

## Creative Writing Showcase

**Tuesday, October 8, 1-2:30 pm Room 11**  
Join Sabina Letang and the creative writers as they read some of the work they created their last session.

### 創意寫作作品陳列

日期/時間: 10月8日 (星期二) 下午1:00至2:30 地點: 11號教室  
與導師Sabina Letang及其門下的創意寫作家們, 一起閱讀他們上一學期所創造的作品。

## VOLUNTEER SPOTLIGHT 義工聚光燈: MARTHA RECALDE

Hats off to Martha, who has been helping out behind the scenes with many things: folding lots of purple cranes for the Alzheimer's Walk, in the kitchen preparing moon cakes for the Mid-Autumn Festival, and making sandwiches for the homeless. You rock!

感謝Martha, 她常在本中心默默付出, 除了為阿爾茨海默症步行活動折了許多紫色紙鶴, 供攤位佈置使用, 還在中秋慶祝表演當天, 在廚房進行月餅切割, 以及為無家可歸者製作三文文治。妳實在太棒了!



## League of Women's Voters

**Tuesday, October 15 1-2 pm Blue Room**

### Be an informed voter: What's on your Nov. 5th election ballot?

There's a lot to digest before the election. Join us and the League of Women Voters of SF for an in-depth look at the ballot measures we'll be voting on.

The League of Women Voters is a century-old, non-partisan political organization that strives to educate the public on policy issues of importance to the community, on ballot measures, and on the importance of voting. We never support or oppose candidates or parties, but after thorough study and consensus, we take positions on some ballot measures and important policy issues at the state and local levels. We also provide voter services to facilitate voter registration and voting.

婦女投票聯盟



日期/時間: 10月15日 (星期二) / 下午1:00至2:00 地點: 宴會廳  
成為一位知情的選民: 您是否了解11月5日選舉的選票上有什麼選擇? 如未確認, 那在選舉前就有許多內容需要了解。請加入我們和舊金山婦女投票聯盟的活動, 深入了解我們將要投票的選票措施。婦女投票聯盟是一個有百年歷史的非黨派政治組織, 致力於教育公眾關於社區重要政策問題、選票措施和投票的重要性。我們不支持或反對任何候選人或政黨, 但經過深入研究和共識後, 對某些選票措施及重要政策問題採取立場。我們還提供選民服務, 以便於選民登記和投票。



Mid-Autumn Festival photos  
(left) AP band,  
(right) Mandarin singing class  
中秋慶祝活動相片  
(左) 水上公園樂隊,  
(右) 國語歌唱班



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# AQUATIC PARK

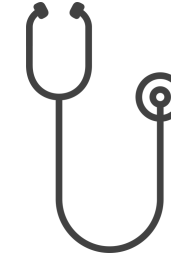
OCTOBER 2024



## FREE HEALTH SCREENING THURSDAY, OCT 17 9:30 AM - 3:30 PM

SFSC Aquatic Park will be partnering with the School of Nursing at San Francisco State University to provide free health screenings to our participants! This is a great resource if you haven't had a check up in a while! Some of the services provided include:

- Vision screening
- Calculating Body Mass Index (BMI)
- Hearing screening
- Fall risk assessment
- Glucose screening
- Blood pressure screening
- Doctor/Dentist referrals



## 免費健康檢查

日期/時間: 10月17日 (星期四) / 上午9:30至下午3:30

三藩市長者中心(水上公園) 將與三藩市州立大學護理學院合作, 提供免費健康檢查! 假若您已久未檢查身體, 這是一個很有用的資源! 當天提供的服務

包括:

- 視力檢測
- 體重指數 (BMI) 計算
- 聽力檢測
- 跌倒風險評估
- 血糖檢驗
- 血壓檢驗

## “Understanding Alzheimer's Disease and Dementia” - ZOOM

With Alzheimer's Association

Wed, October 9, 2024 - 12:00 PM - 1:30 PM

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease. Join us to learn the impact of Alzheimer's, difference between Alzheimer's & dementia, stages/risk factors, and resources available!

「了解阿爾茨海默症和癡呆症」- 與阿爾茨海默協會線上聯繫

日期/時間: 2024年10月9日 (星期三) / 中午12:00至1:30

阿爾茨海默症是最常見的癡呆症類別, 癡呆症是一個通用術語, 表達的意思是症狀足以干擾日常生活的記憶喪失和其他認知能力下降。阿爾茨海默症佔癡呆症病例的60-80%。阿爾茨海默協會是受信賴的機構, 他們提供有關該疾病的可靠信息、教育、轉介和支持, 幫助數百萬受此影響的人。請加入我們, 了解阿爾茨海默症的影響、阿爾茨海默症與癡呆症的區別、各階段/風險因素, 以及可用資源!

## Special Events for the Month

Oct 8: **Creative Writing Showcase** 1-2:30 PM Room 11

Oct 9: **Understanding Alzheimer's - Zoom w/ Next Village** 12:00 PM - 1:30 PM

Oct 10: **Bingo** 12:30-1:30 PM Exercise Room next to Queenie's office

Oct 15: **League of Women's Voters** 1:00 PM - 2:00 PM Room 11

Oct 17: **Free Health Screenings w/ San Francisco State University** 9:30 AM - 3:30 PM

Special

890 Beach St, San Francisco, CA 94109 Hours: 9:30 AM - 3:30 PM

Jan Freeman 415-775-1869



# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p> <b>9:30 AM - 3:30 PM</b> Ceramics 陶瓷班</p> <p> <b>9:30 AM - 3:30 PM</b> Computer Lab 電腦使用</p> <p> <b>9:30 AM - 12:00 PM</b> Chinese Painting 中國繪畫班</p> <p> <b>10:00 AM - 12:00 PM</b> Computer Help 電腦教學 with Leon</p> <p><b>11:00 AM - 1:00 PM</b> Photo Group (ZOOM) 攝影小組 with Marie - via ZOOM (網上)</p> <p> <b>10:30 AM - 12:30 PM</b> Photo Club 攝影小組 - 親身到訪 with Ken (Room 13) Every other Monday</p> <p> <b>11:30 AM - 12:30 PM</b> Chair Yoga 椅子瑜珈 with Katia (Exercise Room) Anne subbing for Katia 10/1</p> <p> <b>12:20 PM - 1:20 PM</b> Cantonese Singing 粵語歌唱班 with Ms. Mei (Room 11)</p> <p> <b>12:30 PM - 1:30 PM</b> Mat Yoga 地墊瑜珈 with Katia Alemeida (West Wing)</p> <p> <b>12:30 PM - 1:30 PM</b> Meditation in Nature 在大自然中冥想 with Jill (Garden)</p> <p> <b>12:30 PM - 1:30 PM</b> Chinese Mahjong 中式麻雀 (Exercise Room)</p> <p> <b>1:30 PM - 3:30 PM</b> Ping Pong 乒乓球 with Arthur (Exercise Room)</p> <p> <b>1:30 PM - 3:30 PM</b> Knitters 紡織小組(冷衫) with Betty (Blue Room)</p> <p> <b>2:00 PM - 3:30 PM</b> Women's Group 女士分享小組 with Next Village Room 11</p>	<p> <b>9:30 AM - 3:30 PM</b> Ceramics 陶瓷班</p> <p> <b>9:30 AM - 3:30 PM</b> Computer Lab 電腦使用</p> <p> <b>9:30 AM - 3:30 PM</b> Gym Equipment 健身器材使用</p> <p> <b>10:00 AM - 11:00 AM</b> Always Active 靈活健體班(長者運動) with Sue (Exercise Room)</p> <p> <b>10:00 AM - 11:00 AM</b> Fitness Challenge 運動器材使用 (West Wing)</p> <p> <b>11:00 AM - 12:00 PM</b> Fitness Challenge 2 運動器材使用 (West Wing)</p> <p> <b>10:30 AM - 12:30 PM</b> Acting &amp; Self Expression 角色扮演抒發小組 with Kathy Stefano (Rm 11)</p> <p> <b>11:00 AM - 12:00 PM</b> Kathy Mata's Moderate Exercise 網上教學 (ZOOM)</p> <p> <b>11:15 AM - 12:45 PM</b> Peter Munk's Piano 鋼琴表演</p> <p> <b>11:30 AM - 12:30 PM</b> Fall Prevention 防跌運動班 (需先經體能評估) with Sue (Exercise Room)</p> <p> <b>12:30 PM - 1:30 PM</b> American Mahjong 美式麻雀 with Jill (West Wing)</p> <p> <b>2:00 PM - 3:30 PM</b> Randy's iPhone Class 教學 (Room 11) On hiatus Aug 27 - Oct 29, 2024 Resumes on November 5, 2024</p> <p> <b>2:00 PM - 3:30 PM</b> Ping Pong 乒乓球 with Arthur (Exercise Room)</p>	<p> <b>9:30 AM - 3:30 PM</b> Ceramics 陶瓷班</p> <p> <b>9:30 AM - 3:30 PM</b> Computer Lab 電腦使用</p> <p> <b>9:30 AM - 3:30 PM</b> Gym Equipment 健身器材使用</p> <p> <b>9:30 AM - 11:30 AM</b> Chinese Dancing 中式舞蹈班 (Room 11)</p> <p><b>10:00 AM - 11:00 AM</b> Tai Chi (Intermediate) 太極 --- 進階班</p> <p><b>11:00 AM - 12:00 PM</b> Tai Chi (Beginner) 太極 --- 初班 with Mark Siobal (Bocce Ball Court)</p> <p> <b>10:00 AM - 12:00 PM</b> Wallenberg Art Class (Room 13)</p> <p> <b>12:05 PM - 1:05 PM</b> Flowing Qigong 氣功班 with Jill (Exercise Room)</p> <p> <b>12:30 PM - 3:15 PM</b> Karaoke/AP Band 卡拉OK活動地點改在樓下電腦室進行!</p> <p> <b>1:00 PM - 2:30 PM</b> Improv Class 強代健體班 with Louise Vogel (West Wing) 3rd Wed. of the month</p> <p> <b>1:00 PM - 3:00PM</b> Music Appreciation 音樂導賞 w/ Richard Harrell (Room 11)</p> <p> <b>1:30 PM - 3:30 PM</b> Ping Pong 乒乓球 With Arthur (Exercise Room)</p> <p> <b>1:30 PM - 3:30 PM</b> Ukulele 尤克里里 with Carole (Room 13)</p> <p> <b>7:00 PM - 8:00 PM</b> Open Topic Dialogue ZOOM 交談小組(歡迎任何話題)</p>	<p> <b>9:30 AM - 3:30 PM</b> Ceramics 陶瓷班</p> <p> <b>9:30 AM - 3:30 PM</b> Computer Lab 電腦使用</p> <p> <b>9:30 AM - 3:30 PM</b> Gym Equipment 健身器材使用</p> <p> <b>10:00 AM - 12:00 PM</b> Painting Class with Andrew 英語畫畫班 (Room 11)</p> <p> <b>10:00 AM - 11:00 AM</b> Always Active with Sue 靈活健體班(長者運動) (Exercise Room)</p> <p> <b>10:00 AM - 11:00 AM</b> Fitness Challenge 運動器材使用 (West Wing)</p> <p> <b>11:30 AM - 12:30 PM</b> Fall Prevention with Sue 靈活健體班(長者運動) (Exercise Room)</p> <p> <b>11:30 AM - 12:30 PM</b> Mat Yoga 地墊瑜珈 with Katia (West Wing) Lee subbing for Katia 10/3</p> <p> <b>12:35 PM - 1:35 PM</b> Chair Yoga 椅子瑜珈 with Katia (Exercise Room)</p> <p> <b>12:45 PM - 3:00 PM</b> Beginner's Bridge 橋牌入門班 (West Wing)</p> <p> <b>1:00 PM - 2:00 PM</b> Wild Goose Qigong 氣功 with Jill</p> <p> <b>1:00 PM - 2:30 PM</b> Aquatic Park Choir 水上公園中心合唱團 with Beth</p> <p> <b>2:00 PM - 2:30 PM</b> Breath Meditation 呼吸與冥想 with Jill (West Wing)</p> <p> <b>2:00 PM - 3:30 PM</b> Ping Pong 乒乓球 with Arthur (Exercise Room)</p>	<p> <b>9:30 AM - 3:30 PM</b> Ceramics 陶瓷班</p> <p> <b>9:30 AM - 3:30 PM</b> Computer Lab 電腦使用</p> <p> <b>9:30 AM - 3:30 PM</b> Gym Equipment 健身器材使用</p> <p> <b>10:00 AM - 11:00 AM</b> English as a 2nd Language - 英語入門班 (Computer Lab)</p> <p> <b>10:30 AM - 12:00 PM</b> Wallenberg Art Class (Room 13)</p> <p> <b>11:00 AM - 12:00 PM</b> Kathy Mata's Moderate Exercise 網上教學 (Zoom)</p> <p> <b>11:00 AM - 12:30 PM</b> Friday Jazz 周五爵士樂 with Pete and Simon (Blue Room)</p> <p> <b>12:45 PM - 2:30 PM</b> Mandarin Singing Class 國語歌唱班 (Blue Room)</p> <p> <b>1:30 PM - 3:30 PM</b> Ping Pong 乒乓球 with Arthur (Exercise Room)</p> <p> <b>12:45 PM - 2:45 PM</b> Mind Body Health 身心靈健體 with Judy Hubbell (Room 11)</p> <p> <b>2:15 PM - 3:15 PM</b> Computer Help 蘋果手機/平版電腦教學 with Jane (Computer Lab)</p>