

MAY 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 (未有導師)
-  **10:00 AM - 12:00 PM** Computer and device Help 電腦教學 with Leon (computer lab)
-  **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

-  **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 電腦生產品支援, 由Chris主持
-  **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 (West Wing) 美式麻雀
-  **1:30 PM - 3:00 PM** Creative Writing (ZOOM) 線上創意寫作班
-  **2:00 PM - 3:30 PM** Randy's iPhone Class (Room 11) 蘋果手機教學
-  **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
-  **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) Wallenberg高中生行為藝術課 (13號課室)
-  **12:05 PM - 1:05 PM** Flowing Qigong 氣功班 with Jill (Exercise Room)
-  **12:15 PM - 1:15 PM** Ballet Movement with Cecilia (Blue Room) Every 4th Wednesday of the month 芭蕾舞動, 由Cecilia主理, 每月第四個星期三, 在宴會廳進行
-  **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)
-  **2:00 PM - 3:30 PM** Computer help with Brianna (Blue Room) 電腦生產品支援, 由Brianna主持
-  **7:00 PM - 8:00 PM** Open Topic Dialogue with John Hedges ZOOM 交談小組(歡迎任何話題)

-  **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 電腦生產品支援, 由Chris主持
-  **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, 13號活動室舉行)
-  **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)

-  **10:30 AM - 12:00 PM** Wallenberg Art Class (Room 13) 高中生行為藝術課 (13號課室)
-  **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 (Blue Room)
-  **12:45 PM - 2:30 PM** Mandarin Singing Class with Mr. Ni (Blue Room) 國語歌唱班
-  **10:00 AM - 12:00 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 (exercise room)

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

**逢星期一至五
早上9:30至下午3:30
為陶瓷室, 健身器材及
電腦室開放時段**

VOLUNTEER SPOTLIGHT 義工聚光燈: CANTONESE SINGING 粵語歌1組



We appreciate the wonderful singing from our volunteers. They practice diligently to provide beautiful harmony during community events and celebrations at Aquatic Park. Special thanks to Ms. Mei.

我們非常感謝志工們精彩的演唱。他們勤奮練習，為水域公園的社區活動與慶典帶來動人的和聲。特別鳴謝梅老師



Gardening Day Tue, 5/20, 1:00-3:00pm, AP Garden

Gardening blends environmental action and community engagement. Join us in cultivating the Aquatic Park Anchor Bed Garden in front of exercise room. We will be weeding and planting. Refreshments served.

耕種日

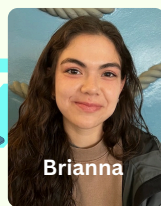
5月20日(星期二), 1-3pm, AP花園

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。



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

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

Asian American And Pacific Islander Heritage Month

Asian American and Pacific Islander Heritage Month is celebrated each May in the United States to recognize and honor the rich histories, diverse cultures, and vital contributions of Asian Americans and Pacific Islanders. This month is a time to reflect on the experiences and achievements of AAPI communities, both past and present, and to acknowledge their important role in shaping the nation's history and future. From art and science to politics and activism, AAPI individuals have played a crucial role in the American story, and this celebration encourages greater understanding, appreciation, and unity among all communities. To help bring these stories to life, we've created a display highlighting notable AAPI figures and moments – be sure to check it out on our notice board in the Blue Room.

亞裔美國人與太平洋島民傳統月 (Asian American and Pacific Islander Heritage Month) 在每年五月於美國舉行，旨在表彰亞裔美國人與太平洋島民豐富的歷史、多元的文化，以及對美國社會的重要貢獻。這是一個回顧過去與當前AAPI族群經歷與成就的時刻，並肯定他們在塑造美國歷史與未來中的重要角色。無論是在藝術、科學、政治或社會運動領域，AAPI個體都在美國發展中扮演著關鍵角色，而這個紀念月也鼓勵我們加深理解、欣賞並促進各族群之間的團結。為了讓這些故事更具體呈現，我們會在宴會廳的公告板上展示出一些傑出的亞太裔人物與重要時刻，歡迎大家前往觀賞

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.

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Senior Center



AQUATIC PARK

MAY 2025



SPRING IS IN THE AIR....so let's boogie!

Friday May 9th 1:30 - 3:00

Join Aquatic Park and NEXT Village and dance to the music of many genres.. Latin, rock n roll, Country and more.



春季舞會



5月9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，融入流行歌曲如拉丁、搖滾與鄉村等樂曲...舞動身心!

Parents Day

Thu, 5/23, 1:00-3:00pm, Blue Room

With Mother's Day in May and Father's Day in June, let's come together to honor both on a joyful Parents' Day celebration this May 23! Enjoy vibrant performances by our talented Cantonese and Mandarin Singing Groups, the graceful Chinese Dance Group, and the dynamic Intergenerational AP Band. Delicious refreshments and exciting raffle prizes await!

父母親節慶祝活動

5月23日(星期五), 下午1-3時, 宴會廳

母親節在五月，父親節在六月，讓我們在五月23日歡聚一堂，共同慶祝溫馨的雙親節！當天將有粵語與國語歌唱團、中國舞蹈團，以及充滿活力的跨代AP樂隊帶來精彩演出。還有美味茶點與刺激的抽獎活動，千萬不要錯過這場特別的慶典。

Museum Access Day

Mon, 5/12, 12:30pm, Legion of Honor

We welcome you to Free Access Day at the Legion of Honor. Wayne Thiebaud, was an American painter known for his colorful works depicting common objects. For public transit, take the 1, 18 or 38 Bus line. Meet at Museum entrance: 100 34th Ave. Sign up with Jan at (415) 775-1869.

博物館免費參觀日

5月12日(星期一), 下午12:30, 榮耀軍團博物館

誠摯歡迎您參加榮耀軍團博物館的免費參觀日活動。Wayne Thiebaud是一位美國畫家，以描繪日常物品的色彩繽紛畫作而聞名。交通資訊：可乘搭1、18或38號公車前往。博物館地址：第34大道100號。如有興趣，需要中文報名服務請在微訊向廖姑娘報名

National Senior Health Fitness Day

Wed, 5/28, 12:00-3:00 pm, Sports Basement

National Senior Fitness Day encourages everyone to get moving. Come walk with fellow participants and meet community organizations. Choose 1, 3 or 5 miles walks. This event is sponsored by NEXT Village.

全國長者健康健身日

5月28日(星期三), 上午12至下午3時, Sports Basement

全國長者健身日旨在鼓勵每位長者動起來、活躍起來。歡迎您與其他參與者一起健行，並認識各個社區組織。您可以選擇健走1、3或5英里。本活動由NEXT Village贊助。

Special Events for the Month

Fri, Book Club, 5/4, 1:00 pm, Ghirardelli Square

Fri 5/9, Dance Party with Next Village, 1:30 - 3:00 pm, Blue Room

Wed, 5/12, Museum Access Day, 12:30 PM, Legion of Honor

Wed, 5/19, Line Dancing, 1:30-2:30 PM, Blue Room

Thu, 5/23, Parents Day Celebration, 1:00-3:00pm, Blue Room

Mon, 5/26, Memorial Day, Closed for Holiday

Wed, 5/28, National Senior Health and Fitness Day, 12-3pm



9:00 AM - 3:30 PM

For Information Jan Freeman 415-775-1869