


EVENTS & REGISTRATIONS

11.19.25 Update

 **REGISTRATIONS** can be made at the **Annex Front Desk** or calling **(415)242-7135** unless labeled otherwise.

Monday, Dec 1st • 1:00p.m.-2:30p.m.
Felt Holiday Wreath Making Workshop (24 spots)
Create felt Holiday Wreaths with Jingle Mingle, a group of ladies who have a love for crafting. Each wreath can be decorated with ribbons, ornaments, greenery, pinecones, and other seasonal accents.
• Registration: Tues, Nov. 18th (11:00a.m.)

Saturday, Dec. 6th • 9:30p.m.-3:30p.m
FIELD TRIP: The Great Dickens Christmas Fair
The Great Dickens Christmas Fair is an indoor Victorian London-themed event that recreates the atmosphere of a Christmas Eve from the era of Charles Dickens.
• Registration closes on Fri, Nov. 21st (3:00pm)

Monday, Dec. 8th • 11:00a.m.-1:00p.m.
CHRC Health Screening (20 spots)
Through a partnership with the Community Health Resource Center (CHRC), we offer free health screenings testing glucose, cholesterol, and blood pressure levels. No registration required.
• Available through a walk in basis

Monday, Dec. 8th • 1:00p.m.-3:00p.m.
Exploring Creativity: Shapes (15 spots)
Inspired by the artist Matisse, explore the world of shapes and discover new ways to communicate your inner world through art.
• Registration Opens: Tues, Nov. 25th (11:00a.m.)

Friday, Dec. 12th • 1:00p.m.-3:30p.m.
Holiday Card Making Workshop (15 Spots)
Craft a variety of heartfelt holiday cards filled with color, imagination, and cheer.
• Registration Opens: Tues, Dec. 2nd (1:00p.m.)

Monday, Dec. 15th • 1:00p.m.-3:30p.m.
Mingle Monday: Craft Evergreen Trees (15 spots)
Craft miniature evergreen trees, and decorate with ribbons, candy canes, and decorations – all created with colorful pipecleaners!
• Registration Opens: Wed, Dec. 3rd (1:00p.m.)

Tuesday, Dec. 16th • 9:30a.m.-10:30p.m.
DigitalLift Workshop: Email Management (25 spaces)
Workshop and registration information available on a separate flyer coming soon.

Tuesday, Dec. 16th • 10:30a.m. – 11:30a.m.
DigitalLift: Tech Support Workshop
Have any questions about technology? Drop by for tech support and additional workshop assistance.
• No registration required.

Tuesday, Dec. 16th • 1:00p.m. – 3:30p.m.
Winter Candle Making Workshop (12 spots)
Create your own winter-themed candles using a variety of cozy seasonal scents and colors to brighten your home, or as a thoughtful holiday gift this winter!
• Registration Opens: Tues, Dec. 2nd (11:00am)

Friday, Dec. 19th • 12:00p.m.-1:30p.m.
Holiday Luncheon! (75 spots)
Get cozy and gather around for our festive holiday luncheon, featuring a delicious seasonal meal shared with friends. Enjoy warm conversations, cheerful ambiance, and a cheerful celebration of the season.
• Priority Registration: Tues, Dec. 2nd (10:30am)
• Phone Registration: 11:00am
• General Registration: Tues, Dec. 9th (10:30am)
• Phone Registration: 11:00am

Monday, Dec. 22nd • 1:00p.m.-3:00p.m.
Exploring Creativity: Holiday Collage (15 spots)
Create a meaningful holiday collage that captures your favorite shapes, memories, and artwork. This session will involve cutting and gluing shapes onto substrates.
• Registration: Thurs, Dec. 4th (11:00am)

Cinema Club (WED. AT 12:30P.M.)
Cinema Club will be featuring films from Amazon Prime Video and Netflix. Grab a movie snack and join our watch party every Wednesday in Peterson Room!

Dec 3rd • Elvis [Drama/Musical]
Length: 2hr 39m
Elvis Presley finds fame and fortune as the King of Rock and Roll while struggling to escape the control of his controversial manager. [Netflix](#)

Dec 10th • How the Grinch Stole Christmas [Fantasy]
Length: 1hr 45m
A bitter, solitary Grinch tries to stop Christmas but he ultimately discovers that Christmas means more than just material things [Netflix](#)

TRIP: Surprise Movie at Regal Cinemas
Dec 17th • 1:00pm – end of movie
Join us for a special visit to Regal Cinemas to enjoy a surprise movie. More information on a separate flyer.



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services



MM Money Origami



Candle Making



Fall Ukulele Workshop



ANNEX AT HAND December 2025



HOLIDAY ANNOUNCEMENTS & CLOSURE DATES

Dear Annex Community,

We hope you're keeping warm and cozy as we head into the winter season. This month, we would like to introduce a one time Holiday Wreath Making Workshop with another crafting group: Jingle Mingle! You can find more holiday activities inside our calendar. Please see a few important dates listed below:

Dec. 8th – Dec. 12th: Due to the annual main facility shut down, classes will be here at the Annex. Please expect increased foot traffic and a delay of getting into class.

Dec. 8th – This will be the last health screening offered by CHRC. A new provider will be announced and screenings will continue starting January 2026.

Dec. 24th, 2025 – Jan. 6, 2026: Annex Holiday Closure & Annex Deep Clean

Warm Holiday Wishes,

Kristy, Corinne, Danielle

The Annex Program Flyer is subject to change and will be updated periodically. Check in regularly to get the latest updates!

AOA ACTIVITY CALENDAR – December 2025

MONDAY

Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Holiday Wreath Making Workshop 1:00p.m.–2:30p.m.
Lunch 11:30am–12:30p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.



Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
CHRC Health Screening 11:00a.m.–1:00p.m.
Lunch 11:30am–12:30p.m.
Mind Body Health 1:00–2:40p.m.
***NEW* EC: Shapes** 1:00–3:00p.m.
Taiko 1/L1 3:00–4:00p.m.



Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
MM: Craft Evergreen trees 1:00p.m.–3:30p.m.
Lunch 11:30am–12:30p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 Resumes Jan. 12th



Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
***NEW* EC: Holiday Collage** 1:00pm–3:00pm

Mind Body Health Resumes 1/12/26



TUESDAY

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Taiko 1/Level 2 1:00–2:00p.m.
Taiko 3 2:00–3:00p.m.
Taiko 2 3:00–4:00p.m.

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Taiko 1/Level 2 1:00–4:00p.m.
Taiko 3 2:00–3:00p.m.
Taiko 2 3:00–4:00p.m.

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
DL Workshop: Email Management 9:30a.m.–10:30am
DL Tech Support: 10:30am–11:30pm
Lunch 11:30am–12:30p.m.
Candle Making Workshop: Winter Fragrances 1:00p.m.–3:30pm



Taiko 1/L2, 2, and 3 Resumes 1/13/26

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.

Early Building Closure – 1:00pm

WEDNESDAY

Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Tech Support (Mitch) 10:00am–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30–End of Movie
MahJong 1:00–4:00p.m.

Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Tech Support (Mitch) 10:00am–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30–End of Movie
MahJong 1:00–4:00p.m.

Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Tech Support (Mitch) 10:00am–12:00pm
Lunch 11:30am–12:30p.m.
MahJong 1:00–4:00p.m.
Trip to Regal: Surprise Movie 1:00pm – end of movie



THURSDAY

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #4 11:30am–12:30pm
Ukulele Jam Session 12:45pm–1:45pm
Ikebana 1:00pm–3:00pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #5 11:30am–12:30pm
Ukulele Jam Session 12:45pm–1:45pm
Stroke Communications Group 1:00–2:50p.m.
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #6 11:30am–12:30pm
Ukulele Jam Session 12:45pm–1:45pm
Ikebana 1:00pm–3:00pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

FRIDAY

Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Tai Chi 1:00–2:00p.m.
Folk, Line, Social Dance 1:00–2:40p.m.

Sat, Dec. 6th FIELD TRIP: The Great Dicken's Christmas Fair 9:30am–3:30pm

Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Tai Chi 1:00–2:00p.m.
Folk, Line, Social Dance 1:00–2:40p.m.
Holiday Card Making Workshop (CR) 1:00p.m.–3:30pm



Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Tai Chi 1:00–2:00p.m.
Holiday Luncheon 12:00pm–1:30pm
Folk Line Social Dance Resumes 1/9/26



ANNEX HOLIDAY CLOSURE 12/24–12/26

ANNEX MAINTENANCE CLOSURE from December 29th, 2025 to January 6th, 2026