



Active Older Adults (AOA) Activities Schedule

SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>BUCHANAN YMCA AOA PROGRAM 1530 BUCHANAN ST. SAN FRANCISCO</p> <p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>			28	29	30
				10-2PM OFFICE HOURS	These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.
1	2	3	4	5	6
HOLIDAY FACILITY CLOSED	AOA CLASSES CANCELED	AOA CLASSES CANCELED	AOA CLASSES CANCELED	10-2PM OFFICE HOURS	
8	9	10	11	12	13
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:00 GOLDEN GOALS /MEDITATION	9:30 PILATES 10:45 TAI-CHI 12:00 PM SPANISH	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:45-12:30 QI-GONG 12:30-1:15 TAI-CHI RULER 1:15 BINGO WITH VANESSA	10-2PM OFFICE HOURS	
15	16	17		19	20
9:00 CHAIR HATA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES 10:45 TAI-CHI 12:00 PM SPANISH	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE	9:30 SIT AND BE FIT 10:35 ZUMBA 11:45-12:30 QI-GONG 12:30-1:15 TAI-CHI RULER	10-2PM OFFICE HOURS	
22	23	24	25	26	27
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES 10:45 TAI-CHI 12:00PM SPANISH	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE	9:30 SIT AND BE FIT 10:35 ZUMBA 11:45-12:30 QI-GONG 12:30-1:15 TAI-CHI RULER 1:15 PM BINGO WITH VANESSA	10-2PM OFFICE HOURS	
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