

SENIORS TALK: What do you do for fun and relaxation?

Description

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The **On Lok 30th Street Senior Center** on Aug. 22, opened in 1979, when a small group of seniors asked for a room in the building to start a social club. Today, in addition to meals, health workshops, bilingual case management and aging and disability resource center, some 6,700 older adults participate in its more than 50 activities and classes, from arts and crafts to exercise and fall prevention to lifelong learning to games and a variety of events. We went there to find out what some of them did for fun and relaxation. (All photos by Colin Campbell)

Former phys-ed teacher swims



Tanako Hagiwara, 85, Richmond District

At 85, Hagiwara continues to teach classes in body dynamics after a career teaching physical education. Swimming is a favorite pastime. â??I like the competition,â?• she says of her participation on the USF Masters swim team. Most weeks, she swims three times. She reads science fiction as a way â??to think about the larger universe.â?•

Retired AT&T tech a sports fan



Irving Rivera, 70, Mission Terrace

Rivera, a former AT&T technician, loves sports. â??Ana and I watch games together. We are sports fanatics. It brings us together.â?• They watch baseball, football, and basketball. Heâ??s learned to silkscreen and makes T-shirts for friends. Online art classes were a life-saver during the pandemic. â??I donâ??t know how we would have survived without them.â?•

Ad saleswoman reads, walks, entertains



Ana Rivera, 72, Mission Terrace

Rivera worked in ad sales at the San Francisco Chronicle. Although sheâ??s a native Spanish speaker, sheâ??s working to polish her language skills by watching movies and television shows in Spanish. Exercise classes at the Senior Center are a big favorite, she frequently walks in the park with her husband, Irving, and two young grandchildren and loves to entertain friends at home. â??In quiet moments, I do a lot of reading,â?• she said.

Retired teacher loves music, painting



Esperanza Villanueva; 76, South of Market A retired teacher, Villanueva loves to listen to music and to paint and draw. She attends concerts at Davies Hall, an activity that â??wakes up my creativity.â?• Her musical tastes are eclectic; she enjoys jazz, classical, and Mariachi. When sheâ??s not listening to music or painting she loves to walk in the park. You might have noticed a mural she painted on the side of the Womenâ??s Building.

Former school secretary a Latin dancer



Maggie Lopez, 83, Excelsior District

A retired school admissions secretary, she loves to dance, especially to a Latin beat. â??Dancing. Thatâ??s what I do,â?• she said. â??I like to dance because itâ??s social and socializing is very important.â?• She also enjoys â??lots of walkingâ?• and going to the beach. â??I walk at Pacifica. Itâ??s beautiful and so peaceful,â?• she said



Some exercise classes are held in the 30th Street Senior Centerâ??s outdoor garden.

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