


# EVENTS & REGISTRATIONS

 **REGISTRATIONS** can be made at the  
**Annex Front Desk or calling**  
**(415)242-7135 unless labeled otherwise.**

**Wednesday, Sept. 3rd • 9:00a.m.–3:30p.m.**  
**TRIP: Computer History Museum & Google Visitor Experience**

Learn about the history of computers, the evolution of technology, and then take a relaxing stroll around the Google Visitor Experience in Mountain View, CA. Lunch and additional information available on a separate flier.

**Monday, Sept. 8th • 11:00a.m.–1:00p.m.**  
**CHRC Health Screening (20 spots)**

Through a partnership with the Community Health Resource Center (CHRC), we offer free health screenings testing glucose, cholesterol, and blood pressure levels. No registration required.

- Available through a walk in basis

**Tuesday, Sept. 9th • 11:00a.m.–12:00p.m.**  
**DL Workshop: Social Media (20 spots)**

Learn the basics of Social Media, platforms and purposes, online safety, and social media etiquette.

- Registration open now

**Tuesday, Sept. 9th • 12:00p.m. – 1:00p.m.**  
**DL: Tech Support Workshop**

Have any questions about technology? Visit Peterson Room after DL's workshop for tech support and additional workshop assistance.

- No registration required

**Monday, Sept. 15th • 11:00a.m.–12:00p.m.**  
**Mingle Monday! Paint Wooden Maraca's**

Start off Hispanic Heritage month by painting wooden Maraca's! Maraca's are used for Hispanic and Latin American music and culture to create a percussive sound.

- Registration opens: Mon, Sept. 2 (12:00pm)

**Tuesday, Sept. 23rd • 1:30p.m.–3:00p.m.**  
**Walking Club – Lake Merced**

Take a relaxing stroll to the North Lake Bridge at Lake Merced – the perfect destination for bird watching, photographing, and enjoying the scenery. Pedometers available to count your steps. All walking levels welcome.

- Registration: Fri, Sept 5th (11:00a.m.)

**Wednesday, Sept. 24th • 11:00a.m.–12:00p.m.**

**Food Demo w/ Danielle: Tiramisu (12 spots)**

Learn all about making Tiramisu, a classic Italian dessert consisting of layers of coffee-soaked ladyfingers and a creamy mascarpone filling, dusted with cocoa powder.

- Registration Opens: Thur, Sept. 11th (11:00am)

**Monday, Sept. 29th • 10:00a.m. – 12:00p.m.**

**Mingle Monday! Coffee Making & Painting (12 Spots)**

Happy National Coffee Day! Whisk together your own cup of Dalgona Coffee, also known as Korean Whipped Coffee, and PAINT with coffee. With additional time, we may make Greek Frappe – an iced whipped coffee drink.

- Registration Opens: Mon, Sept. 15th (12:00pm)

 **Cinema Club (WED. AT 12:30P.M.)**

Cinema Club will be featuring films from Amazon Prime Video and Netflix. Grab a movie snack and join our watch party every Wednesday in Peterson Room!

**Sept 3rd • His Only Son [Drama/Faith]**

Length: 1hr 41m

2023 Torch Award for Film

Abraham is commanded by God to sacrifice his son, and finds his faith tested during the three-day journey to the mountain of Moriah

**Sept. 10th • Greatest showman [Art/Musical]**

Length: 1hr 44m

GOLDEN GLOBE WINNER

Hugh Jackman stars in this bold and original musical – inspired by the ambition and imagination of P.T. Barnum – celebrating the birth of show business and dreams coming to life.

**Sept. 17th • Rocky [Sports/Drama]**

Length: 1hr 54m

BAFTA FILM AWARDS® 5X nominee

Rocky Balboa (Sylvester Stallone), a small-time boxer from working-class Philadelphia, is arbitrarily chosen to take on the reigning world heavyweight champion, Apollo Creed (Carl Weathers), when the undefeated fighter's scheduled opponent is injured.

**Sept. 24th • Daughters [Documentary/Heartfelt]**

Length: 1hr 48m

BAFTA FILM AWARDS®

This Sundance prize winning documentary about a group of girls reuniting with their dads behind bars is an "admirable, ennobling, picture," says Vulture



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FOR SOCIAL RESPONSIBILITY



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services



08.12.25 Playing Pool at Round 1 Arcade

## ANNEX AT HAND September 2025

### Food, Craft, and Adventures of the Month

Happy September!

This month, we have a variety of activities involving food, outdoor adventures, and award winning films for our Cinema Club. From a tasty Tiramisu Food Demo w/ Danielle to a making and painting with coffee, there will be two outdoor adventures to add to your bucket list: a scenic walk to Lake Merced and a FIELD TRIP to Computer History Museum and Google Visitor Experience. Last but not least, our monthly technology workshops will cover the basics of using Social Media, including online safety and etiquette.

In addition to our technical support volunteer Mitch, we would also like to welcome back one of our previous technical support volunteers, Toria! Toria will be available during select Friday's noted on the inside of the calendar.

**Upcoming Closure: Labor Day – Monday, September 1 2025**

**8.20.25 Update:** Tiramisu Registration Date Correction ; MediCare Appointments added to schedule

As always, the back side of our calendar has all of the information on registration and program details.

Warmly,

Kristy, Danielle, Corinne

**The Annex Program Flyer is subject to change and will be updated periodically. Check in regularly to get the latest updates!**



# AOA ACTIVITY CALENDAR – September 2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**ANNEX IS CLOSED** 1  
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**HAPPY  
LABOR DAY**

**Cardio Strength** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**CHRC Health Screening** 11:00a.m.–1:00p.m.  
**Mind Body Health** 1:00–2:40p.m.  
**Taiko 1/L1** 3:00–4:00p.m.



**Cardio Strength** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**MM Painting Maracas** 11:00a.m.–12:00p.m.  
**Mind Body Health** 1:00–2:40p.m.  
**Taiko 1/L1** 3:00–4:00p.m.



**Cardio Strength** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**Mind Body Health** 1:00–2:40p.m.  
**Taiko 1/L1** 3:00–4:00p.m.

**Cardio Strength** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**MM Coffee Making** 10:00a.m.–12:00p.m.  
**Mind Body Health** 1:00–2:40p.m.  
**Taiko 1/L1** 3:00–4:00p.m.



**INTERNATIONAL  
COFFEE DAY**

**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
**Taiko 1/Level 2** 1:00–2:00p.m.  
**Taiko 3** 2:00–3:00p.m.  
**Taiko 2** 3:00–4:00p.m.

**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
**DL Social Media Workshop** 11:00am–12:00pm  
**DL Tech Support** 12:00pm–1:00pm  
**Taiko 1/Level 2** 1:00–2:00p.m.  
**Taiko 3** 2:00–3:00p.m.  
**Taiko 2** 3:00–4:00p.m.



**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
**Taiko 1/Level 2** 1:00–2:00p.m.  
**Taiko 3** 2:00–3:00p.m.  
**Taiko 2** 3:00–4:00p.m.

**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
**Walking Club: Lake Merced** 1:30–3:00pm  
**Taiko 1/Level 2** 1:00–2:00p.m.  
**Taiko 3** 2:00–3:00p.m.  
**Taiko 2** 3:00–4:00p.m.



**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
**Taiko 1/Level 2** 1:00–2:00p.m.  
**Taiko 3** 2:00–3:00p.m.  
**Taiko 2** 3:00–4:00p.m.

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**Functional Fitness** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Posture Essentials** 10:00–10:50a.m.  
**DL Tech Support (Mitch)** 10:00am–12:00p.m.  
**Cinema Club** 12:30–End of Movie  
**MahJong** 1:00–4:00p.m.

**TRIP: Computer History Museum & Google  
Visitor Experience** 9:00am–3:30pm

**Functional Fitness** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Posture Essentials** 10:00–10:50a.m.  
**DL Tech Support (Mitch)** 10:00am–12:00p.m.  
**Cinema Club** 12:30–End of Movie  
**MahJong** 1:00–4:00p.m.

**Functional Fitness** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Posture Essentials** 10:00–10:50a.m.  
**DL Tech Support (Mitch)** 10:00am–12:00p.m.  
**Cinema Club** 12:30–End of Movie  
**MahJong** 1:00–4:00p.m.

**Functional Fitness** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Posture Essentials** 10:00–10:50a.m.  
**DL Tech Support (Mitch)** 10:00am–12:00p.m.  
**Food Demo w/ Danielle** 11:00am–12:00pm  
**Cinema Club** 12:30p.m.–End of Movie  
**MahJong** 1:00–4:00p.m.



Mingle Monday: Watermelon Summer Fans

**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
**Ukulele Workshop #3** 11:30am–12:30pm  
**Ikebana** 1:00–3:00p.m.  
**Principles of Balance (Advanced)** 1:00–1:50p.m.  
**Principles of Balance (Beginner)** 1:55–2:45p.m.

**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
**Ukulele Workshop #4** 11:30am–12:30pm  
**Stroke Communications Group** 1:00–2:50p.m.  
**Principles of Balance (Advanced)** 1:00–1:50p.m.  
**Principles of Balance (Beginner)** 1:55–2:45p.m.



**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
**Ukulele Workshop #5** 11:30am–12:30pm  
**Ikebana** 1:00–3:00p.m.  
**Principles of Balance (Advanced)** 1:00–1:50p.m.  
**Principles of Balance (Beginner)** 1:55–2:45p.m.

**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
**Ukulele Workshop #6** 11:30am–12:30pm  
**Ikebana** 1:00–3:00p.m.  
**Stroke Community Game Day** 1:00–2:50p.m.  
**Principles of Balance (Advanced)** 1:00–1:50p.m.  
**Principles of Balance (Beginner)** 1:55–2:45p.m.



Mochi Making Workshop

**Strength and Mobility** 8:00–8:50a.m.  
**Stretch and Balance** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**DL Tech Support (Torla)** 11:00am–1:00p.m.  
**Tai Chi** 1:00–2:00p.m.  
**Folk, Line, Social Dance** 1:00–2:40p.m.

**Strength and Mobility** 8:00–8:50a.m.  
**Stretch and Balance** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**Tai Chi** 1:00–2:00p.m.  
**Folk, Line, Social Dance** 1:00–2:40p.m.

**Strength and Mobility** 8:00–8:50a.m.  
**Stretch and Balance** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**DL Tech Support (Torla)** 11:00am–1:00p.m.  
**Tai Chi** 1:00–2:00p.m.  
**Folk, Line, Social Dance** 1:00–2:40p.m.

**Strength and Mobility** 8:00–8:50a.m.  
**Stretch and Balance** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**DL Tech Support (Torla)** 11:00am–1:00p.m.  
**Tai Chi** 1:00–2:00p.m.  
**Folk, Line, Social Dance** 1:00–2:40p.m.



Water Lily Card Workshop