

Lesson spa opened the sixth anniversary? UN peace celebrate

By: Zhang Jinlin
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San Francisco Bush Street Senior Center Lok Habitat 6 years ago spa sessions to help seniors elderly reduce physical pain, but also adds a social good place for them. The course was held yesterday afternoon 6 anniversary will, with a congregation elder graduate students with the music. In celebration meeting, happiness UN Staff Course participants prepared a wonderful program, in addition to singing and dancing along with the crowd, the center also invited Indian performers drumming accompaniment, and finally can enjoy a hearty buffet lunch spa.



Lok Habitat spa water temperature is adjusted to a suitable temperature mild elderly. Reporter Zhang Jinlin photo

According to the Centre's activities Commissioner Nicholas Sager presentation, course length is 7 weeks, once a week class spa, this time a total of 61 graduate students, elders can reduce chronic pain in the body in the spa, but also allow them to have active great place to socialize, will be more on the physical and mental health. Hydrotherapy pool is located in the basement living comfortably, founder of the agency in the Chinese community through fundraising and other community organizations in more than 10 million yuan to build from. Which in addition to moderate air temperature, water temperature is suitable for the elderly warm water and massage water jets and catered for the disabled facilities.



Centre staff and elderly participants danced to celebrate the sixth anniversary of the founder of class spa. Reporter Zhang Jinlin photo

One pair of elderly Chinese couple and Mrs. Yu Yu join class spa. Mr Yu said, in addition to class spa fun, unfit for strenuous exercise participants, so that the body can relieve stress, they also get to know some new friends.

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