



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU HEALTHY IN SPIRIT, MIND & BODY

Winter: Y-Adult Programs
STONESTOWN FAMILY YMCA



STONESTOWN FAMILY YMCA - ANNEX
3150 20th Avenue
San Francisco, CA 94132
T: 415-242-7135
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www.ymcasf.org/stonestown

WELCOME

Can you believe it's already the Holiday Season!? We have had such a fantastic year! And I cannot wait to see what 2012 brings to our YMCA.

Keep an eye out for new classes in the beginning of the new year to get involved in. Some new classes include a Walking Group and Computer Classes.

From our YMCA Family to you and yours, we wish you a very Happy Holidays, and a New Year filled with happiness and health.

All my best,

Danielle Elizondo

MEET OUR STAFF

Danielle Elizondo
Director of Senior and Family Programs

Dianne Lotivio
Family and Senior Programs Coordinator

Doris Lee
Reception Staff

Karen Lee
Reception Staff

Anheuser-Busch, Lunch, and Surprise Stop Tour

Date: Thursday, February 23

Depart: 9:00 AM

Return: 4:00 PM

Cost: \$65/facility member

\$78/program member

Trip Details: Take a tour of the Anheuser –Busch bottling facility in Fairfield. See how beer is made and get a sample flight to taste. We will then have lunch at Mimi's Café and head to a surprise stop. Don't miss out on this fun trip!

Casino Trips

The cost for casino trips are \$30.00 each.

River Rock

Date: Thursday, December 8

Time: 8:00 AM - 4:30 PM

\$20 slot/\$5 food

Thunder Valley

Date: Thursday, January 12

Time: 9:00 AM - 5:00 PM

\$10 slot

Twin Pines

Date: Thursday, February 16

Time: 8:00 AM - 5:00 PM

\$10 slot



Day Travel

Nob Hill and Lunch

Date: January 19
Depart: 10:00 AM
Return: 2:00 PM
Cost: \$40/facility members
\$48/program members

Trip Details: Take a tour with Marilyn Straka of Nob Hill. This will be a mostly bus tour but will include about 1-2 blocks of walking. A gourmet boxed lunch will be provided.

Petaluma Tour * 14 people only!

Date: Thursday, January 26
Depart: 8:45AM
Return: 4:30 PM
Cost: \$38/members
\$46/non-members

Trip Details: Hop on the yellow bus and head to Petaluma where we will visit the Marin French Cheese Farm, have a delicious organic lunch, and visit Mrs. Grossman's sticker factory.

Valentine's Mystery Trip

Date: Thursday, February 9
Depart: 10:00 AM
Return: 5:00 PM
Cost: \$72/facility member
\$85/program member

Trip Details-
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HOURS OF OPERATION

Monday – Friday (7:30 AM – 3:30 PM)

This does not apply to our Tai Chi, Driver Safety classes or special events.

HOLIDAYS AND CLOSURES

Thursday, November 24
Friday, November 25
Monday, December 26
Monday, January, 2
Monday, January 16

UPCOMING DATES AND EVENTS

Senior Advisory Council – Meeting Dates

Tuesday, December 6 at 9:00 AM Volunteer Breakfast
Tuesday, January 10 at 9:00 AM
Tuesday, February 14 at 9:00 AM

BIRTHDAYS AT THE ANNEX

Birthdays are celebrated on the last Tuesday of every month.

Please call Dianne Lotivio at (415) 242-7117 for details and reservations.

MEMBERSHIP

The Stonestown Family YMCA offers membership at our main facility as well as free participation in our Y-Adult Program.

For information about membership, please call (415) 242-7101.

For information about Y-Adult Programs, please call (415) 242-7135.

TRAVEL AND TOURS

Extended Travel

New Year's Eve Rose Parade

Date: December 30, 2011– January 3, 2012

Cost: \$1699/person, double occupancy
\$1999/person, single occupancy

Trip Details: 5 Days/4 Nights, RT Airfare from SFO, 4 nights at the Courtyard by Marriott, Huntington Library, Norton Simon Museum, Area Tour of Hollywood and LA, New Year's Eve Party and Dinner at hotel, Reserved Rose Parade Seating, Tailgate Party after parade, Duarte Float Barn

New Orleans

***Book by December 31, 2011 and get \$200.00 off**

Date: May 14– May 20, 2012

Cost: \$2495/person, double occupancy
\$2899/person, single occupancy

Trip Details: 7 Days, 6 nights, RT airfare from SFO, 4 nights in New Orleans, 2 nights in Lafayette, New Orleans and French Quarter Tour, New Orleans school of cooking, Harbor Cruise, Acadian Village and Swamp Tour, Avery Island, Tabasco Factory, Jungle Gardens, Nottoway Plantation Home.

South Pacific Wonders w/Optional Fiji Post Tour Extension

***Book now and get \$250.00 off!**

Date: November 5–19, 2012

Cost: \$5449/person, double occupancy
\$6749/person, single occupancy
\$5399/person/triple occupancy

Trip Details: 15 days, 20 meals. Highlights: Cairns, Great Barrier Reef, Sydney, Sydney Opera House, Mount Cook, Queenstown, Milford Sound

Active Every Day

Date: Wednesday, February 15

Time: 10:15 AM

Magali Alcalá from Scan Health will talk to you about ways you can stay active in everyday life.



Creative Aging Class

Date: 1st and 3rd Tuesday of the Month

Time: 12:30PM-2:30PM

Creative Aging is an exploration into finding new identity in retirement. It's an active search for growth and purpose, and in this class you'll discover ways to stay useful and productive. Join us and let us help you uncover your unique gifts and create a new calling in life.

Jim Hamano is the volunteer instructor for this class. If you have any Questions regarding this class, call Danielle Elizondo 415.242.7115

LUNCH SERVICE

On-Lok and 30th Street Senior Services provides lunch for individuals 60 years and older at the Stonestown Family YMCA - Annex.

Dates: Monday - Friday

Time: 11:45 AM

Sign-ups are available on a first-come, first-served basis. Sign ups begin at 9:30AM or you may sign up a day beforehand from 9:30AM-12:00PM

Suggested Donation: \$2.00

Holiday Lunch

Sign-ups starting Monday, December 28th

Wednesday, December 14th

11:00AM-2:00PM

\$6.00

Come join us for our annual holiday lunch.

Included:

Appetizers

Lunch

Special Dessert

Entertainment

Visit from a Jolly White Bearded Fellow

GAMES AND ACTIVITIES

Bingo

Date: Fridays

Time: 12:45 PM - 2:45 PM

Location: Lane Social Hall

Cost: \$5.00 (includes 4 cards and 10 games)

Bridge

Date: Tuesdays and Fridays

Time: 12:30 PM - 3:30 PM

Location: Peterson Room

Cost: Free

Film Viewing

Date: Wednesdays

Time: 12:30PM

Location: Room Varies

Cost: Free

For a list of movies for the month, please check the information board. Popcorn or other snack will be provided at no additional charge.

Taiko Drums

Date: Tuesdays

Time: 1:00 PM - 2:00 PM (Beginners)

2:00 PM - 3:00 PM (Advanced)

3:00 PM - 4:00 PM (Intermediate)

Taiko is a type of Japanese drum played with wooden sticks. Come make music with us!

Classes are full. Please stop by at 2:00pm to speak with volunteer instructor Carol Ayers about signing up for a class.



WINTER LECTURE SERIES

Lee Ellen Shoemaker

Date: Wednesday, December 7

Time: 10:15 AM

Improve your Microsoft Office Skills for Free!

Power Of Attorney

Date: Wednesday, December 14

Time: 10:15 AM

Claudia Choy will teach you about what it means to have power of attorney.

Ask!

Date: Wednesday, December 28

Time: 10:15 AM

Carolyn Welty will give you information on everything you ever wanted to ask your doctor.

Hypertension

Date: Friday, January 13

Time: 10:15 AM

Meenakshi Jain will give you tips on how to deal with hypertension

Driver Safety

Date: Wednesday, January 18

Time: 10:15 AM

Robin Meyers from Senior Care will talk about senior safe driving.

Are You Ready?

Date: Friday, January 27

Time: 10:15 AM

Presented by Aunt Ann's Home. They will talk to you about how to be ready for the unexpected.

Healthy Heart

Date: Friday, February 8

Time: 10:15 AM

Presented by Aunt Ann's Homecare. Keep your heart healthy and learn how!

COURSES BY CITY COLLEGE OF SAN FRANCISCO

All classes are free. There will be no classes on January 23, February 17, February 20, February 21, March 26-30,

Quilting

Date: January 19 - May 17

Time: 12:30 PM - 3:00 PM

Location: Peterson Room

Instructor: Caroline Lieberman

A contemporary quilt making class where you can share tips/patterns with other quilt makers.

Lip Reading

Date: Mondays, January 30 - May 14

Time: 1:00 PM - 3:00 PM

Location: Peterson Room

Instructor: Joyce Foreman

A basic lip reading and communications course for those with auditory difficulties.

Post Injury Communication

Date: Thursdays, January 19 - May 17

Time: 9:45 AM - 11:45 AM

Location: Peterson Room

Instructor: Judi Kaplin

A post-injury communications course for those who have suffered a debilitation.

Intergenerational Storytelling

Date: Thursdays, January 19-May 17

Time: 9:30 AM - 11:30 AM

Location: Pracht Room

Instructor: Beverley Bender

Students learn to create personal or fictional stories and develop storytelling skills.

Mind-Body Health

Date: Mondays, January 30 - May 14

Time: 1:30 PM - 3:30 PM

Location: Social Lane Hall

Instructors: Judith Schwartz

Students learn self-healing techniques such as meditation, guided imagery, etc.

Tai Chi

Date: Thursdays, January 19 - May 17

Time: 1:00 PM - 2:00 PM (Advanced)

2:00 PM - 3:00 PM (Intermediate)

3:00 PM - 4:00 PM (Beginner)

Location: Lane Social Hall

Instructor: Garrett Chin

Detailed instruction in the 37 postures of the ancient Chinese exercise. Tai Chi promotes relaxation, balance, coordination and good health.

SPECIALTY CLASSES

World Cultures: Art and History

Date: Tuesdays

Time: 10:30 AM - 12:00 PM

Volunteer Instructor Linda Cabellon-Dever will give you a glimpse of world cultures through art, history and architecture. There will also be discussions of current art exhibits. Lectures and speakers are followed by media presentations.

Artistic Circle

Date: Mondays and Fridays

Time: 9:00 AM - 11:45 AM

Location: Conference Room

The Artistic Circle is a self-directed group of artists sharing techniques with one another. All levels welcome.

Craft Class

Date: Thursdays

Time: 9:00 AM - 11:45 AM

Location: Conference Room

Knit friendships together during the crochet and knitting hour. All levels welcome.

Culinary Creations

No Culinary Class in December

Wednesday, January 18

Wednesday, February 15

Learn how to cook (and taste) delicious appetizers, desserts and other delectable treats! There is a nominal fee per class. \$10-\$?

Please call (415) 242-7135 for current month's cooking demonstration.

If you would like to host your own cooking demonstration, please call Danielle at (415) 242-7115. All cuisines welcome!

Flower Arrangement and Design

Date: 1st & 3rd Wednesdays of the month

Time: 10:00 AM - 12:00 PM

Cost: \$15.00 per class (2 types of arrangements)

WORKSHOPS

Overcoming Stress

Date: Friday, December 16
Time: 10:15 AM
Location: Pracht Room

Date: Friday, January 20
Time: 10:15 AM
Location: Pracht Room

Date: Friday, February 17
Time: 10:15 AM
Location: Pracht Room

AARP - Driver Safety Program

No Classes in December

Date: January 11 *Refresher Course
Registration begins on December 1.

Date: February 8 & 15
Registration begins January 3

Cost: \$12/member; \$14/non-member. **Checks only**
*Refresher course is for persons who have taken course in the last 4 years.

Register at the Annex front desk. For more information, please call 415-242-7135

HEALTH AND NUTRITION

Blood Pressure Clinic

Date: Mondays
Time: 12:15 PM
Cost: Free (blood pressure checks)

Podiatry Foot Clinic

Date: Last Monday of the month
Time: 12:15 PM
Cost: \$25 (foot examinations)

Medicare will cover patients with diabetes and poor foot circulation

Health Care Counseling

Date: Thursdays

Do you have questions about Medicare? Get answers! Please call 1 (800) 434-0222 to schedule an appointment.



GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LITE 'N' LIVELY 8:00AM - 9:00AM Ray	CARDIO BALANCE 9:05AM - 9:50AM Ray	LITE "N" LIVELY 8:00AM - 8:45AM Carol	CARDIO BALANCE 9:05AM - 9:50AM Ray	LITE 'N' LIVELY 8:15AM - 9:15AM Jeanine
TAI CHI/QIGONG 8:00AM - 10:00AM Kiyoko	CARDIO BALANCE 10:00AM - 10:50AM Ray	SIT & BE FIT 9:30AM - 10:15AM Veronica	CARDIO BALANCE 10:00AM - 10:50AM Ray	ADAPTIVE YOGA 9:30AM - 10:15AM Jeanine
SIT & BE FIT 9:30AM - 10:15AM Teresa		POST STROKE* 10:30AM - 11:30AM Jean		POST STROKE* 10:30AM - 11:30AM Mary Francis
POST STROKE* 10:30AM - 11:30AM Kathy				

Class Descriptions - These classes are available at no cost to Stonestown Family YMCA members. Non-members may purchase a 12 session card for \$30 at the Annex front desk.

- **Adaptive Yoga** - Basic yoga postures to improve overall flexibility
- **Cardio Balance** - Combination of low-impact, cardiovascular movements mixed with activities to improve balance, gait and agility
- **Lite 'n' Lively** - Combination of dance aerobics, strength training and flexibility movements
- **Sit & Be Fit** - Combination of cardiovascular, strength and flexibility training performed primarily while seated
- **Tai Chi/Qigong** - Improve strength, balance and coordination through various breathing patterns and postures
- ***Post Stroke** - Physician consent form required. Cost is \$30 for 8 sessions. Program designed specifically to help those who have suffered strokes to regain strength.

Free Classes

Traditional Cuban 'Son' Dancing

Date: Tuesdays
Time: 9:30 AM - 10:15 AM
Location: Social Hall
Instructor: Temi Betancourt

Temi is a native of Santiago de Cuba and has been dancing for 30+ years.

Laughter Fitness Class

Date: 1st, 3rd & 5th Thursdays
Time: 7:00 PM - 8:00 PM

Release your inner child and learn to laugh for no reason! When we laugh, we view our surroundings in a positive light! Please call Bev, Certified Laugh Leader, at (415) 239-0708.