-3:45pm</p> <p><b>Aquatic Park Staff</b> Sue Horst SFSC Director Direct: 415.775.2562 Email: <a href="mailto:shorst@ncphs.org">shorst@ncphs.org</a></p> <p>Frank Mitchell Program Coordinator Direct: 415.923.4485 Email: <a href="mailto:fmitchell@ncphs.org">fmitchell@ncphs.org</a></p> <p>Jill Spezzano Social Worker Direct: 415.923.4481 Email: <a href="mailto:jspezzano@ncphs.org">jspezzano@ncphs.org</a></p> <p>Sue Mittelman Fitness &amp; Health Coordinator Direct: 415.923.4482 Email: <a href="mailto:smittelman@ncphs.org">smittelman@ncphs.org</a></p> <p>Jan Freeman Program Assistant Direct: 415.775.1869 Email: <a href="mailto:jfreeman@ncphs.org">jfreeman@ncphs.org</a></p> <p>Vilma Molina Information &amp; Assistance Specialist Direct: 415.202.2982 Email: <a href="mailto:vmolina@ncphs.org">vmolina@ncphs.org</a></p> <p>Vicky Guan Information &amp; Assistance Specialist Direct: 415.202.2983 Email: <a href="mailto:vguan@ncphs.org">vguan@ncphs.org</a></p>	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION
	<b>MONDAY</b>			
	Ceramics* / CCSF Older Adults Program Sponsored	10:00 - 12:15 1:00 - 3:15	Ellen Burns	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
	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
	<b>TUESDAY</b>			
	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
	<b>WEDNESDAY</b>			
	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
	<b>THURSDAY</b>			
	Painting* / CCSF Older Adults Program Sponsored	9:00 - 11:30 12:00 - 2:15	Aisjah Hopkins	Room 11 & 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
	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
	<b>FRIDAY</b>			
	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
	<p>*Classes are free and taught by City College of San Francisco teachers (Fee) Nominal fee for this activity</p>			

Oct - Nov - Dec	AQUATIC PARK FITNESS PROGRAMS			
<p><b>Aquatic Park Center</b> 890 Beach St. S.F. CA 94109 Direct: 415.775.1866 www.sfsenior.com Mon-Fri 9am-3:45pm</p> <p><b>Aquatic Park Staff</b></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: fmitchell@ncphs.org</p> <p>Jill Spezzano Social Worker Direct: 415.923.4481 Email: jspezzano@ncphs.org</p> <p>Sue Mittelman Fitness &amp; 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 &amp; Assistance Specialist Direct: 415.202.2982 Email: vmolina@ncphs.org</p> <p>Vicky Guan Information &amp; Assistance Specialist Direct: 415.202.2983 Email: vguan@ncphs.org</p>	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION
	<b>MONDAY</b>			
	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
	<b>TUESDAY</b>			
	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
	<b>WEDNESDAY</b>			
	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
	<b>THURSDAY</b>			
	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	
<b>FRIDAY</b>				
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	
<b>*Classes are free and taught by City College of San Francisco teachers</b>				
<b>**Contact Dr. Chris Thompson for enrollment at 415.422.6105</b>				
<b>***Always Active program provided in partnership with USF &amp; 30th Street Senior Center</b>				
<b>(#) Medical release required (see Sue Mittelman)</b>				
<b>Note: Exercise equipment is for SFSC members only</b>				