

MARCH 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 (Self practice until instructor 自修至老師任職)
-  **10:00 AM - 12:00 PM** Computer Help 電腦教學 with Leon
9:30 AM - 11:00 AM Computer & device help with Simon
-  **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
-  **9:30 AM - 11:00 AM** Computer & device help with Killian
-  **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 (Blue Room) 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) No classes 2/18 to 4/1
-  **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
-  **9:30 AM - 11:00 AM** Computer & device help with Simon
-  **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** Gym Equipment 健身器材使用
-  **9:30 AM - 11 AM** Computer & device help with Killian
-  **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** 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) *Instructor out from Jan 31 until April導師由1月31日起休假至四月
-  **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) *Instructor out from Jan 31 until April導師由1月31日起休假至四月



We appreciate the **AP Situational Jazz Band** for the wonderful music they play on Fridays at 11am-12:30pm in the Blue Room. Enjoy your favorite classics. 我們衷心感謝水上公園情境爵士樂隊，於逢星期五在，早上11時至下午12:30分，在宴會廳為們演奏美妙的古典音樂。

- Pete Stanwood : Upright Bass (大提琴手)
- Andy Peterson : Trombone (長號樂手)
- Chad Brubaker : Piano (鋼琴手)
- Aaron Doubek-Kraft: Trumpet (小號樂手)
- Norm Degelman : Singer (歌手)

**Tax Aide**
Real Possibilities

RESERVATIONS ARE FILLING FAST! CALL 415.775.1866. We will again do your taxes on Tuesday and Fridays starting Tuesday, February 4th, and ending on Friday, April 11th. Time slots are: 9:30 am, 10:45 am and Noon.

**免費報稅服務**
Real Possibilities

由於預約反應熱烈，若有意使用此服務，請即致電 415.775.1866進行預約。我們將再次提供報稅服務(逢星期二及五)，日期由 2月4日至 4月11日(星期五)，可選時段：上午 9:30、10:45 和中午12:00。如有查詢，請致電 415.775.1869，與Jan Freeman聯絡

Technology Literacy 科技資訊教授
Our amazing volunteers can help you!
我們的義工，誠意為您服務！



Leon (English, Chinese): Mon, 10am-12pm, Computer Lab (中、英文服務): 逢星期一 (上午10時至中午12時), 樓下電腦室
Killian (English only): Tue, Thu, 9:30-11am, Blue Room (只限英文): 逢星期二, 四, 上午9:30-11, 宴會廳
Simon (English only): Mon, Wed, 9:30-11am, Blue Room (只限英文): 逢星期一, 三, 上午9:30-11, 宴會廳

Community Focus 社區焦點

In February, the Participant Advisory Committee and staff led the Community Meetings at both sites, sharing with everyone what has been happening at the Center since our last meeting in August. Some highlights include: wonderful celebrations for the holidays and Lunar New Year, visits to the opera, the museums and Alcatraz, karaoke now at both sites, and sandwich making service projects for homeless people at both sites. Upcoming events: belly dancing performer, writing series, and women’s history month events. Suggested activities and visits: Exploratorium, Aquarium, Chinese Opera, symphony, and participating in a community walk. We also want to share the good news of the Center with others: please tell a friend and bring them to the Center, place menus and calendars in the lobby of apartment building you live in, let churches in the area know to include in their bulletin announcements. **DO fill out the current survey by 3/26, and you can write down other ideas as well.** Thank you!

二月份，諮詢委員成會和工作人員分別在兩個分中心舉辦了社區會議，與大家分享自從上一年八月份的會議以來，中心發生的各項事務。以下是一些亮點：精彩的節日和農曆新年慶祝活動、觀看、參觀與遊覽歌劇、博物館和阿卡特拉茲島，兩個中心現在都有卡拉OK，還有為無家者製作三明治的服務項目。而即將舉行的活動：肚皮舞表演、寫作系列、婦女歷史月活動。我們亦收到各行各业建議的活動和參觀地點：探索博物館、水族館、粵劇、交響樂和參加社區步行。我們還希望與更多群眾分享本中心的好消息：請轉告朋友並帶他們到來，將菜單和日曆放在您所住的公寓大樓大廳裡，並告訴當地教會在公告欄中列出這些訊息。**請在3月26日之前填寫當前調查問卷，您也可以寫下其他建議。**謝謝！





AQUATIC PARK

MARCH 2025



Managing Sodium

Nutrition Class with Project Open Hand
Thu, 3/11, 12:00 - 1:00pm, Blue Room
11月3日(星期四), 中午12-下午1時, 宴會廳
控納(鹽)講座
與POH合辦的營養課程

Please join this nutrition class to discover why it is important to eat a low sodium diet and tips to decrease sodium intake.

齊來了解低納飲食的重要性，獲取低鹽攝取量的建議



Dance Party

Friday, 3/14, 1:30-3 pm, Blue Room

Join us for our monthly Dance Party with NEXT Village. No dance partners required, this is a casual event. Have fun with a mix of tunes from the ages.



舞會
3月14日(星期五), 下午1:30至3時, 宴會廳舉行
請一同參加本中心與NEXT Village每月一次合辦的舞蹈派對。無需舞伴，這是一個沒有年齡限制的輕鬆活動。

Solo Agers: Planning for Your Future

Tuesday, 3/25, 1:30 - 3:00pm, Room 11

Solo Agers are anyone, single or partnered, who does not have adult children or supportive family members nearby. Join us for an overview of things Solo Agers should consider to take control of your future. Led by Kate Blank, LCSW, Seniors at Home.

單身長者：規劃您的未來
3月25日(星期二)，下午1:30-3時，11號課室舉行
單身長者是指任何沒有成年子女，或身邊無支持性家庭成員的群眾，不論單身抑或有伴侶。歡迎參加我們的討論，了解單身長者應考慮那些範疇，以掌控自己的未來。本講座由Seniors at Home 的執業臨床社工Kate Blank 主持。

Movement Class with SF Ballet

Wed, 3/26, 1:00 pm
舞動芭蕾
3月26日(星期三)，下午1時

Light movement through Ballet is taught by Celia Beam, lead teacher for San Francisco Ballet School’s Dance Class for People with Parkinson’s. This class includes chair ballet. All are welcomed.

由三藩市芭蕾舞學校帕金森氏症患者舞蹈課首席導師 Celia Beam教授，課程包括椅子芭蕾，結合輕柔的芭蕾舞動作，歡迎及適合所有會員參加。

Special Events for the Month

Fri, 3/7, Book Club, Ghirardelli Square, 1:00 pm
Thurs, 3/11, POH Nutrition Class, 11:30 pm, Blue Room
Fri 3/14, Dance Party with Next Village, 1:30 - 3:00 pm, Blue Room
Wed 3/25, Solo Agers, Planning for your Future, 1:30 pm, Rm 11
Wed, 3/25, Creative Writing Course (TBD) , Rm 13
Wed, 3/26, Movement Class with SF Ballet , 1:00 pm, Blue Room

Women's History Month



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

Jan Freeman 415-775-1869