



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

DECEMBER 2025

YMCA Community Services Activity Calendar @ Parkmerced

Active Older Adult Programs

GROUP EXERCISE CLASSES

Balance, Strength and Posture

Mondays 11:30am-12:30pm

Instructor: Ray Hanvey

Exercises to support your core and help with posture and balance.

Strength and Basic Core

Tuesdays 10:00am-11:00am

Instructor: Ray Hanvey

A fun filled workout. Warm up with a short cardio and then you will engage in exercises that will help support your core.

Tai Chi

Thursdays 10:00am-11:00am

Instructor: Judy Gerber

No Class Thursday, December 25th

Meditation that improves balance, flexibility and cardiovascular function.

Mindful Movement

Fridays 10:00am-11:00am

Instructor: Denise Fladager

No Class Friday, December 26th

A variety class featuring low impact movement, dance, toning and stretch exercises.

Holiday Lunch

Friday, December 19th

12:00pm-1:30pm

Stonestown Family YMCA Annex

RSVP: call Danielle at
415.242.7135

Join us for a holiday celebration with Roasted Dijon Maple Chicken, Lemon Butter Green Beans, Creamy Mashed Potatoes, Gourmet Holiday salad, and Peppermint Bark Brownies.

Performance from SF City Chorus

CONTACT INFO

LaShall Hamlin

Email: lhamlin@ymcasf.org



SOCIAL PROGRAMS

Watercolor Class

Mondays 1:30pm-3:30pm

Instructor: Sergio Giovine from Art with Elders

This isn't fine art, it's fun art! This class is a pre-registered class and is currently full. Please call or email Danielle Fuentes at 415-242-7115/ dfuentes@ymcasf.org to be placed on waitlist.

No Class Monday, December 1st and Monday, December 29th

Mahjongg (American Style)

Tuesdays 12:00pm-2:30pm

Instructor: Mary French; will teach beginners on the 1st and 2nd week of month

Mahjongg is a tile-based game which originated from China during the Qing dynasty. It's a game of skill strategy, calculation and a degree of chance.

Let's Get Together

Tuesdays 3:00pm-4:30pm

- Tuesday, December 2nd: International Dice Day! We will play some classic dice games together.

Let's Get Together Cont...

- Tuesday, December 9th: Mini Gingerbread House Decorating. Please RSVP by December 5th by emailing lhamlin@ymcasf.org
- Tuesday, December 16th: Holiday Cards. RSVP by December 10th by emailing lhamlin@ymcasf.org
- Tuesday, December 23rd: Holiday Themed Trivia
- Tuesday, December 30th: December Birthday Bingo

Movie Mania

Thursdays 1:30pm-end of movie

- Thursday, December 4th: "Wonka" Rated PG 1hr 45mins Starring Timothy Chalamet
- Thursday, December 11th: "Selena" Rated PG 1hr 57mins True Story
- Thursday, December 18th: "A Boy Called Christmas" Rated PG 1hr 46mins Starring Henry Lawfull
- Thursday, December 25th: **canceled**

Bridge

Fridays 12:30pm-2:30pm

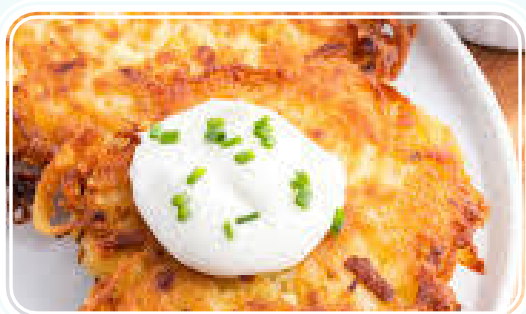
Open to All! Bridge is a trick-taking card game for 4 players and involves bidding, playing cards and scoring.

No Class Friday, December 26th

Traditional Potato Latkes

Ingredients:

3 cups shredded potato
1/4 cup grated onion
6 saltine crackers, as needed, crushed
2 large eggs, beaten
1/2 tsp salt, more to taste
1/4 tsp black pepper
1/2 cup vegetable oil, or as needed
Garnish (optional) chives, sour cream and/or applesauce



Directions:

1. Combine potato, onion, crushed crackers, eggs, salt and pepper together in a large bowl.
2. Heat 1/4 in oil in a heavy skillet over medium-high heat.
3. Drop spoonfuls of potato mixture, first pressing mixture against side of the bowl to remove excess liquid, into hot oil; slightly flatten latkes with back of a spoon to make even thickness.
4. Cook in batches until browned and crisp, 3 to 5 minutes per side. Drain latkes on a paper-lined plate.
5. Garnish with chopped chives, sour cream and/or applesauce. (optional)