

# APRIL 2025

## Monday

## Tuesday

## Wednesday

## Thursday










## Friday

-  **9:30 AM - 12:00 PM** Chinese Painting (Room 11 or 13)  
No teacher  
中國繪畫班
-  **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 Co hosted with Next Village Room 11

-  **9:30 AM - 11:00 AM** Computer & device help with Killian (Blue Room)
-  **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 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 (Room 11)
-  **11:00 AM - 12:00 PM** Kathy Mata's Moderate Exercise 網上教學 (ZOOM)
-  **11:00 AM - 1:00 PM** Computer and device help with Chris
-  **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)
-  **1:30 PM - 3:00 PM** Creative Writing (ZOOM) 創意寫作(線上)
-  **2:00 PM - 3:30 PM** Randy's iPhone Class (Room 11) Randy老師iPhone教學
-  **2:00 PM - 3:30 PM** Ping Pong 乒乓球 with Arthur (Exercise Room)

-  **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 Students Art Class (Rm 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 paragraph text 樂隊練習(含樂器教學)/卡拉OK (樓下西翼)
-  **1:00 PM - 2:00 PM** Ballet Movement Every 4<sup>th</sup> Wednesday (Blue Room)
-  **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)
-  **2:00 PM - 3:30 PM** Computer & Device help with Brianna (Blue Room)
-  **7:00 PM - 8:00 PM** Open Topic Dialogue ZOOM 交談小組(歡迎任何話題)

-  **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)
-  **11:00 AM - 1:00 PM** Computer & device help with Chris
-  **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 (Exercise Room)
-  **12:45 PM - 1:45 PM** Bingo 2nd Thursday (Room 13) 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)

-  **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/平板電腦教學 with Jane (Computer Lab) \*Instructor out from Jan 31 until April導師由1月31日起休假至四月

**MONDAY TO FRIDAY  
9:30 AM TO 3:30 PM  
CERAMICS, GYM  
EQUIPMENT AND THE  
COMPUTER LAB**



# VOLUNTEER SPOTLIGHT 義工聚光燈:



We appreciate the wonderful volunteers at **AARP** for providing free, essential tax services for participants and the community. This annual, 2 month program is lead by volunteer leader Gerri, who meet twice a week to make sure participants complete their taxes on time.

我們衷心感謝一羣出色的AARP義工們，為各會員和社區提供免費報稅服務。這個每年維期兩月的常法規性活動，是由以Gerri為首的義工們負責營運，他們每週到訪中心兩次，以確保各會員能如期完成稅務申報。

### Staying Safe in the Digital Age

**Wed, 4/23, 9:15-10:15 Am, Blue Room**

#### 在數碼時代保持安全

4月23日，星期三，上午9:15 - 10:15

Tech session topics: 專題內容包括:

- Navigating smart Devices 智能設備的使用指南
- Frauds and Scams 防詐騙和網路攝像頭的安全問題
- Electronic transactions 電子交易的安全性
- Applications (Apps) 應用程式 (Apps) 的使用技巧
- Fun with technology 科技帶來的樂趣

**Killian Sellars**  
Computer Science  
USF

### Technology Literacy 科技資訊教授

Our volunteers can help you! 我們的義工，誠意為您服務!

Leon (English, Chinese): Mon, 10am-12pm, Computer Lab (英、中文服務): 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時，宴會廳

Randy (English only) I phone Class Tuesday 2-3:30 PM Room 11 (只限英文): 逢星期二，下午2-2:30時，11號課室

Brianna (English only) Wed 2-3:30 PM, Blue Room (只限英文): 逢星期三，下午2 - 3:30, 宴會廳

Chris (English only) Tues & Thurs 11-1 PM Blue Room (只限英文): 逢星期二，四，上午11時 - 下午1時，宴會廳

## WORK TOGETHER! CELEBRATING OUR VOLUNTEERS 義工慶典

National Volunteer Week is celebrated annually during the third week of April. This year it will be observed from **April 20 to 26**. This celebration places a spotlight on inspiring people whose incredible acts of kindness are bettering the community and our world. This significant celebration was established in 1974 and became popular through the Points of Light foundation in the 1990's. Volunteer Week the perfect opportunity to say, "Thank you!" It also challenges us to do better and look for ways to be active participants. Join us as we celebrate our volunteers all week long!

全國義工週在每年四月份的第三周舉行。今年的慶祝活動將於4月20日至26日期間進行。這個慶祝活動旨在表彰那些以無比善心與以行動改善社區，和我們世界的感人故事。這一重要慶典始於1974年，並在1990年代通過「光明點基金會」(Points of Light foundation)而廣為人知。義工週是向所有義工說「謝謝！」的絕佳時機。它也鼓勵我們做得更好，尋找更多積極參與的方式。請與我們一起，在整週的時間裡共同慶祝和感謝我們的義工們！加入我們，我們一整周都在慶祝義工的貢獻時，讓我們一同響應這份感謝之情，並且挑戰自己成為更加積極的一份子。\*

SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services  
These programs serving the community are funded by the City Francisco's Department of Disability and Aging Services.

# AQUATIC PARK

## APRIL 2025

### Spring Fling Dance Party

**Friday, 4/11, 1:30-3:00 pm, Blue Room**

Join Aquatic Park and NEXT Village and dance to tunes from the 40's ,50's, 60's and 70's. Fun snacks and drinks served. "Let's go to the Hop!"

#### 春季舞會

4月11日，星期五，下午1:30-3:00，宴會廳

齊來參與海邊中心與Next Village合辦的舞會活動，是次主題為50', 60'及70'年代的曲目，一同投入之餘，好好享受我們提供的飲品、炸物與蘋果批。

### Take Charge

**Tips for Advance Care Planning**  
Friday April 18<sup>th</sup> 1:00-3:00pm, Room 11

This workshop discusses how to talk about your wishes for care with the important people in your life. Led by Christina Irving, LCSW, Client Services Director, Family Caregiver Alliance. Co hosted with NEXT Village.

#### 立刻行動 醫療規劃的建議

4月16日，星期三，下午1至3時，11號房間

根據對您最重要的事情來獲得所需的醫療照護。本工作坊將討論如何與生命中重要的人談論您的醫療願望。由家庭照顧者聯盟客戶服務總監、臨床社會工作者克麗斯蒂娜·歐文 (Christina Irving, LCSW) 主持

### Celebrate Earth Day

**Tue, 4/22, 1:00-3:00pm, AP Garden**

On Earth Day, gardening blends environmental action and community engagement. Join us in cultivating the Aquatic Park Anchor Bed Garden. in front of exercise room. Refreshments served.

#### 慶祝地球日

4月22日，星期二，下午1時至3時，AP園地

在地球日這天，園藝不僅是環保行動，也是社區參與的表現。請一同加入打理位於運動室前的Aquatic Park Anchor Bed Garden。當天將提供小食與飲品。

### Belly Dancing

**Wed, 4/23, 1:00 pm, Blue Room**

Nicole Maria is a multi-award-winning dancer based in San Francisco Bay Area. She has been performing Arabic dance for over a decade. Enjoy the beautiful art form of Belly Dance.

#### 肚皮舞表演

4月23日，星期三，下午1:30，宴會廳

妮可·瑪麗亞 (Nicole Maria) 是一位表演阿拉伯舞蹈超過十年，基地位於舊金山灣區，擁有多個獎項的舞者。機會難逢，齊來欣賞這個美麗肚皮舞藝術吧。

### Special Events for the Month

- Fri, Book Club, 4/4, 1:00 pm, Ghirardelli Square
- Fri 4/11, Dance Party with Next Village, 1:30 - 3:00 pm, Blue Room
- Fri 4/18 Health Care Directive Workshop , 1 - 2:30 PM, Rm 11
- Tu, 4/22, Earth Day Garden Celebration, 1:00 - 3:00 pm
- Wed, 4/23, Staying Safe in the Digital Age, 9:15 -10:15 AM, Blue Room
- Wed, 4/23, Belly Dancing with Nicole Maria , Blue Room, 1:00 pm
- Wed, 4/30, Movement Class with SF Ballet, 12:15-1:15 PM, Blue Room