

AT A GLANCE

Special Events

Tote Decorating with Luna!
Friday December 19th at 9:00 AM

Annual Holiday Bazar

We are accepting gift donations for our Holiday Bazar where youth in our community can come and pick up a gift with their family!

If you have any donations you can drop them off at our Mission Branch or Scan the QR Code below to find our wishlist



Field Trip Reminders

December 6th Dickens Fair
December 17th Moulin Rouge

Important Reminders

There will be No Active Older Adults Programming From:

December 23rd
to
December 31st

**Lunch will be provided weekly on
Wednesdays & Fridays**

Program Hours

Monday – Friday
9:00 am – 2:00 pm

CONTACT

JANET BRONSON
P
E JBronson@ymcasf.org

LUIS HERNANDEZ
P 415-452-7568
E LHernandez@ymcasf.org

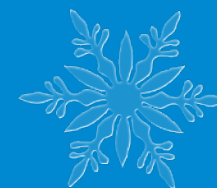
MARITZA DICICCO
P 415-890-6708
E MDicicco@ymcasf.org



MISSION YMCA - ACTIVE OLDER ADULTS

EXPLORE THE POSSIBILITIES

MONTHLY ACTIVITY CALENDAR - DEC 2025



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**



We love seeing our Active Older Adults come together to stay healthy and build meaningful connections. From daily exercise classes to community events, there's always something happening and we're glad you're part of it!

4080 Mission St, SF, CA 94112 • 415.586.6900 • ymcasf.org/mission

AOA ACTIVITY DECEMBER – DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Always Active at 9:15am – 10:00 am Line Dance at 10:00am – 11:00am Bingo at 12:45pm – 2:00 pm Tango Class at 2:15 pm – 4:00 pm	2 Coffee & Chit Chat at 9:00–10:00 am NIA at 10:30– 11:30 am Computer Class at 12:00 – 1:00 pm	3 Always Active at 9:15 – 10:00 am Gardening Club at 9:30 – 10:30 am Tai Chi at 10:30 am – 11:30 am Sewing Class at 12:30pm – 1:30 pm Intergenrational Dinner 3:30–4:30pm	3 Coffee & Chit Chat at 9:00– 10:00 am Yoga at 10:30–11:30 am Art Class at 12:00 pm – 1:00 pm Table Top Games 1:00–2:00 pm Ping Pong 2:00 pm – 4:00 pm	4 Coffee & Chit Chat at 9:00 – 10:00 am Zumba at 10:00–11:00 am Lunch at 11:30–12:00 pm Bingo at 12:30–1:30 pm
8 Always Active at 9:15am – 10:00 am Line Dance at 10:00am – 11:00am Bingo at 12:45pm – 2:00 pm Tango Class at 2:15 pm – 4:00 pm	9 Coffee & Chit Chat at 9:00–10:00 am NIA at 10:30– 11:30 am Computer Class at 12:00 – 1:00 pm	10 Always Active at 9:15 – 10:00 am Gardening Club at 9:30 – 10:30 am Tai Chi at 10:30 am – 11:30 am Bingo at 12:30pm – 1:30 pm Intergenrational Dinner 3:30–4:30pm	11 Coffee & Chit Chat at 9:00– 10:00 am Yoga at 10:30–11:30 am Art Class at 12:00 pm – 1:00 pm Table Top Games 1:00–2:00 pm Ping Pong 2:00 pm – 4:00 pm	12 Tote Decorating with Luna at 9:00–10 am Coffee & Chit Chat at 9:00 – 10:00 am Zumba at 10:00–11:00 am Lunch at 11:30–12:00 pm Bingo at 12:30–1:30 pm
15 Always Active at 9:15am – 10:00 am Line Dance at 10:00am – 11:00am Bingo at 12:45pm – 2:00 pm Tango Class at 2:15 pm – 4:00 pm	16 Coffee & Chit Chat at 9:00–10:00 am NIA at 10:30– 11:30 am Computer Class at 12:00 – 1:00 pm	17 Always Active at 9:15 – 10:00 am Gardening Club at 9:30 – 10:30 am Tai Chi at 10:30 am – 11:30 am Sewing Class at 12:30pm – 1:30 pm Intergenrational Dinner 3:30–4:30pm	18 Coffee & Chit Chat at 9:00– 10:00 am Yoga at 10:30–11:30 am Art Class at 12:00 pm – 1:00 pm Table Top Games 1:00–2:00 pm Ping Pong 2:00 pm – 4:00 pm	19 Coffee & Chit Chat at 9:00 – 10:00 am Zumba at 10:00–11:00 am Birthday & Holiday Potluck 11:30–1:30 pm
22 Program Closed	23 Program Closed	24 Program Closed	25 Program Closed Holiday	26 Program Closed
29 Program Closed	30 Program Closed	31 Program Closed		

DE UN VISTAZO

Eventos Especiales

¡Decora tus bolsos con Luna!
Viernes 19 de diciembre a las 9:00 a. m.

Bazar anual de vacaciones

¡Estamos aceptando donaciones de regalos para nuestro Bazar Navideño, donde los jóvenes de nuestra comunidad podrán venir y recoger un regalo con su familia!

Si desea realizar alguna donación, puede dejarla en nuestra sucursal de la misión o escanear el código QR a continuación para consultar nuestra lista de deseos.



Recordatorios para excursiones

6 de diciembre: Feria de Dickens
17 de diciembre: Moulin Rouge

Important Recordatorios importantes

No habrá programas para adultos mayores activos a partir de:

Del 23 al 31 de diciembre

El almuerzo se proporcionará semanalmente los miércoles y viernes.

Horario del programa

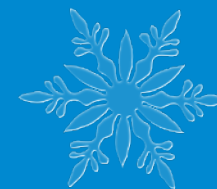
De lunes a viernes
9:00 a. m. – 2:00 p. m.



宣教基督教會 - 活躍嘅老人家

EXPLORA LAS POSIBILIDADES

CALENDARIO DE ACTIVIDADES MENSUALES - DICIEMBRE DE 2025



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**



Nos encanta ver a nuestros adultos mayores activos reunirse para mantenerse sanos y establecer vínculos significativos. Desde clases de ejercicio diarias hasta eventos comunitarios, siempre hay algo que hacer, ¡y nos alegra que formes parte de ello!

CONTACTO

JANET BRONSON

P

E JBronson@ymcasf.org

LUIS HERNANDEZ

P 415-452-7568

E LHernandez@ymcasf.org

MARITZA DICICCO

P 415-890-6708

E MDicicco@ymcasf.org

4080 Mission St, SF, CA 94112 • 415.586.6900 • ymcasf.org/mission

ACTIVIDADES DE AOA DICIEMBRE – DICIEMBRE DE 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1 Actividades físicas a las 9:15 AM – 10:00 AM Baile en línea a las 10:00 a 11:00 AM Bingo a las 12:45 a 2:00 PM Clase de tango a las 2:15 a 4:00PM	2 Café y charla informal de 9:00 a 10:00 AM NIA de 10:30 a11:30 AM. Clase de informática de 12:00 a 1:00 PM	3 Actividades permanentes de 9:15 a 10:00 AM Club de jardinería de 9:30 a 10:30 AM Tai Chi de 10:30 a 11:30 AM Clase de costura de 12:30 a 1:30 AM Cena intergeneracional de 3:30 a 4:30 PM	3 Café y charla de 9:00 a 10:00 AM Clase de yoga de 10:30 a 11:30 AM Clase de arte de 12:00 a 1:00 PM Juegos de mesa de 1:00 a 2:00 PM Tenis de mesa De 2:00 a 4:00 PM	4 Café y charla de 9:00 a 10:00 AM Clase de Zumba de 10:00 a 11:00 AM Almuerzo de 11:30 a 12:00 PM Bingo de 12:30 a 1:30 PM
8 Actividades físicas a las 9:15 AM – 10:00 AM Baile en línea a las 10:00 AM – 11:00 AM Bingo a las 12:45 PM – 2:00 PM Clase de tango a las 2:15 – 4:00PM	9 Café y charla informal de 9:00 a 10:00 AM NIA de 10:30 a11:30 AM. Clase de informática de 12:00 a 1:00 PM	10 Actividades permanentes de 9:15 a 10:00 AM Club de jardinería de 9:30 a 10:30 AM Tai Chi de 10:30 a 11:30 AM Clase de costura de 12:30 a 1:30 AM Cena intergeneracional de 3:30 a 4:30 PM	11 Café y charla de 9:00 a 10:00 AM Clase de yoga de 10:30 a 11:30 AM Clase de arte de 12:00 a 1:00 PM Juegos de mesa de 1:00 a 2:00 PM Tenis de mesa De 2:00 a 4:00 PM	12 Decoración de bolsos con Luna 9:00-10:00 AM Café y charla de 9:00 a 10:00 AM Clase de Zumba de 10:00 a 11:00 AM Almuerzo de 11:30 a 12:00 PM Bingo de 12:30 a 1:30 PM
15 Actividades físicas a las 9:15 AM – 10:00 AM Baile en línea a las 10:00 AM – 11:00 AM Bingo a las 12:45 PM – 2:00 PM Clase de tango a las 2:15 – 4:00PM	16 Café y charla informal de 9:00 a 10:00 AM NIA de 10:30 a11:30 AM. Clase de informática de 12:00 a 1:00 PM	17 Actividades permanentes de 9:15 a 10:00 AM Club de jardinería de 9:30 a 10:30 AM Tai Chi de 10:30 a 11:30 AM Clase de costura de 12:30 a 1:30 AM Cena intergeneracional de 3:30 a 4:30 PM	18 Café y charla de 9:00 a 10:00 AM Clase de yoga de 10:30 a 11:30 AM Clase de arte de 12:00 a 1:00 PM Juegos de mesa de 1:00 a 2:00 PM Tenis de mesa De 2:00 a 4:00 PM	19 Café y charla de 9:00 a 10:00 AM Clase de Zumba de 10:00 a 11:00 AM Comida compartida de cumpleaños y festividades de 11:30 a 12:00 PM Bingo de 12:30 a 1:30 PM
22 Programa cerrado	23 Programa cerrado	24 Programa cerrado	25 Programa cerrado	26 Programa cerrado
29 Programa cerrado	30 Programa cerrado	31 Programa cerrado		

總結

特別活動

裝飾 手提包 和 Luna!
星期五 12月 19日 9:00 AM

年度假日集市

我们正在为假日集市接受礼物捐赠，我们社区的青少年可以和家人一起来挑选礼物！

如果您有任何捐赠物品，可以送到Mission YMCA 或扫描下方二维码查看我们的愿望清单



实地考察 提醒

12月 6日 Dickens Fair
12月 17日 Moulin Rouge

重要提醒

There will be No Active Older Adults Programming From:

12月 23日
至
12月 31日

每周三和周五会提供午餐。

节目时间

星期一至五
9:00 am - 2:00 pm

联系

JANET BRONSON
P
E JBronson@ymcasf.org

LUIS HERNANDEZ
P 415-452-7568
E LHernandez@ymcasf.org

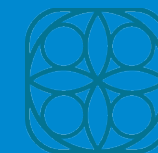
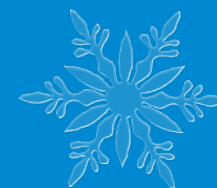
MARITZA DICICCO
P 415-890-6708
E MDicicco@ymcasf.org



MISSION YMCA - ACTIVE OLDER ADULTS

EXPLORE THE POSSIBILITIES

每月活動日曆 - 2025年12月



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**



我哋好鍾意見到我哋嘅活躍老年人聚集埋一齊，保持健康同埋建立有意義嘅聯繫。由每日嘅運動班到社區活動，總會有啲嘢發生，我哋好高興你可以參與其中！

4080 Mission St, SF, CA 94112 • 415.586.6900 • ymcasf.org/mission

AOA 活动 12月 – 12月 2025

星期一	星期二	星期三	星期四	星期五
1 始终活跃 9:15am – 10:00 am 跳排舞 10:00am – 11:00am 宾果游戏 12:45pm – 2:00 pm 探戈舞 2:15 pm – 4:00 pm	2 喝咖啡聊天 9:00–10:00 am NIA 10:30– 11:30 am 计算机课 12:00 – 1:00 pm	3 始终活跃 9:15 – 10:00 am 园艺俱乐部 9:30 – 10:30 am 太极拳 10:30 am – 11:30 am 缝纫课 12:30pm – 1:30 pm 代际 晚餐 3:30–4:30pm	3 喝咖啡聊天 9:00– 10:00 am 瑜伽课 10:30–11:30 am 美术课 12:00 pm – 1:00 pm 桌面游戏 1:00–2:00 pm 乒乓球 2:00 pm – 4:00 pm	4 喝咖啡聊天 at 9:00 – 10:00 am 尊巴舞 10:00–11:00 am 午餐 11:30–12:00 pm 宾果游戏 12:30–1:30 pm
8 始终活跃 9:15am – 10:00 am 跳排舞 10:00am – 11:00am 宾果游戏 12:45pm – 2:00 pm 探戈舞 2:15 pm – 4:00 pm	9 喝咖啡聊天 9:00–10:00 am NIA 10:30– 11:30 am 计算机课 12:00 – 1:00 pm	10 始终活跃 9:15 – 10:00 am 园艺俱乐部 9:30 – 10:30 am 太极拳 10:30 am – 11:30 am 缝纫课 12:30pm – 1:30 pm 代际 晚餐 3:30–4:30pm	11 喝咖啡聊天 9:00– 10:00 am 瑜伽课 10:30–11:30 am 美术课 12:00 pm – 1:00 pm 桌面游戏 1:00–2:00 pm 乒乓球 2:00 pm – 4:00 pm	12 裝飾 手提包 和 Luna 9:00–10 am 喝咖啡聊天 at 9:00 – 10:00 am 尊巴舞 10:00–11:00 am 午餐 11:30–12:00 pm 宾果游戏 12:30–1:30 pm
15 始终活跃 9:15am – 10:00 am 跳排舞 10:00am – 11:00am 宾果游戏 12:45pm – 2:00 pm 探戈舞 2:15 pm – 4:00 pm	16 喝咖啡聊天 9:00–10:00 am NIA 10:30– 11:30 am 计算机课 12:00 – 1:00 pm	17 始终活跃 9:15 – 10:00 am 园艺俱乐部 9:30 – 10:30 am 太极拳 10:30 am – 11:30 am 缝纫课 12:30pm – 1:30 pm 代际 晚餐 3:30–4:30pm	18 喝咖啡聊天 9:00– 10:00 am 瑜伽课 10:30–11:30 am 美术课 12:00 pm – 1:00 pm 桌面游戏 1:00–2:00 pm 乒乓球 2:00 pm – 4:00 pm	19 喝咖啡聊天 9:00 – 10:00 am 尊巴舞 10:00–11:00 am 生日 & 节日 聚餐 11:30–1:30 pm
22 程式閃咗	23 程式閃咗	24 程式閃咗	25 程式閃咗	26 程式閃咗
29 程式閃咗	30 程式閃咗	31 程式閃咗		