

SPECIAL EVENTS

• Daily: Lunch 11:30 – 12:30

• Monday

• - 12:30pm Tai Chi for Fall Prevention

• - 1:30pm Blood Pressure Monitoring Office Hours

• - 1:30pm Movie Mondays

• Tuesday

• - Computer Classes @ 12pm

• - Walking Group @ 2:00pm

• - Wednesday

• - Gardening club @ 9:30

• Thursday

• - Art Classes @ 12:00

• - Gardening club @ 1pm

• - Record playing - bring your own records to play

2/2 Senior Council Meeting

2/7 Chinese New Years Lunch

2/9 Community Meeting

2/14 Valentines Day Lunch

2/19 Black History Month Celebration

2/23 Birthday Party & Live Music

Registration for all field trips is required through the front desk (415) 586 6900.

More Information:

Monday – Friday 9–4pm

Lunes – Viernes 9–4pm

Program Coordinator – Hazel: (415) 745 2204

Para Español: Luis (415) 336-5654



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MISSION DISTRICT YMCA – Active Older Adults

EXPLORE POSSIBILITIES

Monthly Calendar – February 2024



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**






These programs serving the community are partially funded by the City of San Francisco's Department of Disability and Aging Services



Group Exercise classes, workshops & field trips for adults over 60 years old.

4080 MISSION ST, SF, CA 94112
(415) 586 6900. ymcasf.org/mission

AOA ACTIVITY CALENDAR – February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Black History Month Chinese New Year Valentines Day</p>			<p>1 10:30 Yoga 11:30 Lunch 12:00 Art Classes 1:00 Gardening Club</p>	<p>2 10:00 Zumba 11:00 Senior Council Meeting 11:30 Lunch 12:00 BINGO</p>
<p>5 10:30 Line Dance 11:30 Lunch - Storytelling 12:30 Tai Chi Fall Prevention 1:30 Movie Mondays</p>	<p>6 10:30 NIA 11:30 Lunch 12pm Computer Class 2:00 Walking Club</p>	<p>7 9:30 Gardening Club  10:30 Tai Chi Chinese New Year Celebration 11:30 Lunch - Eddie cooking 12:30 Bingo</p>	<p>8 10:30 Yoga 11:30 Lunch 12:00 Art Classes 12:00 Earthquake Preparedness in Chinese 1:00 Gardening Club</p>	<p>9 10:00 Zumba 11:00 Community Meeting 11:30 Lunch 12:00 BINGO</p>
<p>12 10:30 Line Dance 11:30 Lunch - Storytelling 12:30 Tai Chi Fall Prevention 1:30 Movie Mondays</p>	<p>13 10:30 NIA 11:30 Lunch 12pm Computer Class 2:00 Walking Club</p>	<p>14 9:30 Gardening Club  10:30 Tai Chi 11:30 Valentines Day Lunch 12:00 Bingo</p>	<p>15 10:30 Yoga 11:30 Lunch 12:00 Art Classes 1:00 Gardening Club</p>	<p>16 10:00 Zumba 11:30 Lunch 12:00 BINGO</p>
<p>19 10:30 Line Dance 11:30 Black History Month Lunch 12:00 Black History Month Movie</p> 	<p>20 10:30 NIA 11:30 Lunch 12pm Computer Class 2:00 Walking Club</p>	<p>21 9:30 Gardening Club 10:30 Tai Chi 11:30 Lunch 12pm Bingo</p>	<p>22 10:30 Yoga 11:30 Lunch 12:00 Art Classes 1:00 Gardening Club</p>	<p>23 10:00 Zumba 11:30 Lunch Birthday Party & live music  12:00 BINGO</p> 
<p>26 10:30 Line Dance 11:30 Lunch - Storytelling 12:30 BINGO</p>	<p>27 10:30 NIA 11:30 Lunch 12pm Computer Class 2:00 Walking Club</p>	<p>28 9:30 Gardening Club 10:30 Tai Chi 11:30 Lunch 12:00 Bingo</p>	<p>29 10:30 Yoga 11:30 Lunch 12:00 Art Classes 1:00 Gardening Club</p>	