

SPECIAL EVENTS

• Daily: Lunch 11:30 – 12:30

• Monday

- - 11:45am Storytelling
- - 12:30pm Fall Prevention
- - 1:30pm Movie Mondays

• Tuesday

- - Computer Classes @ 12pm
- - Walking Group @ 2:00pm

• - Wednesday

- - Gardening club @ 9:30
- - Bridge with PlanetBridge @ 2pm

• Thursday

- - Art Classes @ 12:00
- - Gardening club @ 1pm
- - Record playing - bring your own records to play

• Friday

- - 2pm Bocce - learn a new sport, meet new people

10/6 Senior Council Meeting
10/13 Community Meeting
10/13 American Heart Association

• 10/17 SFPCA Animal Visit

• 10/18 Alzheimers Association

• 10/19 Health Screening

• 10/27 Birthday Party & Live Music - Appalachian string band, Skillet Licorice

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 - October 2023



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 – October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30 Line Dance 11:30 Lunch - Storytelling 12:30 Tai Chi for Fall Prevention 1:30 Movie Mondays	3 10:30 NIA 11:30 Lunch 12pm Computer Class 2:00 Walking Club	4 9:30 Gardening Club 10:30 Tai Chi 11:30 Lunch - Eddie Cooking 12:00 Bingo 2:00 Bridge with PlanetBridge	5 10:30 Yoga 11:30 Lunch 12:00 Art Classes 1:00 Record playing 1:00 Gardening Club	6 10:00 Zumba 11:00 Senior Council Meeting 11:30 Lunch 12:00 BINGO 2:00 Bocce
9 10:30 Line Dance 11:30 Lunch - Storytelling 12:30 Tai Chi for Fall Prevention 1:30 Movie Mondays	10 10:30 NIA 11:30 Lunch 12pm Computer Class 2:00 Walking Club	11 9:30 Gardening Club 10:30 Tai Chi 11:30 Lunch 12:00 Bingo 2:00 Bridge with PlanetBridge	12 10:30 Yoga 11:30 Lunch 12:00 Art Classes 1:00 Record playing 1:00 Gardening Club	13 10:00 Zumba 11:00 Community Meeting 11:30 Lunch 12:00 American Heart Association 2:00 Bocce
16 10:30 Line Dance 11:30 Lunch - Storytelling 12:30 Tai Chi for Fall Prevention 1:30 Movie Mondays	17 10:30 NIA 11:30 Lunch 12pm Computer Class 2:00 Walking Club	18 9:30 Gardening Club 10:30 Tai Chi 11:30 Lunch 12:00 Bingo 2:00 Bridge with PlanetBridge	19 10:30 Yoga 11:30 Lunch 11:45 Health Screening 12:00 Art Classes 1:00 Record playing	20 10:00 Zumba 11:30 lunch 12:00 BINGO 2:00 Bocce
23 10:30 Line Dance 11:30 Lunch - Storytelling 12:30 Tai Chi for Fall Prevention 1:30 Movie Mondays	24 10:30 NIA 11:30 Lunch 12pm Computer Class 2:00 Walking Club	25 9:30 Gardening Club 10:30 Tai Chi 11:30 Lunch 12:00 Bingo 2:00 Bridge with PlanetBridge	26 10:30 Yoga 11:30 Lunch 12:00 Art Classes 1:00 Record playing 1:00 Gardening Club	27 10:00 Zumba 11:30 Lunch Birthday Party & live music 12:00 BINGO 2:00 Bocce
30 10:30 Line Dance 11:30 Lunch - Storytelling 12:30 Tai Chi for Fall Prevention 1:30 Movie Mondays	31 **EARLY START 10:15 NIA 11:15 Costume Parade - fancy dress 11:30 Lunch 12pm Computer Class 2:00 Walking Club			