



## 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



**TONY ORTIZ**  
Active Adult Engagement Coordinator  
P 415 666 9614 • E [aortiz@ymcasf.org](mailto:aortiz@ymcasf.org)

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 - April 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](http://ymcasf.org/richmond)



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services

# AOA ACTIVITY CALENDAR – April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>Zumba Gold</b> 9:00 am – 10:00 am</p> <p><b>Sit &amp; Be Fit</b> 10:00 am – 11:00 am</p> <p><b>Knitting</b> 11:15 am – 12:45 pm</p>	<p>2</p> <p><b>Chair Yoga / Studio 1</b> 10:30 am – 11:45 am</p> <p><b>Senior Strength/Studio 1</b> 12:00 pm – 1:00 pm</p>	<p>3</p> <p><b>Sit &amp; Be Fit</b> 10:00 am – 11:00 am</p> <p><b>Flower Arranging</b> 12:30 pm – 1:30 pm</p> <p><b>Walking Group</b> 1:30 pm – 3:30 pm</p>	<p>4</p> <p><b>*Mindful Meditation (Y)</b> <b>Canceled</b></p> <p><b>Boomercize (Studio 1)</b> 1:00 pm – 2:00 pm</p>	<p>5</p> <p><b>***Coffee Meet Up – Social Canceled</b> 8:00 am – 9:00 am</p> <p><b>Tai Chi Studio (1)</b> *1:15 pm – 2:15 pm</p> <p><b>Bridge</b> 1:30 pm – 4:30 pm</p>
<p>8</p> <p><b>Zumba Gold</b> 9:00 am – 10:00 am</p> <p><b>Sit &amp; Be Fit</b> 10:00 am – 11:00 am</p> <p><b>Knitting</b> 11:15 am – 12:45 pm</p> <p><b>Mahjong</b> 1:00 pm – 4:00 pm</p>	<p>9</p> <p><b>*Community Chat</b> 9:30 am–10:30 am (RDY)</p> <p><b>Chair Yoga / Studio 1</b> 10:30 am – 11:45 am</p> <p><b>Senior Strength/Studio 1</b> 12:00 pm – 1:00 pm</p>	<p>10</p> <p><b>Sit &amp; Be Fit</b> 10:00 am – 11:00 am</p> <p><b>Flower Arranging</b> 12:30 pm – 1:30 pm</p> <p><b>Walking Group</b> 1:30 pm – 3:30 pm</p>	<p>11</p> <p><b>*Mindful Meditation (Y)</b> 10:30 am – 11:30 am</p> <p><b>Boomercize (Studio 1)</b> 1:00 pm – 2:00 pm</p>	<p>12</p> <p><b>Social Canceled</b></p> <p><b>Tai Chi Studio (1)</b> *1:15 pm – 2:15 pm</p> <p><b>Bridge</b> 1:30 pm – 4:30 pm</p>
<p>15</p> <p><b>Zumba Gold</b> 9:00 am – 10:00 am</p> <p><b>Sit &amp; Be Fit</b> 10:00 am – 11:00 am</p> <p><b>Knitting</b> 11:15 am – 12:45 pm</p>	<p>16</p> <p><b>Chair Yoga / Studio 1</b> 10:30 am – 11:45 am</p> <p><b>Senior Strength/Studio 1</b> 12:00 pm – 1:00 pm</p>	<p>17</p> <p><b>Sit &amp; Be Fit</b> 10:00 am – 11:00 am</p> <p><b>Flower Arranging</b> 12:30 pm – 1:30 pm</p> <p><b>Walking Group</b> 1:30 pm – 3:30 pm</p>	<p>18</p> <p><b>*Mindful Meditation (Y)</b> 10:30 am – 11:30 am</p> <p><b>Boomercize (Studio 1)</b> 1:00 pm – 2:00 pm</p>	<p>19</p> <p><b>***Coffee Meet Up</b> 8:00 am – 9:00 am</p> <p><b>*Cardiovascular Workshop</b> <b>RSVP starting April 1st</b> 11:30 am – 1:00 pm</p> <p><b>Tai Chi Studio (1)</b> *1:15 pm – 2:15 pm</p> <p><b>Bridge</b> 1:30pm – 4:30pm</p>
<p>22</p> <p><b>Zumba Gold</b> 9:00 am – 10:00 am</p> <p><b>Sit &amp; Be Fit</b> 10:00 am – 11:00 am</p> <p><b>Knitting</b> 11:15 am – 12:45 pm</p> <p><b>Mahjong</b> 1:00 pm – 4:00 pm</p>	<p>23</p> <p><b>*Community Chat</b> 9:30 am–10:30 am (RDY)</p> <p><b>Chair Yoga / Studio 1</b> 10:30 am – 11:45 am</p> <p><b>Senior Strength/Studio 1</b> 12:00 pm – 1:00 pm</p>	<p>24</p> <p><b>Sit &amp; Be Fit</b> 10:00 am – 11:00 am</p> <p><b>Flower Arranging</b> 12:30 pm – 1:30 pm</p> <p><b>Walking Group</b> 1:30 pm – 3:30 pm</p>	<p>25</p> <p><b>*Mindful Meditation (Y)</b> 10:30 am – 11:30 am</p> <p><b>Boomercize (Studio 1)</b> 1:00 pm – 2:00 pm</p>	<p>26</p> <p><b>Birthday &amp; Bingo</b> 11:30 am – 1:00 pm</p> <p><b>Tai Chi Studio (1)</b> *1:15 pm – 2:15 pm</p> <p><b>Bridge</b> 1:30 pm – 4:30 pm</p>
<p>29</p> <p><b>Zumba Gold</b> 9:00 am – 10:00 am</p> <p><b>Sit &amp; Be Fit</b> 10:00 am – 11:00 am</p> <p><b>Knitting</b> 11:15 am – 12:45 pm</p>	<p>30</p> <p><b>Chair Yoga / Studio 1</b> 10:30 am – 11:45 am</p> <p><b>Senior Strength/Studio 1</b> 12:00 pm – 1:00 pm</p>			