

## Creative Writing Class Series

Tuesday, Nov. 12-Dec. 17 1-2:30 pm

Join Sabina Letang and classmates in a writing class series to work on your personal writing, be it memoir, poetry or another genre. In person Rm 13 or Zoom.

創意寫作課程系列

11月12日至12月17日 (逢星期二), 下午1:00-2:30

誠邀加入Sabina Letang和同學們的寫作課程系列, 專注於您的個人寫作, 無論是回憶錄、詩歌或其他類型均可。課程在13號教室或Zoom上進行。

## VOLUNTEER SPOTLIGHT 義工聚光燈



Thank you to Ms. Mui and Mr. Ni for volunteering their time to teach the Chinese singing classes. Their joy and dedication in sharing music and culture is inspiring. **We appreciate you!**

感謝梅老師和倪老師義務教授中文(粵語及國語)歌唱課程。他們在分享音樂和文化方面的喜悅與奉獻精神令人鼓舞。感謝兩位!

## New Hours for Aquatic Park!

Aquatic Park will now be open beginning 11/1 **9:00 am - 3:30 pm Monday through Friday.**

A few things to note:

- Please do not knock on the window or door. You will be let in by staff as close to 9:00 am as possible.
- All participants need to enter through the front door at 890 Beach Street to sign in at the kiosk as soon as they arrive.
- Please be patient as it does take a few moments for each person to sign in.
- Please follow any instructions staff give you for your safety and the courtesy of others.

由11月1日起, 水上公園的開放時間將改為周一至周五, 上午9時至下午3:30分。

請注意以下事項:

- 請勿敲打所有窗戶及木門, 工作人員會在接近9時準備開門讓各位進入
- 所有會員均需通過890 海灘街的正門進入, 並於到達時在服務台旁的屏幕簽到
- 請在排隊時耐心等待, 因每位參加者在簽到及登記課堂/活動需時
- 請遵從工作人員指示, 以確保現場環境安全與禮儀

感謝您成為三藩市水上公園重要的一份子

## Managing Money: A Caregiver's Guide to Finances

If you or someone you know is facing Alzheimer's disease, dementia, or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. (on Zoom, details in email coming).

Presenter: Alice Dang Alzheimer's Association  
co-hosted by NEXT Village SF and Aquatic Park Senior Center  
Please note that this event will not be recorded.



SEQUOIA LIVING™

San Francisco Senior Center

# AQUATIC PARK

NOVEMBER 2024



## Gratitude Lunch Event



On November 27 at 11:30 am, Project Open Hand and Sequoia Living will partner to serve a nice lunch and apple pie for dessert with a short program expressing gratitude for all we have. Please plan on joining us. No need to sign up, come early!

**Please note: the Center will close at 1:30 pm 11/27. Classes affected: Music Appreciation, Karaoke/AP Band, Ukelele, Ping Pong, Qigong, Ceramics Studio.**

### 感謝祭午餐活動



Project Open Hand 將在11月27日上午11:30, 與Sequoia Living攜手提供美味午餐, 並附上蘋果批甜點, 舉行簡單的感恩節活動, 表達我們對所擁有的一切的感激之情。請撥冗參加這個不用預先報名的活動, 當天提早一點到場便可。請注意: 中心將於11月27日當天下午1:30分關門。受影響班組包括: 音樂導賞, 卡拉OK/AP樂隊, 迷你結他, 乒乓, 氣功及陶瓷工作室。

## Early Closure Announcement Nov 7

Staff have an off-site training and the Center will close at 12:15 pm. **Classes affected: Bridge Meditation, Qigong, Ping Pong, Choir, Ceramics Studio**

### 11月7日提早有關門通知

因員工外出訓練, 中心將於12:15分提早關門, 受影響的活動包括:

橋牌	氣功	英文合唱團
冥想	乒乓球	陶瓷工作室

### Fall Back!

Don't forget to set your clock BACK on Saturday night 11/2 before bed for Day Light Standard Time, starting Sunday, 11/3.



### 冬季時間回歸!

請勿忘記在11月2日(星期六)晚上, 睡前將時鐘調回冬季時間, 日光節約時間將於11月3日(星期日)凌晨開始。

## Special Events for the Month

- Nov. 4 **Mary Cassatt Docent Tour at Legion of Honor**, leave AP at 11:00 am
- Nov. 7 **Staff Training--Center closes at 12:15 pm**
- Nov. 11 **Veteran's Day short program 11:40 am Blue Room**
- Nov. 12 **Creative Writing Class Series begins Rm. 13 and on Zoom**
- Nov. 13 **Project Open Hand discusses Food Safety Lunchtime Blue Room**
- Nov. 15 **Managing Money: A Caregiver's Guide to Finances Zoom with Next Village**
- Nov. 27 **Gratitude Lunch with special pie! Blue Room**

Special

890 Beach St, San Francisco, CA 94109 Hours: 9:00 AM - 3:30 PM

Jan Freeman 415-775-1869

# November 2024

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

-  9:30 AM - 3:30 PM Ceramics 陶瓷班
-  9:00 AM - 3:30 PM Computer Lab 電腦使用
-  9:30 AM - 12:00 PM Chinese Painting 中國繪畫班 with Mr. Ng
-  10:00 AM - 12:00 PM Computer Help 電腦教學 with Leon
-  11:00 AM - 1:00 PM Photo Group (ZOOM) 攝影小組 with Marie - via ZOOM (網上)
-  10:30 AM - 12:30 PM Photo Club 攝影小組 - 親身到訪 with Ken (Room 13) Every other Monday
-  11:30 AM - 12:30 PM Chair Yoga 椅子瑜珈 with Katia (Exercise Room) Anne subbing for Katia 10/1
-  12:20 PM - 1:20 PM Cantonese Singing 粵語歌唱班 with Ms. Mei (Room 11)
-  12:30 PM - 1:30 PM Mat Yoga 地墊瑜珈 with Katia Alemeida (West Wing)
-  12:30 PM - 1:30 PM Meditation in Nature 在大自然中冥想 with Jill (Garden)
-  12:30 PM - 1:30 PM Chinese Mahjong 中式麻雀 (Exercise Room)
-  1:30 PM - 3:30 PM Ping Pong 乒乓球 with Arthur (Exercise Room)
-  1:30 PM - 3:30 PM Knitters 紡織小組(冷衫) with Betty (Blue Room)
-  2:00 PM - 3:30 PM Women's Group 女士分享小組 with Next Village Room 11

-  9:30 AM - 3:30 PM Ceramics 陶瓷班
-  9:00 AM - 3:30 PM Computer Lab 電腦使用
-  9:00 AM - 3:30 PM Gym Equipment 健身器材使用
-  10:00 AM - 11:00 AM Always Active 靈活健體班(長者運動) with Sue (Exercise Room)
-  10:00 AM - 11:00 AM Fitness Challenge 運動器材使用 (West Wing)
-  11:00 AM - 12:00 PM Fitness Challenge 2 運動器材使用 (West Wing)
-  10:30 AM - 12:30 PM Acting & Self Expression 角色扮演抒發小組 with Kathy Stefano (Rm 11)
-  11:00 AM - 12:00 PM Kathy Mata's Moderate Exercise 網上教學 (ZOOM)
-  11:15 AM - 12:45 PM Peter Munk's Piano 鋼琴表演
-  11:30 AM - 12:30 PM Fall Prevention 防跌運動班 (需先經體能評估) with Sue (Exercise Room)
-  12:30 PM - 1:30 PM American Mahjong 美式麻雀 with Jill (West Wing)
-  1:00 PM - 2:30 PM Creative Writing Series with Sabina Nov. 12 - Dec. 17 (Room 13 and Zoom)
-  2:00 PM - 3:30 PM Randy's iPhone Class 教學 (Room 11) Resumes on November 5, 2024
-  2:00 PM - 3:30 PM Ping Pong 乒乓球 with Arthur (Exercise Room)

-  9:30 AM - 3:30 PM Ceramics 陶瓷班
-  9:00 AM - 3:30 PM Computer Lab 電腦使用
-  9:00 AM - 3:30 PM Gym Equipment 健身器材使用
-  9:30 AM - 11:30 AM Chinese Dancing 中式舞蹈班 (Room 11)
-  10:00 AM - 11:00 AM Tai Chi (Intermediate) 太極 --- 進階班
-  11:00 AM - 12:00 PM Tai Chi (Beginner) 太極 --- 初班 with Mark Siobal (Bocce Ball Court)
-  10:00 AM - 12:00 PM Wallenberg Art Class (Room 13)
-  12:05 PM - 1:05 PM Flowing Qigong 氣功班 with Jill (Exercise Room)
-  12:30 PM - 3:15 PM Karaoke/AP Band 卡拉OK活動地點改在樓下電腦室進行!
-  1:00 PM - 2:30 PM Improv Class 強代健體班 with Louise Vogel (West Wing) 3rd Wed. of the month
-  1:00 PM - 3:00PM Music Appreciation 音樂導賞 w/ Richard Harrell (Room 11)
-  1:30 PM - 3:30 PM Ping Pong 乒乓球 With Arthur (Exercise Room)
-  1:30 PM - 3:30 PM Ukulele 尤克里里 with Carole (Room 13)
-  7:00 PM - 8:00 PM Open Topic Dialogue ZOOM 交談小組(歡迎任何話題)

-  9:30 AM - 3:30 PM Ceramics 陶瓷班
-  9:00 AM - 3:30 PM Computer Lab 電腦使用
-  9:00 AM - 3:30 PM Gym Equipment 健身器材使用
-  10:00 AM - 12:00 PM Painting Class with Andrew 英語畫畫班 (Room 11)
-  10:00 AM - 11:00 AM Always Active with Sue 靈活健體班(長者運動) (Exercise Room)
-  10:00 AM - 11:00 AM Fitness Challenge 運動器材使用 (West Wing)
-  11:30 AM - 12:30 PM Fall Prevention with Sue 靈活健體班(長者運動) (Exercise Room)
-  11:30 AM - 12:30 PM Mat Yoga 地墊瑜珈 with Katia (West Wing) Lee subbing for Katia 10/3
-  12:35 PM - 1:35 PM Chair Yoga 椅子瑜珈 with Katia (Exercise Room)
-  12:45 PM - 3:00 PM Beginner's Bridge 橋牌入門班 (West Wing)
-  1:00 PM - 2:00 PM Wild Goose Qigong 氣功 with Jill
-  1:00 PM - 2:30 PM Aquatic Park Choir 水上公園中心合唱團 with Beth
-  2:00 PM - 2:30 PM Breath Meditation 呼吸與冥想 with Jill (West Wing)
-  2:00 PM - 3:30 PM Ping Pong 乒乓球 with Arthur (Exercise Room)

-  9:30 AM - 3:30 PM Ceramics 陶瓷班
-  9:00 AM - 3:30 PM Computer Lab 電腦使用
-  9:00 AM - 3:30 PM Gym Equipment 健身器材使用
-  10:00 AM - 11:00 AM English as a 2nd Language - 英語入門班 (Computer Lab) starting Nov. 8 老師將於11月8日休假後復課
-  10:30 AM - 12:00 PM Wallenberg Art Class (Room 13)
-  11:00 AM - 12:00 PM Kathy Mata's Moderate Exercise 網上教學 (Zoom)
-  11:00 AM - 12:30 PM Friday Jazz 周五爵士樂 with Pete and Simon (Blue Room)
-  12:45 PM - 2:30 PM Mandarin Singing Class 國語歌唱班 with Mr. Ni (Blue Room)
-  1:30 PM - 3:30 PM Ping Pong 乒乓球 with Arthur (Exercise Room)
-  12:45 PM - 2:45 PM Mind Body Health 身心靈健體 with Judy Hubbell (Room 11)
-  2:15 PM - 3:15 PM Computer Help 蘋果手機/平版電腦教學 with Jane (Computer Lab) starting Nov. 8 老師將於11月8日休假後復課