





Active Older Adults (AOA) Activities Schedule

DECEMBER 2025

Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday
					29
 <p>BUCHANAN YMCA 1530 Buchanan St</p> <p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>		 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>			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
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES 11:35 TAI-CHI	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
8	9	10	11	12	13
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES 11:35 TAI-CHI	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
15	16	17	18	19	20
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES 11:35 TAI-CHI	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG 1:15 PM BINGO WITH VANESSA	1-4 PM OFFICE HOURS	
22	23	24	25	26	27
PROGRAM CLOSURE NO CLASSES	PROGRAM CLOSURE NO CLASSES	PROGRAM CLOSURE NO CLASSES		FACILITY CLOSED	
29	30	31	1	2	3
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES (CANCELLED) 11:35 TAI-CHI	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE- (CANCELLED)		1-4 OFFICE HOURS	