



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

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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.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Richmond District YMCA

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
RichmondDistrictYMCA
ymcasf.org/richmond



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

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 Boomerize (Studio 1) 1:00 pm – 2:00 pm	5 *Coffee Meet Up 8am – 9am Art & Drawing (SC) 11:30 am – 1:00 pm Tai Chi Studio (S1) 1:15 pm – 2:15 pm Adv Bridge 1:15pm – 4:15pm (SC)
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&Int Freeplay (SC) 12:00 pm – 3:00 pm Boomerize (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 Boomerize (Studio 1) 1:00 pm – 2:00 pm	19 Social Canceled Tai Chi 1:15 pm – 2:15 pm (S1) Adv Bridge 1:15pm – 4:15pm (SC)
22 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	23 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&Int Freeplay(SC) 12:00 pm – 3:00 pm Boomerize (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)	30 Chair Yoga / Studio 1 10:30 am – 11:45 am Senior Strength/Studio 1 12:00 pm – 1:00 pm			