



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

SEPTEMBER 2025

YMCA Community Services Activity Calendar @ Parkmerced

Active Older Adult Programs

GROUP EXERCISE CLASSES

Balance, Strength and Posture

Mondays 11:30am-12:30pm

Instructor: Ray Hanvey

Exercises to support your core and help with posture and balance.

No Class Monday, September 1st

Strength and Basic Core

Tuesdays 10:00am-11:00am

Instructor: Ray Hanvey

A fun filled workout. Warm up with a short cardio and then you will engage in exercises that will help support your core.

Tai Chi

Thursdays 10:00am-11:00am

Instructor: Judy Gerber

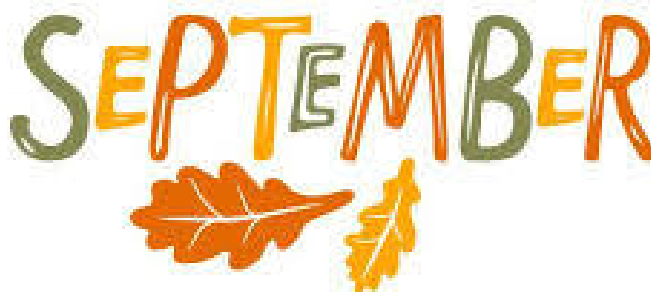
Meditation that improves balance, flexibility and cardiovascular function.

Mindful Movement

Fridays 10:00am-11:00am

Instructor: Denise Fladager

A variety class featuring low impact movement, dance, toning and stretch exercises.



CONTACT INFO

Danielle Fuentes

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SOCIAL PROGRAMS

Watercolor Class

Mondays 1:30pm-3:30pm

Instructor: Sergio Giovine from Art with Elders

This isn't fine art, it's fun art! This class is a pre-registered class and is currently full. Please call or email Danielle Fuentes at 415-242-7115/ dfuentes@ymcasf.org to be placed on waitlist.

No Class Monday, September 1st

Mahjongg (American Style)

Tuesdays 12:00pm-2:30pm

Instructor: Mary French; will teach beginners on the 1st and 2nd week of month

Mahjongg is a tile-based game which originated from China during the Qing dynasty. It's a game of skill strategy, calculation and a degree of chance.

Let's Get Together

Tuesdays 3:00pm-4:30pm

- Tuesday, September 2nd: Wheel of Fortune! A fun group game where you spin a wheel and solve word puzzles.

Let's Get Together Cont...

- Tuesday, September 9th: S'mores and Stories. Fall just calls for campfire stories and s'mores. So let's share some stories together.
- Tuesday, September 16th: Name Brand vs Generic. Can you guess using your senses?
- Tuesday, September 23rd: Murder Mystery Game: Can we hunt and put away the killer?
- Tuesday, September 30th: September Birthday and Bingo Celebration with Birthday Dessert

Movie Mania

Thursdays 1:00pm-end of movie

- Thursday, September 4th: "Snow White" Rated PG 1 hr 54mins
- Thursday, September 11th: "The Birdcage" Rated R 1hr 56mins Starring Robin Williams
- Thursday, September 18th: "A Deadly American Murder" Rated TV MA 1hr 42mins TRUE STORY
- Thursday, September 25th: "Meet The Parents" Pg-13 1hr 47mins Starring Ben Stiller

Bridge

Fridays 12:30pm-2:30pm

Open to All! Bridge is a trick-taking card game for 4 players and involves bidding, playing cards and scoring.

Apple Pancakes

Ingredients:

1 1/4 cup All Purpose Flour
1 Tbsp White Sugar
1 1/4 Tsp Baking Powder
1/4 Tsp Cinnamon
1 cup Buttermilk or Milk
1/4 Cup Butter, Melted
1 Large Egg
1 Cup Shredded Apple (Granny Smith)

Directions:

1. Sift flour, sugar, baking powder and cinnamon in large bowl.
2. Make a well in center and add milk, melted butter and egg. Mix until combined. Stir in grated apple into batter.
3. Heat a lightly oiled pan over medium heat. Scoop 1/4 cup of batter for each pancake. Cook until bubbles form and the edges are dry. Flip and cook until brown on other side.
4. Serve with apple pie filling and whipped cream OR melted butter and maple syrup.

