# JANUARY 2025

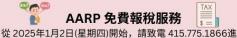


# VOLUNTEER SPOTLIGHT 義工聚光燈:



# **AARP Tax Aide**

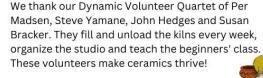
CALL 415.775.1866. We will again do your taxes on Monday and Fridays starting Friday, February 14th, and ending on Friday, April 11th. Time slots are: 9:30 am. 10:45 am and Noon.



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



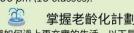
感謝我們充滿活力的義工四重奏: Steve Yamane, John Hedges and Susan Bracker。他們每周均負責裝卸窯 爐,清理工作室提及教授入門課程。全靠這群義工,我 們的陶瓷工作室才得以蓬勃發展。

# Aging Mastery Program

RESERVATIONS START THURSDAY JANUARY 2nd 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).



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 guite 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 ancisco's Department of Disability and Aging Services

www.sequoialiving.org/senior-center/

# SEOU®IA San Francisco Senior Center **AQUATIC PARK JANUARY 2025**

# **Dance Party** Friday, 1/3, 1:30-3 pm, Blue Room We are happy to welcome you to Access Day at the

#### 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.



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

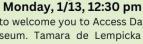
The popular Fall Prevention program's next 12-week cohort begins Jan 21 - April 10, Tues and Thurs, 11:30am - 12:30pm. There is pre-screening to ensure this is a safe class for you. Contact susan.mittelman@onlok.org. 深受歡迎的「預防跌倒」計畫將於1月開始,新項 目為期12週。

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

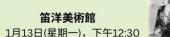
890 Beach St, San Francisco, CA 94109 Hours: 9:00 AM - 3:30 PM



deYoung Museum

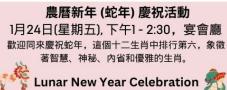
de Young museum, Tamara de Lempicka (1894-1980) helped define Art Deco. deYoung Museum, meet at pond to right of front door. Golden Gate Park. Sign up with Jan at (415) 775-1869.

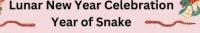




歡迎您參加笛洋博物館的塔瑪拉·德·倫匹卡(1894-1980)「通行日」。她的書作捕捉了戰後巴黎的魅力與活 力,以及好萊塢的國際光彩,定義了裝飾藝術風格。這 是倫匹卡在美國的首次展覽。

笛洋美術館





### 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.



Jan Freeman 415-775-1869