



STONESTOWN FAMILY YMCA Active Adults

Holidays & Closures

Monday
September 6th
Labor Day

Thursday, Friday
November 25-26
Thanksgiving



Our Contact Information

3150 20th Avenue
San Francisco, CA
94132
415-242-7135

FALL 2010 PROGRAM SEPTEMBER– NOVEMBER

The Y: We're Committed to Youth Development,
Healthy Lifestyles and Social Responsibility

Photograph: Golden Gate Bridge in Fall

We Welcome You this Fall Season

Message from Danielle; Director of Senior and Family Programs

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

This is a very exciting year for us at the Y. With a new brand image and clear focus of our mission statement we will continue to be pioneers in the community committed to youth development, healthy lifestyles and social responsibility.

As we begin the fall season with our Annual Support Campaign, that helps subsidize our youth, camp and senior programs, we ask kindly for your donation to help us continue the important work do. Please pick up a donation envelope at the front desk and we thank you in advance for you generosity. I look forward to having a great fall with all of you.



Meet Our Staff

Director of Senior Programs

Danielle Elizondo

Program Coordinator

Kathy Orsi

Reception Staff

Doris Lee, Karen Lee

Our Open Hours

**Monday– Friday
7:30 AM– 3:30 PM***

*This does not apply to our T'ai Chi, Drivers' Safety classes, or special events.

Our Contact Information

**3150 20th Avenue
San Francisco, CA 94132**

**Front Desk 415-242-7135
Fax 415-731-1456**

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Next Senior Program Meeting

Wednesday,
November 17
1:15 PM
Lane Social Hall

Please join

Senior Advisory Council Meetings

Tuesday, September 14
9:00 AM
Tuesday, October 12
9:00 AM
Tuesday, November 9
9:00 AM

Happy Birthday to You!!!

Birthdays are celebrated on the last Tuesday of every month

Please call Kathy for details and reservations at 415-242-7117

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**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Membership

The Stonestown Family YMCA offers a variety of YMCA membership types both at our main YMCA facility and FREE participation in our active older adult program. For more information regarding YMCA membership contact our membership desk at 415-242-7101. For information on how you can enjoy the benefits of our active older adult program in the YMCA Annex, please call us at 242-7135.

FALL LECTURE SERIES
Learn. Engage. Connect.

Family Acceptance Project
Friday, September 3, 10:15 AM

Learn how to accept having a gay, lesbian, transgender friend or family member.

Improve Your Word
Wednesday, September 15, 10:15AM

Lee Ellen Shoemaker from LeShoe Tutoring will take you through Microsoft Office (Word, Excel, PowerPoint, etc.)
Come to view a slideshow and spreadsheet presentation.

Nutrition as You Age
Wednesday, September 22, 10:15 AM

Presented by Arcadia Health Care

Breaking Point
Wednesday, September 29, 10:15 AM

Presented by Home Instead. When too much stuff becomes a household hazard. Learn what to do.

Environment Energy, Efficiency Education Program
Friday, October 1, 10:15 AM

Learn how to lower energy, water and waste bills. Updated rebates that you may qualify for and low to no cost fixes for around your home. Live a greener and sustainable future.

Home Care– How to Protect Yourself
Wednesday, October 13, 10:15 AM

Presented by Arcadia Health Care

How to Promote via Websites
Wednesday, October 20, 10:15AM

Lee Ellen Shoemaker from LeShoe Tutoring will show you how to promote your business, hobby and or organization.
Creating free websites can be as easy as e-mail.

Estate Planning
Friday, October 22, 10:15 AM

Led by estate planning attorney John O'Grady.

Recognizing and Treating Depression
Wednesday, October 27, 10:15 AM

Presented by UCSF. Learn how to recognize in yourself, friend or family member the signs of depression. What should you do if you have depression or believe a loved one does?

Senior Scams– How to Fight Back
Friday, November 5, 10:15 AM

John O'Grady, attorney from the Trust and Estates Section of the State Bar of California will offer advice to seniors and their caregivers on how to guard against scams and crooked schemes that are directed to them.

Keep Your Mind Young
Wednesday, November 17, 10:15 AM

Lee Ellen Shoemaker from LeShoe Tutoring will show you how to find and use free brain exercises online.

AARP Driver Safety Program

DATES

September 8&15 Registration open

October 6&13 Registration begins

September 2nd

Nov 3

*Refresher Course:

Participants must have taken full course within the past 4 years

Registration begins October 1st

Cost: \$12 Member/\$14 Non-Member

Checks ONLY please. Made out to "AARP"

Please register at the Annex Front Desk

WORKSHOP:

OVERCOMING STRESS

" Depression & Stress"

Friday, September 17, 10:15 AM, Pracht Room

"Silencing Thoughts"

Friday, October 15, 10:15 AM, Pracht Room

"Holiday Stress"

Friday, November 19, 10:15AM, Pracht Room

Health & Nutrition

Blood Pressure Clinic

Free blood pressure checks

Mondays at 12:15 PM

Podiatry Foot Clinic

Foot examinations \$25. Medicare will cover clients with diabetes and poor foot circulation.

Last Monday of every month

At 12:15 PM

Lunch Services

On-Lok/30th Street Senior Services provides lunch for individuals 60 and over

Monday-Friday at 11:45 AM

Suggested donation: \$2.00

Sign-ups available on a first-come, first-served basis

Health Care Counseling Services

Questions about Medicare?

Wednesdays 1pm-3pm

Please call 1-800-434-0222 to schedule your appointment

**CITY
COLLEGE
OF SAN FRANCISCO**

**Fall 2010 Schedule
Free Classes to Enrich Your Mind**

*****August 16 - December 17*****

Quilting

Thursdays 12:30 PM-3:00 PM
Peterson Room

Contemporary Quilt- Making. Suitable for all skill levels. A fun class where you can share your tips and patterns with other quilt makers.

**Instructor: Caroline Lieberman
Last Class December 16**

Lip Reading

A basic lip reading, communication class for those with auditory difficulties

**Mondays
1:00 PM- 3:00 PM
Peterson Room**

Instructor: Joyce Foreman

LAST CLASS DECEMBER 13

EXERCISE AND HEALTH-ORIENTED CLASS

Tai Chi

**Thursdays, 1:00 PM-2:00 PM, Advanced, Lane Social Hall
Thursdays, 2:00 PM- 3:00 PM, Intermediate, Lane Social Hall
Thursdays, 3:00 PM- 4:00 PM, Beginners, Lane Social Hall**

Detailed instruction in the thirty-seven postures of the ancient Chinese exercise that promotes relaxation, balance, coordination and good health.

**Instructor: Garrett Chinn
Last Fall semester class December 16**

Communication

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

**Thursdays
9:45 AM- 11:45 AM
Peterson Room**

Instructor: Judi Kaplin

LAST CLASS DECEMBER 16

**EXERCISE AND HEALTH-ORIENTED CLASS
Mind-Body Health**

**Mondays, 1:30 PM- 3:30 PM, Social Lane Hall
LAST CLASS MONDAY, DECEMBER 13**

Self-healing techniques, such as meditation, breathing exercises, guided imagery, and energy healing. **Instructor: Judith Schwartz**

INTERGENERATIONAL STORYTELLING

**Thursdays, 9:30 AM- 11:30 AM, Pracht Room
LAST CLASS DECEMBER 16**

Students learn to create a personal or fictional story and to develop intergenerational storytelling skills. **Instructor: Bev Bender**

No classes: September 6, October 11, November 12, November 25&26

ARTISTIC CIRCLE

A self-directed group from beginning to more experienced artists sharing techniques with one another. All levels welcome.

Mondays, 9:00 AM-11:45 AM
Fridays, 9:00 AM-11:45 AM
Conference Room



Tuesdays

1:00PM-1:45PM (Beginners)
1:50PM-3:00PM (Advanced)

A Lot of Fun, and Great Exercise! Call to see if there are spaces available.

BINGO

Fridays, 12:45 PM– 2:45 PM

Lane Social Hall

Cost: \$5.00, includes 4 cards and 10 games.

BRIDGE

Tuesdays and Fridays

12:30 PM-3:30 PM

Peterson Room, Cost : Free

FILM VIEWING

Wednesdays, 12:30 PM, Peterson Room

Free film and popcorn. Requests are wel-

If you are interested in leading a specialized class, game, or group, please contact Danielle at 415.242.7115.

CRAFT CLASS

Thursdays, 9:00 AM-11:45 AM
Conference Room

Knit friendships together during the knitting and crochet hour. Knitters and non-knitters welcome.

CULINARY CREATIONS

\$5.00 per person

Wednesday September 15th

Wednesday October 20th

Wednesday November 10th

Learn how to cook (and taste) delicious desserts, appetizers, and/or other delectable treats.

Please call for the current month's cooking demonstration
415.242.7135

If you'd like to host your own cooking demonstration please call Danielle at 415.242.7115

All cuisines WELCOMED!

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	8:00-9:00 Lite 'N' Lively <i>Ray</i>		8:00-8:45 Cardio Balance <i>Christy</i>	8:00-9:15 TaiChi/Qigong <i>Kiyoko</i>	8:15-9:15 Lite 'N' Lively <i>Jeanine</i>
9:00	8:45-10:00 TaiChi/Qigong <i>Kiyoko</i> 9:30-10:15 Sit & Be Fit <i>Theresa</i>	9:05-9:50 Cardio Balance <i>Ray</i>	9:30-10:15 Sit & Be Fit <i>Veronica</i>	9:05-9:50 Cardio Balance <i>Ray</i>	9:30-10:15 Adaptive Yoga <i>Jeanine</i>
10:00	10:30-11:30 *Post Stroke Exercise <i>Kathy</i>		10:30-11:30 *Post Stroke Exercise <i>Jean</i>		10:30-11:30 *Post Stroke Exercise <i>Mary Francis</i>

CLASS DESCRIPTIONS

Adaptive Yoga

The class format adapts basic Yoga postures to augment the Sit & Be Fit class format improve flexibility

Cardio Balance

The class format is a combination of low impact cardiovascular movements mixed with activities to improve balance, gait, and agility

Lite 'N' Lively

The class format is a combination of dance aerobics, strength training, and flexibility movements

Tai Chi/Qigong

Learn to develop strength, balance, and coordination through breathing patterns.

Sit & Be Fit

The class is a combination of cardiovascular movements, strength training and flexibility training. The movements are primarily done sitting in a chair.
Please note: The above classes are presented by the Stonestown YMCA Health and Wellness Program. They are fee based and are open at no cost to Stonestown YMCA members. Non-members, may purchase a \$25, 12 session card which may be used for any of the above listed classes and can be purchased at the Annex front desk.

Post Stroke

Physician consent form required. Cost is \$25 for 8 classes. This is a targeted exercise programs specifically designed and modified to help those who have had a stroke regain strength.

World Cultures Art and History

**Tuesdays 10am-12pm; Modified Instructor
Scheduled to be announced week before next class.**

Volunteer Instructor Linda Cabellon-Dever will give you an introduction to world cultures, their art, history and architecture. Also includes discussions of current art exhibits. Lectures and speakers are followed by media presentations.

Traditional Cuban 'SON' Dancing

Learn the Cuban 'SON' dance by professional dancing instructor Temi Betancourt and his wife Linda Friou. Temi is a native of Santiago de Cuba and has been dancing for thirty plus years all over the world and he will be coming to us. Have fun while you learn the rhythms and style of this specific dance.

FREE CLASS!!!

Tuesdays
10:00AM-10:45AM in the Social Hall

Flower Arrangements & Design

1st and 3rd Wednesday of every month.
10:00am-12:00pm

"Let's arrange flowers!", says volunteer instructor Fumiko Takashi. Please see the flower arranging schedule posted in our Annex or call our front desk at 415-242-7135. There will be **8 weeks** of different flower arrangements and designs. There is a nominal fee to cover the cost of materials. Please call if you are interested or have further questions.

\$15.00 per class for two types of arrangements.

Laughter Fitness Class



Release your inner child and learn to laugh for no reason. When we laugh spontaneously, we view our surroundings in a positive light.

**When: Thursdays,
7:00 PM-8:00 PM**

**Where: Stonestown
Family YMCA Annex
3150 20th Avenue,
San Francisco**

For more info call Bev at
239-2708 or
bev@laughter4all.com
**Beverley Bender, Certified
Laugh Leader**

**Laughter is indeed the
best medicine**



EXTENDED TRAVEL AND TOURS**America's Music Cities****September 19– September 26 2010****8Days, 10 Meals: 7 Breakfasts & 3 Dinners****\$2099.00 per person, Double Occupancy****\$2699.00 per person, Single Occupancy**

Includes round trip from your home to airport, roundtrip air, tickets into daily activities, tips and luggage handling.

Please pick up a brochure today!

Oregon Shakespeare Festival**September 21– September 24 2010****4 Days, 3 Nights****\$799.00 per person, Double Occupancy****\$1049.00 per person, Single Occupancy**

Tour includes: Deluxe Motor coach, 3 nights at the Best Western Bard's Inn, 2 plays at the Shakespeare Festival, Crater Lake and sightseeing of Medford. 1 welcome Dinner and 3 continental breakfasts.

Please pick up a flier today!

TROPICAL COSTA RICA

November 6-14, 2010

9 Days, 14 Meals: 8 Breakfasts and 6 Dinners

\$2399.00, Double Occupancy**\$2949.00, Single Occupancy****\$2369.00, Triple Occupancy**

Includes round trip from your home to airport, roundtrip air, tickets into daily activities, tips and luggage handling.

Please pick up a brochure today!

DAY TRAVEL AND TOURS**THEATER PERFORMANCES**

Please Stop by our Sign-Up Desk to inquire about prices and time.

♪Curran Theater Presents

"DreamGirls"

Wednesday September 8, 2010

2:00 pm

\$30.00

♪ORPHEUM THEATER PRESENTS,

"West Side Story"

Wednesday November 10, 2010

2:00 pm

\$65.00

We will be purchasing tickets for these upcoming shows once they become available for group orders.

Please sign up on an interest list if you would like tickets to any of these shows.

"Billy Elliot"

"Glamorama"

"Rock of Ages"

" Next to Normal"

**CALL FOR TICKET OPTIONS. PRICES MAY VARY.
ALL PRICES**



DAY TOURS

Santa Cruz Follies

Take a ride down Highway 17 and watch this entertaining show. This year's theme is "Memories Are Made of These." We will have a hosted lunch at the Coconut Grove.

Date: Thursday September 16th

Depart: 9:30AM

Return: 5:00 PM

**Cost: \$65.00 Facility Members
\$70.00 Program Members**

LoveJoy's

Step on our yellow bus and take a short ride to Lovejoy's for a afternoon Tea and enjoy a Queen Tea presentation. After we will head to the center of Noe Valley and stop along to view the specialty stores in the area and do a little shopping as well.

Date: Thursday, September 30th

Depart: 11:30 AM

Return: 4:30 PM

Cost: \$38.00 members/ \$43.00 non member

Marilyn Straka

Come join Marilyn Straka as she guides us through the city of Oakland. Find hidden treasure along the way and learn about the shipping yard from a beautiful viewpoint many do not know about. Walking will be about 2 blocks.

Date: Thursday, October 14th

Depart: 10:00AM

Return: 3:30 PM

Cost: \$28.00 facility member/\$33.00 Program Member

Apple Hill

A tried and true favorite. We will head to High Hill Ranch and spend a day there. Take time to look at the different shops, walk around the beautiful farm, or order pies to take home. We will also be having their famous BBQ lunch with a slice of hot apple pie a la mode. You will also get a snack to eat on the way back. Don't miss this trip!

Date: Thursday, October 21st

Depart: 7:30 AM

Return: 5:30 PM

Cost: \$54.00 facility member/ \$59.00 program member

Mystery Trip

The warm fall air is leaving and we are feeling a crisp chill in the air as we head towards the winter months. Let's enjoy a nice day together as I surprise you on a day that you will talk about for a long time.

Date: Thursday, November 11th

Depart: 9:00 AM

Return: 5:00PM

Cost: \$67.00 Facility Member/ \$72.00 Program Member

Burbank House, Schultz Museum

Luther Burbank's garden is always lovely to visit and the tour of the house is very nice. After that, we will go to the Charles Schulz Museum to renew our acquaintance with Snoopy, Charlie Brown and all the gang.

Lunch Included.

Date: Wednesday, November 17

Depart: 9:30 AM

Return: 4:00PM

Cost: \$55.00 facility member/\$60.00 Program Member

CASINO TRIPS

Cache Creek

Thursday, October 7
9:00 AM- 5:00 PM

Cost: \$28.00

River Rock

Thursday, September 9
Thursday, November 4
8:00 AM- 4:30 PM

Cost: \$28.00

Thunder Valley

Thursday, October 28
8:00 AM- 5:00 PM

Cost: \$28.00

Red Hawk

Thursday, September 23
Thursday, November 18
8:00 AM- 6:00 PM

Cost \$28.00

Holiday Lunch

Wednesday December 15th

Hors D'Ouevres, Lunch and Dessert

\$5.00



During our Holiday Lunch we will be having a performance from a local high school or college choral group. There will be a craft sale in the Pracht room for any last minute holiday gifts you may need. We may even have a "special" appearance from a jolly white bearded friend.

Reservations are accepted starting Monday, November 15th. Please call our front desk at 415-242-7135. There are no refunds once signed up for this event.

Please visit us at:

3150 20th Avenue
San Francisco, CA
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FOR YOUTH DEVELOPMENT
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