

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

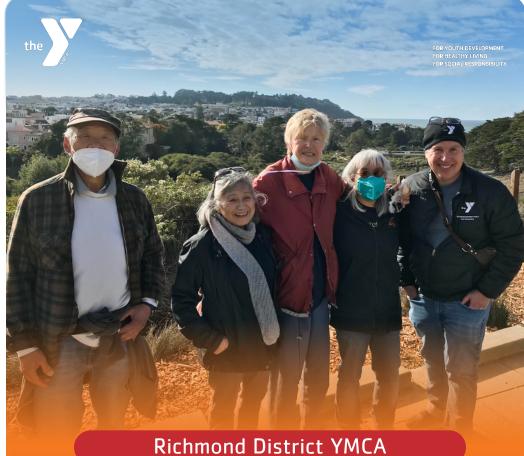
To participate in programs at the Y, a membership is required. We offer a Community Participant Membership free of charge which gives you the ability to enroll in programs and trips. We also offer an affordable Active Older Adult Facility Membership which includes access to fitness facilities at all 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



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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.



ACTIVE OLDER ADULTS

MONTHLY ACTIVITY CALENDAR-December 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 - December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Zumba / Studio 1 9:00 am – 10:00 am Sit & Be Fit (CR) 10:00 am – 11:00 am *Knitting (SC) 11:00 am – 12:45 pm	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 AOA Social Canceled Tai Chi 1:15 pm - 2:15 pm (S1) 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) 11:00 am - 12:45 pm *Mahjong / Adv (SC) 1:00pm - 4:00pm	9 Chair Yoga / Studio 1 10:30 am -11:45 am Senior Strength / Studio 1 12:00 pm -1:00 pm (SC) *Outreach Community Resources Department of Disability & Aging Services Information Session 1:00pm - 2:30pm (SC)	10 Sit & Be Fit / (CR) 10am-10:45am /11am-11:45am Flower Arranging (SC) 12:30 pm -1:30 pm Walking Group 1:30pm - 3:30pm	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 Holiday Luncheon Call to RSVP 415-666-9622 Tuesday December 2nd @ 8:00AM Tai Chi Canceled Adv Bridge 1:15pm -4:15pm (SC)
15	Chair Yoga / Studio 1 10:30 am -11:45 am Senior Strength / Studio 1 12:00 pm -1:00 pm *Potato Pancake Latkes Cooking With Antonio (SC) 1:00 pm - 2:30pm	17 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	***Mindful Meditation (SC) Canceled Mahjong / Beg & Int (SC) 12:00 pm - 3:00 pm ***Boomercize (Studio 1) Canceled	19 *Coffee Meet Up 8am - 9am AOA Social Canceled Tai Chi 1:15 pm - 2:15 pm (S1) Adv Bridge 1:15pm -4:15pm (SC)
Zumba / Studio 1 9:00 am - 10:00 am Sit & Be Fit (CR) 10:00 am - 11:00 am Knitting (SC) 11:00 am - 12:45 pm *Mahjong / Adv (SC) 1:00pm - 4:00pm	Chair Yoga / Studio 1 10:30 am -11:45 am Senior Strength/Studio 1 12:00 pm -1:00 pm *Birthday Bingo & White Elephant Gift Exchange 1:00pm - 2:30pm (SC)	24 Sit & Be Fit (CR) 10am-10:45am /11am-11:45am Flower Arranging (SC) Canceled Walking Group Canceled	25 Closed Christmas Day	26 AOA Social Canceled Tai Chi 1:15 pm - 2:15 pm (S1) Adv Bridge / Canceled
(Dec 29th) Zumba/Studio 1 9:00 am – 10:00 am Sit & Be Fit (CR) 10:00 am – 11:00 am Knitting (SC) 11:00 am – 12:45 pm	30 Chair Yoga / Studio 1 10:30 am -11:45 am Senior Strength/Studio 1 12:00 pm -1:00 pm	31 Sit & Be Fit (CR) Canceled Flower Arranging (SC) Canceled Walking Group Canceled		