

Chinatown YMCA AOA Calendar — December 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 Registration required for activities in blue!	1 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	2 Ping Pong 10-12pm Tech Support 1-4pm	3 Tai Chi 9:05-10am Ping Pong 10-12pm Art & Craft 11:30-1pm Stress Buster(Zoom, Cantonese) 1:30-2pm	4 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	5 Ping Pong 10-12pm Cooking Together 10-1pm Chair Exercise 1:40-2:35pm
7 Tai Chi 9:05-9:55am Qi Gong 10:05-10:55am	8 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	9 Ping Pong 10-12pm Tech Support 1-4pm	10 Tai Chi 9:05-10am Ping Pong 10-12pm Stress Buster(Zoom, Cantonese) 1:30-2pm	11 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	12 Ping Pong 10-12pm Cooking Together(Birthday) 10-1pm Chair Exercise 1:40-2:35pm
14 Tai Chi 9:05-9:55am Qi Gong 10:05-10:55am	15 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	16 Ping Pong 10-12pm Tech Support 1-4pm	17 Tai Chi 9:05-10am Ping Pong 10-12pm Christmas Gift Give Away 10-11:30am & 1-2:30pm	18 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Stress Buster(English, Zoom) 1-1:30pm Senior Yoga 2:05-3pm	19 Ping Pong 10-12pm Holiday Lunch #2 10-1pm Chair Exercise 1:40-2:35pm
21 Tai Chi 9:05-9:55am Qi Gong 10:05-10:55am	22 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	23 Ping Pong 10-12pm	24 Tai Chi 9:05-10am Ping Pong 10-12pm	25 Christmas Holiday 	26 Christmas Holiday 
28 Tai Chi 9:05-9:55am Qi Gong 10:05-10:55am	29 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	30 Ping Pong 10-12pm	31 Tai Chi 9:05-10am Ping Pong 10-12pm	Funders:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	For more information, please contact Peiying Guan at 415-748-3569 or Jason Huang at 415-652-7995.

華埠青年會共同年長計劃月曆 —— 十二月 2025

週日	週一	週二	週三	週四	週五
藍色活動  需要報名!	1 乒乓球 10-12pm 水上尊巴 11:10-11:55am	2 乒乓球 10-12pm 科技協助 1-4pm	3 太極 9:05-10am 乒乓球 10-12pm 手工班 11:30-1pm 減壓班(粵語, Zoom) 1:30-2pm	4 乒乓球 10-12pm 實果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	5 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
7 太極 9:05-9:55am 氣功 10:05-10:55am	8 乒乓球 10-12pm 水上尊巴 11:10-11:55am	9 乒乓球 10-12pm 科技協助 1-4pm	10 太極 9:05-10am 乒乓球 10-12pm 減壓班(粵語, Zoom) 1:30-2pm	11 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	12 乒乓球 10-12pm 近廚得食(生日會) 10-1pm 椅子運動 1:40-2:35pm
14 太極 9:05-9:55am 氣功 10:05-10:55am	15 乒乓球 10-12pm 水上尊巴 11:10-11:55am	16 乒乓球 10-12pm 科技協助 1-4pm	17 太極 9:05-10am 乒乓球 10-12pm 聖誕禮物派發 10-11:30am & 1-2:30pm	18 乒乓球 10-12pm 實果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 減壓班(英文, Zoom) 1-1:30pm 長者瑜伽 2:05-3pm	19 乒乓球 10-12pm 節日特殊午餐第二組 10-1pm 椅子運動 1:40-2:35pm
21 太極 9:05-9:55am 氣功 10:05-10:55am	22 乒乓球 10-12pm 水上尊巴 11:10-11:55am	23 乒乓球 10-12pm	24 太極 9:05-10am 乒乓球 10-12pm	25 聖誕假期 	26 聖誕假期 
28 太極 9:05-9:55am 氣功 10:05-10:55am	29 乒乓球 10-12pm 水上尊巴 11:10-11:55am	30 乒乓球 10-12pm	31 太極 9:05-10am 乒乓球 10-12pm	贊助者:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	如有任何問題, 請致電 415-748-3569 (Peiying 关) 或者 415-652-7995 (Jason) 。