

REGISTRATION

To register for upcoming trips or events, stop by the Richmond District YMCA front desk and one of our friendly membership staff will be able to assist you.

MEMBERSHIP

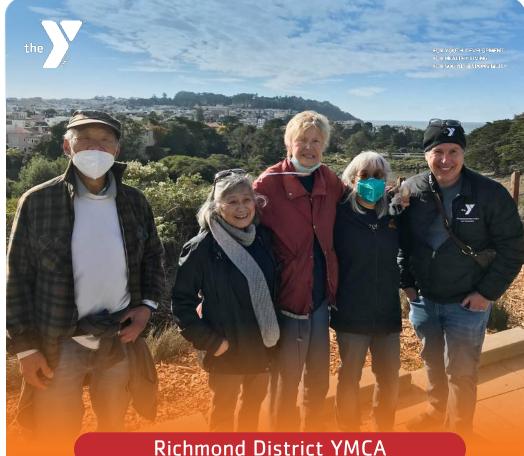
To participate in programs at the Y, a membership is required. We offer a Community Participant Membership free of charge which gives you the ability to enroll in programs and trips. We also offer an affordable Active Older Adult Facility Membership which includes access to fitness facilities at all YMCAs nationwide and gives you special rates for programs and trips. Stop by the front desk to get your membership set up today! We believe that cost should not be a barrier which is why we offer financial assistance to the extent possible for membership and programs.

CONTACT



ANTONIO ORTIZ Active Adult Engagement Coordinator **P** 415 666 9614 • **E** aortiz@ymcasf.org

Antonio was born and raised in the Richmond District and his journey brought him to the Richmond District Y. He strives to insure that people have a great experience at the Y and encourages them to meet their goals.



ACTIVE OLDER ADULTS

MONTHLY ACTIVITY CALENDAR-September 2025

EXPLORE THE POSSIBILITIES

For more info, please contact P 415 - 666 - 9622

RICHMOND DISTRICT YMCA 360 18th Ave. San Francisco, CA 94121

- @ RDYMCA
- f RichmondDistrictYMCA
- # ymcasf.org/richmond



AOA ACTIVITY CALENDAR - September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day Holiday Zumba / Studio 1 9:00 am — 10:00 am Sit & Be Fit (CR) 10:00 am — 11:00 am *Knitting (SC) Canceled	2 Chair Yoga / Studio 1 10:30 am -11:45 am Senior Strength/Studio 1 12:00 pm -1:00 pm	3 Sit & Be Fit / (CR) 10am-10:45am /11am-11:45am Flower Arranging (SC) 12:30 pm -1:30 pm Walking Group 1:30 pm - 3:30 pm	4 Mindful Meditation (SC) 10:30 am - 11:30 am Mahjong / Beg & Int (SC) 12:00 pm - 3:00 pm Boomercize (Studio 1) 1:00 pm - 2:00 pm	5 *Coffee Meet Up 8am - 9am
8 Zumba / Studio 1 9:00 am — 10:00 am Sit & Be Fit (CR) 10:00 am — 11:00 am *Knitting (SC) 10:00 am — 11:45 am Mahjong / Adv (SC) 12:00pm — 3:00pm	9 Chair Yoga / Studio 1 10:30 am -11:45 am Senior Strength/Studio 1 12:00 pm -1:00 pm	10 Sit & Be Fit / (SC) 10am-10:45am /11am-11:45am Flower Arranging (SC) 12:30 pm -1:30 pm Walking Group 1:30 pm - 3:30 pm	11 Mindful Meditation (SC) 10:30 am - 11:30 am Mahjong /Beg∬ Freeplay (SC) 12:00 pm - 3:00 pm Boomercize (Studio 1) 1:00 pm - 2:00 pm	12 *Photo Workshop (SC) (RSVP Sign Up 415-666-9614 Last Day to Register 9/10/2025 ***(10:00am - 12:00pm) Tai Chi 1:15 pm - 2:15 pm (S1) Adv Bridge 1:15pm -4:15pm (SC)
15 Zumba / Studio 1 9:00 am - 10:00 am Sit & Be Fit (CR) 10:00 am - 11:00 am *Knitting (SC) 10:00 am - 11:45 am	16 Chair Yoga / Studio 1 10:30 am -11:45 am Senior Strength/Studio 1 12:00 pm -1:00 pm	17 Sit & Be Fit / (SC) 10am-10:45am /11am-11:45am Flower Arranging (SC) 12:30 pm -1:30 pm Walking Group 1:30 pm - 3:30 pm	18 Mindful Meditation (SC) 10:30 am - 11:30 am Mahjong / Beg & Int (SC) 12:00 pm - 3:00 pm Boomercize (Studio 1) 1:00 pm - 2:00 pm	19
Zumba / Studio 1 9:00 am - 10:00 am Sit & Be Fit (CR) 10:00 am - 11:00 am *Knitting (SC) 10:00 am - 11:45 am Mahjong / Adv (SC) 12:00pm - 3:00pm	Chair Yoga / Studio 1 10:30 am -11:45 am Senior Strength/Studio 1 12:00 pm -1:00 pm *Cooking w/ Antonio (SC) 1:00pm - 2:30pm	24 Sit & Be Fit (SC) 10am-10:45am /11am-11:45am Flower Arranging (SC) 12:30 pm -1:30 pm Walking Group 1:30pm - 3:30pm	25 Mindful Meditation (SC) 10:30 am - 11:30 am Mahjong /Beg∬ Freeplay(SC) 12:00 pm - 3:00 pm Boomercize (Studio 1) 1:00 pm - 2:00 pm	26 *Coffee Meet Up 8am - 9am Birthday & Bingo (SC) 11:30 am - 1:00 pm Tai Chi Studio (1) 1:15 pm - 2:15 pm Adv Bridge (SC) 1:15pm -4:15pm
29 Zumba / Studio 1 9:00 am – 10:00 am Sit & Be Fit 10am – 11am (CR) *Knitting 10am – 11:45am (SC)	Chair Yoga / Studio 1 10:30 am -11:45 am Senior Strength/Studio 1 12:00 pm -1:00 pm			