

SPECIAL EVENTS

• Daily: Lunch 11:30 – 12:30

• Monday
• 12:30 – 1:30 Spanish Nutrition Education & Cooking Demonstrations

• Tuesday
• -Computer Classes @ 12pm

• -Wednesday
• -Gardening club @ 9:30
• - Walking Group @ 2:00pm

• Thursday
• - Art Classes @ 12:00
• - Gardening club @ 1pm
• - Table Tennis @ 1:30pm

Friday
- Bingo @ 12:30

7/4 CLOSED INDEPENDENCE DAY
7/5 Senior Council Meeting

7/12 Community Meeting

7/26 Birthday Party & Live Music

Brain Health Classes beginning 7/22 are for registered participants only

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

More Information:

Monday – Friday 9–4:30pm Lunes – Viernes 9–4:30pm

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 – July 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 – JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30 Line Dance 11:30 Lunch 12:30 Spanish Nutrition Education	2 10:30 NIA 11:30 Lunch 12pm Computer Class	3 9:30 Gardening Club 10:30 Tai Chi 11:30 Eddie Cooking 12:30 Bingo 2:00 Walking Club	4 CLOSED	5 10:00 Zumba 11:00 Senior Council Meeting 11:30 Lunch 12:30PM BINGO
8 10:30 Line Dance 11:30 Lunch 12:30 Healthy Home Workshop - free cleaning supplies	9 10:30 NIA 11:30 Lunch 12pm Computer Class	10 9:30 Gardening Club 10:30 Tai Chi 11:30 Lunch 12:30 Bingo 2:00 Walking Club	11 10:30 Yoga 11:30 Lunch 1:00 Gardening Club 1:30 Table Tennis 	12 10:00 Zumba 11:00 Community Meeting 11:30 Lunch 12:30 BINGO
15 10:30 Line Dance 11:30 Lunch 12:30 Spanish Nutrition Education	16 10:30 NIA 11:30 10:30 NIA 11:30 Lunch 12pm Computer Class	17 9:30 Gardening Club 10:30 Tai Chi 11:30 Lunch 12:30 Bingo 2:00 Walking Club	18 10:30 Yoga 11:30 Lunch 1:00 Gardening Club 1:30 Table Tennis 	19 10:00 Zumba 11:30 Lunch 12:30 BINGO
22 10:30 Line Dance 11:30 Lunch 12:30 Spanish Nutrition Education 2pm Brain Health class	23 10:30 NIA 11:30 Lunch 12pm Computer Class	24 9:30 Gardening Club 10:30 Tai Chi 11:30 Lunch 12:30 Bingo 2:00 Walking Club	25 9:30 BRAINHQ Support 10:30 Yoga 11:30 Lunch 12:00 Art Classes 1:00 Gardening Club 1:30 Table Tennis  	26 9:30 BRAINHQ Support 10:00 Zumba 11:30 Birthday Party & Live Music 12:30 BINGO 
29 9:30 BRAINHQ Support 10:30 Line Dance 11:30 Lunch 12:30 Spanish Nutrition Education 2pm Brain Health class	30 10:30 NIA 11:30 Lunch 12pm Computer Class	31 9:30 Gardening Club 10:30 Tai Chi 11:30 Lunch 12:30 Bingo 2:00 Walking Club		