

NOVEMBER 2025

Monday

Tuesday

Wednesday

Thursday

Friday



PLEASE NOTE: During the government shutdown, classes will not be held in the Aquatic Park building. All classes listed below will either take place on Zoom or at an alternate location. Regularly scheduled classes will resume once we receive further updates. We apologize for any inconvenience and appreciate your understanding.

10–11AM Cantonese Singing with Ms. Mei (Zoom)
11 AM–1 PM Photography Group with Marie (Zoom)
11:30 AM–12:30 PM Chair Yoga with Katia (Bleachers)
12:30–1:30 PM Mat Yoga with Katia (Bleachers)
1–2:30 PM Improv Class with Louise 3rd Monday of the month (Zoom)
2–3:30 PM Women’s Group Co-hosted with Next Village (Old First Church—classes fully registered)

10–11 AM Always Active (Zoom)
10:30 AM–12:30 PM Acting & Self Expression w/ Kathy Stefano (Good Fellas Pizzeria)
11 AM–12 PM Kathy Mata’s Moderate Exercise (Zoom)
1–2 PM Ballet Movement with Cecilia (Zoom)

9:30–11:30 AM Chinese Dancing with Ms. Li (held at park)
10–11 AM Tai Chi (Intermediate)
11 AM–12 PM Tai Chi (Beginner) with Mark Siobal (Bocce Ball Court)
12:05–1:05 PM Flowing Qigong with Jill (Zoom)
1–2 PM Ballet Movement with Cecilia (Goodfellas Pizzeria)
12:30–3:15 PM AP Band/Karaoke (Zoom)
12:30–1:30 PM Support Circle 10/1 to 11/19 (Downtown, back in January)
2:15–3:45 PM Improv Class with Louise 3rd Wed. of the month (Zoom or Goodfellas Pizzeria)
1–3 PM Music Appreciation with Richard Harrell (Zoom)
7–8 PM Open Topic Dialogue with John Hedges (Zoom)

10 AM–12 PM Painting Class with Andrew, 11/6 (Heritage House)
10–11 AM Always Active (Zoom)
11:30 AM–12:30 PM Mat Yoga with Katia (Bleachers)
12:35–1:35 PM Chair Yoga with Katia (Bleachers)
12:45–3 PM Beginner’s Bridge (session full)
1–2 PM Wild Goose Qigong with Jill (Zoom)
1–2:30 PM Choir with Beth (Tel Hi Center)
2–2:30 PM Breath Meditation with Jill (Zoom)
Center is closed November 27th for Thanksgiving Holiday

11 AM–12 PM Kathy Mata’s Moderate Exercise (Zoom)
12:45–2:30 PM Mandarin Singing with Mr. Ni (Zoom)
12:45–2:45 PM Mind Body Health with Judy Hubbell (Zoom)
1–2:30 PM Book Club 1st Friday of the month (Meet in Ghirardelli Square by the fountain)

WHERE TO FIND CLASSES

Zoom Classes: Please see our weekly email blast, *San Francisco Senior Center at Aquatic Park Updates: Week of 11/03/25*, for all links and more info.

Bleachers: On the right-side of AP.
Bocce Ball Court: On the left-side of AP.
Downtown: 481 O’Farrell St, 94102
Ghirardelli Sq: Across the street from AP.

Goodfellas Pizzeria & Grill: 2237 Powell St, 94133
Heritage House: 3400 Laguna St, 94123
Tel Hi Neighborhood Center: 660 Lombard St, 94133

AP = Aquatic Park Center, facing the main entrance.

VOLUNTEER SPOTLIGHT



Project Open Hand (POH)

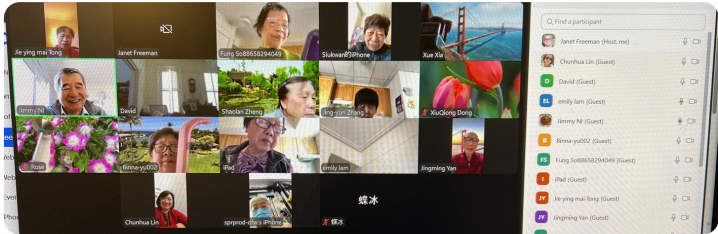
This month, we recognize the wonderful volunteers from Project Open Hand: Ling & Kevin Yee, Dennis Pash, Ben Lee, Heather Tran (see photo), and Rodger Faulkner (not pictured). For years, they have generously dedicated their time to serving the Aquatic Park community.

During the current federal government shutdown, Project Open Hand remains committed to providing nutritious lunches for participants. Although access to the senior center is limited to take-out only, POH volunteers have distributed up to 50–60 lunches a day. Their compassion truly knows no limits as they continue to serve “Meals with Love.”

MANDARIN / CANTONESE SINGING
VITURAL CLASS

Friday, 12:45–2:15 PM/Monday, 10–11 AM

Shout out to the most flexible and cohesive bunch, our Mandarin & Cantonese singing classes! You all make virtual classes feel so connected. Let’s keep the music flowing and the screens lit up! Don’t forget to mark our calendars—your regular presence is key! 🎤



COMMUNITY HEALTH

Thursdays, Downtown Center:
Morning: 9:30–10:45 AM
Afternoon: 1:15–2:30 PM

The USF Clinic is offering health screenings and dental exams, along with relaxing hand and foot massages. This program will be back at Aquatic Park in January (spring).



MORE HAPPENINGS

Friday, 11/7: Book Club,
1 PM, Ghirardelli Square

Tuesday, 11/11: Veterans
Day, Commemorative
Wall.
(In front of AP Entrance).

Tuesday, 11/19: Ballet
Movement with Cecelia
Beam Ballet, 1–2 PM, In-
person,
Goodfellas Pizzeria

Tuesday, 11/18: Workshop:
Take Better Photos on iPhone
(arranged by Randy Schröder)
12–1 PM, Apple Store Union
Square, 300 Post Street,

Thursday, 11/20: SF Library on
Wheels, 11 AM–12 PM
(In front of Maritime Museum)

Thursday, 11/20: Joint
Thanksgiving Party at
Downtown Center (Time: TBD)

Thursday 11/27:
Thanksgiving Holiday, Closed

ASSISTED LIVING INTRODUCTION

by Judith Dancer

Wed, 11/12, 10 AM–12 PM,
(Room 11 if center is reopened)

Caring for a loved one? They’ll help you find the right senior care—100% free. The communities of San Francisco & San Mateo Counties is offering a no cost service to provide families with information and guidance in finding the right senior care solutions for their loved ones.



AQUATIC PARK

November 2025



CLASSES DURING SHUTDOWN

November is the second month of the current Govt Shutdown. As a federal building, the Maritime Museum and SFSC Senior Center have been closed since October 1st. We offer zoom and in-person classes. Project Open Hand is providing take out lunches daily. (See calendar for schedule)



Chair Yoga with Katia at AP bleachers.

CHINESE DANCING (OFFSITE)

Wednesdays, 9:30–11:30 AM

Thank you Chinese Dancing Group!

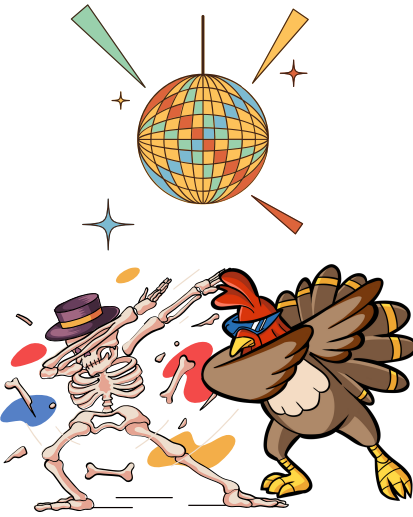
Your offsite practice and unwavering commitment to preparing for our Christmas performance does not go unnoticed. We see all of your hard work and can’t wait to see the team shine on stage!



DANCE PARTY IS BACK!

Friday, 11/14, 1:30–3 PM,
Goodfellas Pizzeria & Grill
2237 Powell St, San Francisco, CA 94133

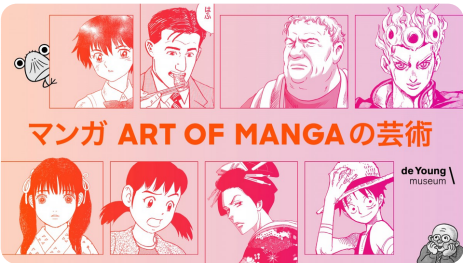
Enjoy a cornucopia of tunes, delicious pizza and refreshments. Old Halloween costumes optional. Goodfellas Pizzeria is generously sharing space during the Govt Shutdown. Conveniently located just a few blocks from the senior center. This event is hosted by NEXT Village and SFSC Aquatic Park.



“Age is an issue
of mind over matter.
If you don’t mind,
it doesn’t matter.”
– Mark Twain

A HUGE THANKS TO THE
REMARKABLE AP BAND!

In a challenging shutdown, your perseverance and unwavering commitment to your craft have been truly inspiring. The way you’ve each continued to practice your instruments—individually and on Zoom—demonstrates incredible discipline and, most importantly, a powerful sense of unity. Your collective spirit ensures that the music never stops. We are so proud of your efforts.



MUSEUM ACCESS DAY

Wed, 11/17, 12:30 PM, de Young
Manga are comics or graphic novels originating from Japan. This special collection contains hundreds of original drawings from influential Japanese artists. Meet at pond to right of museum front door, Golden Gate Park at 12:15 PM. More info 415-775-1866.

