



Aquatic Park Center

A Destination for 50+ Adults

JANUARY – MARCH 2018

A Community Service of
Northern California Presbyterian
Homes and Services



Together Building
a Community
for Adults 50+

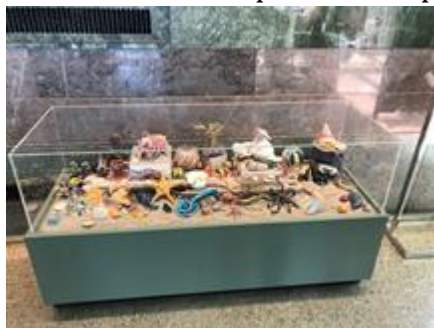
Providing Opportunities to
explore and experience
the many pathways to
Living Well



Happy New Year to our Aquatic Park Center community! There is so much to look forward to in 2018. We hope to share our mutual journeys towards aging well through new educational opportunities, great fitness programs, creative arts, making new friends while nurturing the special bonds we have made in our center and so much more.

We are so pleased to present our Life Story Center where you can record and preserve your story for your family and friends. Think about setting up an appointment with Frank Mitchell. We have sample questions to ask and volunteers who can accompany you into the booth to interview you if you choose. This is an amazing gift to our center. We will be recording our favorite teachers in our Recording Booth as well and offering podcasts on our website. Stay tuned!!

We are proud to announce that our ceramics program has installed a magnificent case of marine objects in the lobby of the Maritime Museum. This is an honor for all of us, and the results are breathtaking. Please make sure and stop by to see these beautiful pieces. This photograph does not do it justice!



We hope all of you will become members of our center. For those who cannot afford the full cost, we offer scholarships and payment plans. This bit of support makes a huge difference even in getting grants for our center. Thank you and again, Happy New Year. May we all enjoy it together with well hearts and positive spirits.

****IMPORTANT NEWS****

To Our Valued Readers:

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

It is time 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



Project Open Hand
meals with love

JANUARY SCHEDULE OF EVENTS



Lighten Up! w/Elisa Celli | Friday, January 5, 1:00pm – 2:00pm

Room 11 Best-selling author, Elisa Celli is back to share her ideas on being healthier, healed, trim and joyous! Start the year off the right way without temporary fad diets or health fixes that create more harm than good. Learn the secrets that will work for you individually. Elisa will discuss the latest medical and nutritional

information to help you "lighten up! **Please RSVP to 415.923.4485 or fmitchell@ncphs.org**

Diabetes Empowerment Education Program | Fridays, January 12 – February 16

10:00am – 12:00pm Room 11 "DEEP" is a program that encourages lifestyle changes while learning about diabetes and the way it affects your health. The series is held once a week for 2 hours in a **6 week series** with an interactive, hands-on curriculum. Participants will receive a handbook, incentives and foster new friendships and self-management skills. A popular series here last year, please join us for this important topic, its tips and techniques. This workshop was developed by the University of Illinois, Chicago. **RSVP to 415.923.4485 or fmitchell@ncphs.org**





Circle Dance Workshop | Fridays, January 12 - 26 1:00pm – 2:00pm

Room 11 Circle dancing is like folk dancing done in a circle. The emphasis is on creating an experience that we all can enjoy. No dance experience or partner is necessary. In Circle Dance, the steps for each dance are very simple and each dance will be taught. Some dances are merry and some are quietly reflective. The music is inspiring and lovely. Dancing together provides an opportunity to express ourselves and to have fun. Life is a dance. Come join us! Everyone is welcome, including people who would like to try and are afraid that they have two left feet. Stop by for a few minutes, either to dance or to pull up a chair and keep us company. **Please RSVP to 415.923.4485 or fmitchell@ncphs.org**

*****Remember, we will be closed Monday, January 15 for the Martin Luther King Holiday*****

AARP Safe Driving Classes | Wednesday, Thursday and Friday, January 17-19, 9:00am –

1:30pm Room 13 The AARP Smart Driving Course 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, January 17 and Thursday, January 18. The Refresher Course will be Friday, January 19.** (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!** To



reserve your space, **mail your check** to Aquatic Park Center, 890 Beach St. SF, CA 94109 made out to "AARP". **Or you can RSVP to Frank at fmitchell@ncphs.org or 415.923.4485.**



Real Voices | Friday, January 19, 12:00pm – 1:00pm West Wing Café

Real Voices is an informal group of Aquatic Park Center participants gathering to tell true stories from their Now, Yesterday and Future. The stories take the shape of written memoirs, poems, scribbled thoughts, or diary entries. The members have the opportunity to relate these stories for up to 10 minutes. 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. [415.923.4485](tel:415.923.4485) or fmitchell@ncphs.org

Living Well, Aging Well Presentation: Brain Health | Tuesday, January 30, 1:00pm – 2:30pm Room 11

Karen Dorsman from the UCSF Memory and Aging Center will be back to present another installment in the brain health series. Her team will discuss the importance of social engagement and cognitive stimulation for positive brain health and the effects of isolation. Useful information for everyone, don't miss this important presentation. We'll also have a few snacks on hand so you won't have to 'think' about hunger... [Please rsvp to 415.923.4485](tel:415.923.4485) or fmitchell@ncphs.org



FEBRUARY SCHEDULE OF EVENTS

Medicare Fraud and Scams – presented by HICAP | Friday, February 2, 1:00pm – 2:00pm

An unfortunate reality in this day and age, there has been a proliferation of telephone and email scams by people claiming to be healthcare representatives. In this informative presentation, a representative from HICAP (the Health Insurance and Advocacy Program) will help you recognize and avoid Medicare fraud and abuse; can assist you with something you suspect might be fraud; and help you to report Medicare fraud or abuse. Join us for this important subject. [Rsvp to 415.923.4485](tel:415.923.4485) or fmitchell@ncphs.org





AARP Tax Preparation | Begins Tuesday, February 6, 9:30am – 2:00pm Rooms 11 & 13 Every Tuesday and now Friday, beginning February 6 and running through April 13, volunteers from AARP will be on site to provide **free** tax preparation assistance. **To participate, you must schedule an appointment with Jan Freeman at 415-775-1869.**

Please remember, you must also bring your last year's tax return, Social Security Card, and a photo ID with you to the appointment.

Please arrive early as staff will ask you to complete and sign Aquatic Park Center forms before your appointment. **Space will be extremely limited.**

****Remember, we will be closed Monday, February 12 for the Presidents' Day Holiday****



Living Well, Aging Well Presentation: Home Match Monday, February 26, 1:00pm – 2:00pm Room 11 The mission of Home Match is to expand housing opportunities to low and moderate income people who live, work, or attend school in San Francisco by maximizing existing housing stock. The

organization provides a platform, tools, and support to connect homeowners and home seekers. Their services are free of charge to anyone who qualifies for the program. They provide interviews, applications, background screening, and assist with the housing agreement for all parties involved; mediation and referral services are available as needed. Whether you are looking for, or have housing available, or you are just interested in hearing about this innovative new program, come to our presentation and learn the full scope of this important service. [Rsvp to 415.923.4485](tel:415.923.4485) or fmitchell@ncphs.org

MARCH SCHEDULE OF EVENTS



Farmer's Market | Every Monday, 10:00am – 12:30pm Room 11

Is this the best kept secret at Aquatic Park? Every Monday a group of dedicated volunteers assembles and operates our own version of a fresh produce stand. Great prices and great product provided by the good folks at 25th and Clement Market, if you're a participant here, you can't beat the convenience! Open to the public, we see a lot of neighbors and tourists drop by our little operation, but remember, the Farmer's Market is really meant for you, the members and friends of Aquatic Park Center! Come by and give our fruits and veggies a try!

Mindfulness Meditation | Every Tuesday, 9:00am – 10:30am Room 13

Pause. Breathe. Smile. Have you heard the word? Mindfulness. It's a way of being in the present moment, without judgment, to clear the mind, open the heart, and help you know what needs to be done at any moment. Aquatic Park Center has been offering a weekly practice group for 8 years now, led by Gary Gach, who teaches in the tradition of beloved Vietnamese Zen Master Thich Nhat Hanh. Cost: Free. **For more info:** gary.gach@gmail.com (415) 771-7793.





Special Presentation: Senior Assembly Member E. Anne Warren, California Senior Legislature | Monday, March 5, 1:00pm – 2:00pm

Room 11 Established by state law, the mission of the California Senior Legislature is to help preserve and enhance the quality of life for older Californians and their families. Senior Assembly Member

E. Anne Warren will be here to talk about the issues she is currently fighting for; how they concern and affect you; and perhaps how you/we can help. Assembly Member Warren will also touch on her views of how senior issues are seen and valued (or not) in state governance. Don't miss what should be an intriguing presentation. **For information or to rsvp:** [415.923.4485](tel:415.923.4485) or fmitchell@ncphs.org

Living Well, Aging Well Presentation: Kaiser Health Series – “Happy, Healthy

Heart” | Friday, March 9, 1:00pm – 2:00pm Room 11 Our first Health Series of the year, Tracy



Hakkinen from Kaiser will be here to discuss the “best practices” of eating, activity and lifestyle that lead to a “Happy, Healthy Heart”. It may not be as difficult as we think, but we do need to be aware of how our choices affect our body and our health. Join us for this informative and engaging presentation.

We'll have some heart-healthy snacks on hand as well! **Please rsvp to**

[415.923.4485](tel:415.923.4485) or fmitchell@ncphs.org

Jan - Feb - Mar	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 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: jguan@ncphs.org</p>	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION
	MONDAY			
	Ceramics* / CCSF Older Adults Program	10:00 - 12:15	Ellen Burns	Ceramics Room
	Sponsored (begins January 22)	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 - 12:30	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	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	Café
	Mahjong	1:00 - 2:30	Jill Spezzano	Ceramics Room
	Brain Injury Survivors Deserve Better Group	2:00 - 3:30	Marlon Reynolds	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* / CCSF Older Adults	10:00 - 12:15	Ellen Burns	Ceramics Room
	Program Sponsored (begins January 17)	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	12:45 - 1:45	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 &
	(begins January 18)	12:00 - 2:15		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 month)	11:00 - 1:00	Eunice Stuart	Room 13
	Aquatic Park Chorus	1:00 - 2:30	Beth Wilmurt	Blue Room
	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			

Jan - Feb - Mar	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 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: jguan@ncphs.org</p>	CLASS/PROGRAM	TIME	INSTRUCTOR	LOCATION
	MONDAY			
	Walking Group	9:00 - 10:00	Keith Davis	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 January 22)	1:30 - 2:30	Linda Dackman	Fitness Center
	Ping Pong	2:45 - 3:45	Enjoy!!!	Fitness Center
	TUESDAY			
	Always Active*** (#)	10:30 - 11:30	Sue Mittelman	Fitness Center
	Fitness Challenge Camp (begins January 22)	9:30 - 10:30	Jim Spinelli	West Wing
	Fitness Challenge	10:30 - 12:00	Jim Spinelli	West Wing
	Zumba Gold (Fee)	12:15 - 1:15	Claudia Rodas	Fitness Center
	Ping Pong	1:45 - 3:45	Enjoy!!!	Fitness Center
	WEDNESDAY			
	Walking Group	9:00 - 10:00	Keith Davis	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 ** (begins January 22)	1:30 - 2:30	Linda Dackman	Fitness Center
	Ping Pong	2:45 - 3:45	Enjoy!!!	Fitness Center
	THURSDAY			
	Tai Chi Chih (Fee)	9:30 - 10:30	Pat Bourne	Room 13
	Fitness Challenge Camp (begins January 22)	9:30 - 10:30	Jim Spinelli	West Wing
	Fitness Challenge	10:30 - 12:00	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	
Hula (Fee)	1:15 - 2:15	Akiyo Kinst-Hori	Blue Room	
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				