



## SPECIAL EVENTS

- Computer Classes - Every Monday @ 2pm
- Tuesdays - Bridge @ 11:45am
- 4/4, 4/11, 4/18 Diabetes Education
- Thursday Art Classes @ 12:00
- 4/7 Senior Council Meeting
- 4/11 SPCA Animal Visit
- 4/12 & 4/26 Computer Classes
- 4/13 Record shopping & listening
- 4/14 Community Meeting
- 4/19 Alzheimers Association
- 4/20 CYC Public Safety Workshop
- 4/25 & 4/27 Gardening Club
- 4/27 Health Screening
- 4/28 Birthday Party & Live Music

## \*\*NEW OPENING HOURS\*\*

Join us for extended hours 9am - 4:30pm Monday - Friday.  
Bingo, Board Games, Music, Movies, Arts & Crafts and great company!

## CONTACT & REGISTRATION



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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



MISSION DISTRICT YMCA - ACTIVE OLDER ADULTS

## EXPLORE THE POSSIBILITIES

MONTHLY ACTIVITY CALENDAR - April 2023



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services

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

# AOA ACTIVITY CALENDAR - April 2023

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SAT

## SUN

3 10:30 Line Dance  
11:30 Lunch  
12:00 BINGO  
2:00 Computer  
Classes



4 10:30 NIA  
11:30 Lunch  
11:45 Walking Club  
- Bridge  
1pm Diabetes  
Education



5 10:30 Tai Chi  
12:00 BINGO  
2pm Open Social  
Hall

6 10:30 Yoga  
11:45 Art Classes



7 10:00 Zumba  
11:00 Senior Council  
Meeting  
12:00 BINGO

8  
9  
Easter  
Sunday

10 Dolores Huerta Day  
10:30 Line Dance  
11:30 Lunch  
12:00 BINGO  
2:00 Computer  
Classes



11 10:30 NIA  
11:30 Lunch  
11:45  
- Bridge  
-Walking Club  
SPCA Animal visit  
1pm Diabetes



12 10:30 Tai Chi  
11:30 Lunch  
12:00 BINGO  
1pm Computer  
Classes



13 9:30 Record  
shopping trip  
10:30 Yoga  
11:30 Lunch  
12:00 Art Classes  
1:00 Record Playing



14 10:00 Zumba  
11:00 Community  
Meeting  
11:30 Lunch  
12:00 Bingo  
2:00 Karaoke

17 10:30 Line Dance  
11:30 Lunch  
12:00 BINGO  
2:00 Computer  
Classes



18 10:30 NIA  
11:30 Lunch  
11:45  
- Bridge  
-Walking Club  
1pm Diabetes  
Education



19 10:30 Tai Chi  
11:30 Lunch  
12:00 Alzheimers  
Association  
1:30 BINGO



20 Last Day of Ramadan  
10:30 Yoga  
11:30 Lunch  
12:00 Art Classes  
1:00 CYC Public  
Safety Workshop

21 10:00 Zumba  
11:30 Lunch  
12:00 BINGO  
2pm Arts & Crafts

24 10:30 Line Dance  
11:30 Lunch  
12:00 BINGO  
2:00 Computer  
Classes



25 10:30 NIA  
11:30 Lunch  
11:45 Walking Club  
-Bridge  
1pm Gardening Club



26 10:30 Tai Chi  
11:30 Lunch  
12:00 BINGO  
1pm Computer  
Classes



27 10:30 Yoga  
11:30 Lunch  
12:00 Art Classes  
11:45 Health  
Screening  
1pm Gardening Club



28 10:00 Zumba  
11:30 Lunch  
Birthday Party &  
Live Music  
12:30 BINGO  
2:30

