



REGISTRATION

To register for upcoming trips or events, stop by the Richmond District YMCA front desk and one of our friendly membership staff will be able to assist you.

MEMBERSHIP

To participate in programs at the Y, a membership is required. We offer a Community Participant Membership free of charge which gives you the ability to enroll in programs and trips. We also offer an affordable Active Older Adult Facility Membership which includes access to fitness facilities at all YMCAs nationwide and gives you special rates for programs and trips. Stop by the front desk to get your membership set up today! We believe that cost should not be a barrier which is why we offer financial assistance to the extent possible for membership and programs.

CONTACT



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Active Adult Engagement Coordinator
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Tony was born and raised in the Richmond District and his journey brought him to the Richmond District Y. He strives to insure that people have a great experience at the Y and encourages them to meet their goals.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Richmond District YMCA

ACTIVE OLDER ADULTS

MONTHLY ACTIVITY CALENDAR - May 2024

EXPLORE THE POSSIBILITIES

For more info, please contact
P 415 - 666 - 9622

RICHMOND DISTRICT YMCA
360 18th Ave,
San Francisco, CA 94121

RDYMCA
 RichmondDistrictYMCA
 ymcasf.org/richmond



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

AOA ACTIVITY CALENDAR – May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sit & Be Fit 10:00 am – 11:00 am Flower Arranging 12:30 pm -1:30 pm Walking Group Canceled	2 Mindful Meditation (Y) 10:30 am – 11:30 am Boomercize (Studio 1) 1:00 pm – 2:00 pm	3 Coffee Meet Up 8:00am – 9:00am Music Workshop 11:30 am – 1:00 pm Tai Chi Studio (1) 1:15 pm – 2:15 pm Bridge 1:30 pm – 4:30 pm
6 Zumba Gold 9:00 am – 10:00 am Sit & Be Fit 10:00 am – 11:00 am Knitting 11:15 am – 12:45 pm	7 *Community Chat 9:30 am-10:30 am (RDY) Chair Yoga / Studio 1 10:30 am –11:45 am Senior Strength/Studio 1 12:00 pm –1:00 pm	8 Sit & Be Fit 10:00 am – 11:00 am Flower Arranging 12:30 pm -1:30 pm Walking Group 1:30 pm – 3:30 pm	9 Mindful Meditation (Y) 10:30 am – 11:30 am Boomercize (Studio 1) 1:00 pm – 2:00 pm	10 Social Canceled Tai Chi Studio (1) *1:15 pm – 2:15 pm Bridge 1:30 pm – 4:30 pm
13 Zumba Gold 9:00 am – 10:00 am Sit & Be Fit 10:00 am – 11:00 am Knitting 11:15 am – 12:45 pm Mahjong 1:00 pm – 4:00 pm	14 Chair Yoga / Studio 1 10:30 am –11:45 am Senior Strength/Studio 1 12:00 pm –1:00 pm	15 Sit & Be Fit 10:00 am – 11:00 am Flower Arranging 12:30 pm -1:30 pm Walking Group 1:30 pm –3:30 pm	16 Mindful Meditation (Y) 10:30 am – 11:30 am Boomercize (Studio 1) 1:00 pm – 2:00 pm	17 Coffee Meet Up 8:00 am – 9:00 am *Mothers Day Luncheon RSVP Friday May 3rd 8:00am 11:30 am – 1:00 pm Tai Chi Studio (1) 1:15 pm – 2:15 pm Bridge 1:30pm – 4:30pm
20 Zumba Gold 9:00 am – 10:00 am Sit & Be Fit 10:00 am – 11:00 am Knitting 11:15 am – 12:45 pm	21 *Community Chat 9:30 am-10:30 am (RDY) Chair Yoga / Studio 1 10:30 am –11:45 am Senior Strength/Studio 1 12:00 pm –1:00 pm	22 Sit & Be Fit 10:00 am – 11:00 am Flower Arranging 12:30 pm -1:30 pm Walking Group 1:30 pm –3:30 pm	23 Mindful Meditation (Y) 10:30 am – 11:30 am Boomercize (Studio 1) 1:00 pm – 2:00 pm	24 Birthday & Bingo 11:30 am – 1:00 pm Tai Chi Studio (1) 1:15 pm – 2:15 pm Bridge 1:30 pm – 4:30 pm
27 Zumba Gold 9:00 am – 10:00 am Sit & Be Fit 10:00 am – 11:00 am Knitting 11:15 am – 12:45 pm Mahjong: Canceled	28 Chair Yoga / Studio 1 10:30 am –11:45 am Senior Strength/Studio 1 12:00 pm –1:00 pm	29 Sit & Be Fit 10:00 am – 11:00 am Flower Arranging 12:30 pm -1:30 pm Walking Group 1:30 pm –3:30 pm	30 Mindful Meditation (Y) 10:30 am – 11:30 am Boomercize (Studio 1) 1:00 pm – 2:00 pm	31 Social Canceled Tai Chi Studio (1) 1:15 pm – 2:15 pm Bridge 1:30 pm – 4:30 pm