

JANUARY 2025

Monday

-  9:00 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 - 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)
-  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

Tuesday

-  9:00 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 - 12:00 PM Chinese Painting (Room 11)
-  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 角色扮演演發小組 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)
-  2:00 PM - 3:30 PM Randy's iPhone Class 教學 (Room 11)
-  2:00 PM - 3:30 PM Ping Pong 乒乓球 with Arthur (Exercise Room)

Wednesday

-  9:00 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) with Ms. Li
-  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 AP Band /Karaoke at West Wing 樂隊練習(含樂器教學)/卡拉OK (樓下西翼)
-  1:00 PM - 2:30 PM Improv Class 增強健腦班 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)

Thursday

-  9:00 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)
-  12:35 PM - 1:35 PM Chair Yoga 椅子瑜珈 with Katia (West Wing)
-  12:45 PM - 3:00 PM Beginner's Bridge 橋牌入門班 (West Wing)
-  12:45 PM - 1:45 PM Bingo 2nd Thursday (Exercise Room) 賓果活動(每月第二個星期四, 在樓下運動室舉行)
-  1:00 PM - 2:00 PM Wild Goose Qigong 氣功 with Jill (Exercise Room)
-  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)

Friday

-  9:00 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)
-  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)

VOLUNTEER SPOTLIGHT 義工聚光燈:



We thank our Dynamic Volunteer Quartet of Per Madsen, Steve Yamane, John Hedges and Susan Bracker. They fill and unload the kilns every week, organize the studio and teach the beginners' class. These volunteers make ceramics thrive!



感謝我們充滿活力的義工四重奏: Steve Yamane, John Hedges and Susan Bracker. 他們每周均負責裝卸窯爐, 清理工作室及教授入門課程。全靠這群義工, 我們的陶瓷工作室才得以蓬勃發展。

AARP Tax Aide

RESERVATIONS START THURSDAY JANUARY 2nd CALL 415.775.1866. We will again do your taxes on Monday and Fridays starting Friday, February 14th, and ending on Friday, April 11th. Time slots are: 9:30 am, 10:45 am and Noon.



AARP 免費報稅服務



從 2025年1月2日(星期四)開始, 請致電 415.775.1866 進行預約。

我們將再次提供新一年報稅服務, 從 2月14日(星期五)至 4月11日(星期五), 時間為每週一和週五,

可選時段: 上午 9:30、10:45 和中午 12:00。

如有任何問題, 請致電 Jan Freeman 415.775.1869 查詢

Aging Mastery Program

Come learn how to live a fuller life. 3 Info sessions:

- Wed, 11:30 pm -12:30 pm, Jan 15 (ZOOM)
- Wed, 11:30 am-12:30 pm, Jan 22 (In person).
- Thurs, 1:00-2:00 pm, Jan 30 (In person)

The series runs Feb 13 through April 17 every Thurs 1:00-3:00 pm (10 classes).



掌握老齡化計劃



齊來學習如何過上更充實的生活。以下是三場簡介會詳情:

- 1月15日(星期三)上午 11:30 - 12:30 (ZOOM線上)
- 1月22日(星期三)上午 11:30 - 12:30 (AP現場)
- 1月30日(星期四)下午 1:00 - 2:00 (AP現場)

AMP課程: 2月13日至4月17日, 逢周四下午 1:00 - 3:00 (共10堂課) 進行。



From the Desk of Judith Dancer, Director



2024 has been quite a year of events and activities. We also had special trips to the museums and several adventures to Alcatraz. We formed the Advisory Committee, welcomed new participants, and brought in new staff. Music has been a part of the great vibratory energy with drumming class and harmonica players Downtown and the newly formed AP Band, Ukelele Class, Cantonese Singing class and Mandarin singing class at Aquatic Park and Community Choirs at both sites. 2025 already looks promising with Lunar New Year celebrations in January (so early!) and other quality programming at both sites. YOU are the reason we are here. You are encouraged to come often and share your expertise, stories and caring with others at each site. HAPPY NEW YEAR!

行政主任 (Judith Dancer) 辦公室致詞

2024年, 我們舉辦了各式各樣的精彩活動, 安排了不同博物館之旅, 並多次前往惡魔島探險, 成立了顧問委員會, 迎來新的參與者, 並聘請了新員工。音樂在這些精彩活動中, 擔當了重要的角色, 不論是打鼓課程、Downtown的口琴演奏隊, 還是新成立的 AP 樂隊、烏克麗麗(迷你結他)課程、粵語歌唱班和普通話歌唱班, 還有兩個地點的社區合唱團, 皆充滿活力。2025年, 我們同樣充滿希望, 我們將於1月(急不及待)舉行農曆新年慶祝活動, 並繼續在兩個地點提供更廣泛、更優質的課程。正因為有您們, 我們才得以存在。請各位繼續經常到訪, 並在每個地點與他人分享你們的專業知識、故事和表達關懷。祝各位新年快樂!



These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.

www.sequoialiving.org/senior-center/

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AQUATIC PARK

JANUARY 2025

Dance Party

Friday, 1/3, 1:30-3 pm, Blue Room

Join us for our first Dance Party of the New Year! No dance partners required, this is a casual event. Have fun with a mix of tunes from the ages.



舞蹈派對

1月3日(星期五), 下午1:30-3時, 地點: 宴會廳
請參與我們新一年, 這個無需舞伴、泛年齡層的輕鬆舞蹈派對, 感受舞動身體的樂趣。



Fall Prevention Exercise 防跌運動



The popular Fall Prevention program's next 12-week cohort begins Jan 21 - April 10, Tues and Thurs, 11:30am - 12:30pm. There is pre-screening to ensure this is a safe class for you. Contact susan.mittelman@onlok.org. 深受歡迎的「預防跌倒」計畫將於 1月開始, 新項目為期 12 週。

由2025年1月21日至4月10日, 逢週二與週四, 上午 11:30 - 下午12:30。為了確保此課程對您安全, 參加者需進行事前篩檢。

電郵查詢: susan.mittelman@onlok.org

Special Events for the Month

Fri, 1/3, 1:30-3:00 pm Dance Party with Next Village, Blue Room
Mon 1/10 at 10:00am in Room 11, Reflection: past, present, future (see flier)
Mon, 1/13, 12:30 pm Tamara de Lempicka Exhibit at the deYoung Museum, meet at pond next to museum, Golden Gate Park
Monday, 1/20, Holiday, Martin Luther King Day, Senior Center closed
Fri, 1/24, 1:00 pm Lunar New Year Celebration, Blue Room

deYoung Museum Monday, 1/13, 12:30 pm

We are happy to welcome you to Access Day at the de Young museum. Tamara de Lempicka (1894-1980) helped define Art Deco. deYoung Museum, meet at pond to right of front door, Golden Gate Park. Sign up with Jan at (415) 775-1869.



笛洋美術館

1月13日(星期一), 下午12:30

歡迎您參加笛洋博物館的塔瑪拉·德·倫匹卡 (1894-1980)「通行日」。她的畫作捕捉了戰後巴黎的魅力與活力, 以及好萊塢的國際光彩, 定義了裝飾藝術風格。這是倫匹卡在美國的首次展覽。

農曆新年(蛇年)慶祝活動

1月24日(星期五), 下午1 - 2:30, 宴會廳

歡迎同來慶祝蛇年, 這個十二生肖中排行第六, 象徵著智慧、神秘、內省和優雅的生肖。



Lunar New Year Celebration

Year of Snake



Fri, 1/24, 1 - 2:30pm, Blue Room

Join us for performances and treats to celebrate the new year! The Snake is associated with traits of wisdom, mystery, introspection, and elegance.



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

Jan Freeman 415-775-1869