

Chinatown YMCA AOA Calendar – September 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Annual Facility Closure	2 Annual Facility Closure	3 Annual Facility Closure Stress Buster(Cantoness, Zoom) 1:30-2pm Chinatown Night Out(Portsmouth Square) 4-7pm	4 Annual Facility Closure	5 Annual Facility Closure Stonestown YMCA Trip 12 – 5pm
7 Annual Facility Closure	8 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	9 Ping Pong 10-12pm	10 Tai Chi 9:05-10am Ping Pong 10-12pm Orientation 11-12pm Stress Buster(Cantonese, Zoom) 1:30-2pm	11 Ping Pong 10-12pm Photo Editing Workshop 10am-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	12 Ping Pong 10-12pm Cooking Together 10-1pm Chair Exercise 1:40-2:35pm Tech Support 2-3pm
14 Tai Chi 9:05-9:55am Qi Gong 10:05-10:55am	15 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	16 Ping Pong 10-12pm Social Time 10-12pm Zero Waste Workshop 1-2pm	17 Tai Chi 9:05-10am Ping Pong 10-12pm Health Care Workshop #1 9:45-10:30am Health Care Workshop #2 10:45-11:30am	18 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Stress Buster(English,Zoom) 1-1:30pm Senior Yoga 2:05-3pm	19 Ping Pong 10-12pm Cooking Together(Birthday) 10-1pm Tech Support 1-3pm Chair Exercise 1:40-2:35pm
21 Tai Chi 9:05-9:55am Qi Gong 10:05-10:55am	22 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	23 Ping Pong 10-12pm Nature Club A 1-2pm	24 Tai Chi 9:05-10am Ping Pong 10-12pm Stress Buster(English, Zoom) 10-10:30am Senior Leadership Meeting 10 -11am Art & Craft 11:30am - 1pm Stress Buster(Cantoness, Zoom) 1:30pm	25 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	26 Ping Pong 10-12pm Cooking Together 10-1pm Tech Support 1-3pm Chair Exercise 1:40-2:35pm
28 Tai Chi 9:05-9:55am Qi Gong 10:05-10:55am	29 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	30 Ping Pong 10-12pm Bingo 10-11am Nature Club B 1-2pm	Sponsors:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	For more information, please contact Peiying Guan at 415-748-3569 or Jason Huang at 415-652-7995.	★ Blue: Registration Required!

華埠青年會共同年長計劃月曆 – 九月 2025



週日	週一	週二	週三	週四	週五
	1 年度設施關閉	2 年度設施關閉	3 年度設施關閉 減壓班(粵語, Zoom) 1:30-2pm 華埠安全之夜(花園角) 4-7pm	4 年度設施關閉	5 年度設施關閉 石頭城 YWCA 外遊 12-5pm
7 年度設施關閉	8 乒乓球 10-12pm 水上尊巴 11:10-11:55am	9 乒乓球 10-12pm	10 太極 9:05-10am 乒乓球 10-12pm 新人介紹會 11-12pm 減壓班(粵語, Zoom) 1:30-2pm	11 乒乓球 10-12pm 圖片編輯講座 10am-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	12 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm 科技協助 2-3pm
14 太極 9:05-9:55am 氣功 10:05-10:55am	15 乒乓球 10-12pm 水上尊巴 11:10-11:55am	16 乒乓球 10-12pm 悠閒時光 10-12pm 環保講座 1-2pm	17 太極 9:05-10am 乒乓球 10-12pm 醫療講座第一組 9:45-10:30am 醫療講座第二組 10:45-11:30am	18 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 減壓班(英語, Zoom) 1-1:30pm 長者瑜伽 2:05-3pm	19 乒乓球 10-12pm 近廚得食(生日會) 10-1pm 科技協助 1-3pm 椅子運動 1:40-2:35pm
21 太極 9:05-9:55am 氣功 10:05-10:55am	22 乒乓球 10-12pm 水上尊巴 11:10-11:55am	23 乒乓球 10-12pm 園藝俱樂部 A 1-2pm	24 太極 9:05-10am 乒乓球 10-12pm 減壓班(英語, Zoom) 10-10:30am 長者領導會 10-11am 手工班 11:30am - 1pm 減壓班(粵語, Zoom) 1:30pm	25 乒乓球 10-12pm 賓果遊戲 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	26 乒乓球 10-12pm 近廚得食 10-1pm 科技協助 1-3pm 椅子運動 1:40-2:35pm
28 太極 9:05-9:55am 氣功 10:05-10:55am	29 乒乓球 10-12pm 水上尊巴 11:10-11:55am	30 乒乓球 10-12pm 賓果遊戲 10-11am 園藝俱樂部 B 1-2pm	贊助方:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	如有任何問題, 請致電 415-748-3569 (Peiying 关) 或者 415-652-7995 (Jason)	★藍色活動 需要報名!