



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



ANTONIO ORTIZ

Active Adult Engagement Coordinator

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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.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Richmond District YMCA

ACTIVE OLDER ADULTS

MONTHLY ACTIVITY CALENDAR-January 2026

EXPLORE THE POSSIBILITIES

For more info, please contact
P 415 - 666 - 9622

RICHMOND DISTRICT YMCA
360 18th Ave,
San Francisco, CA 94121

RDYMCA
RichmondDistrictYMCA
ymcasf.org/richmond



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

AOA ACTIVITY CALENDAR – January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 New Years Day Holiday Mindful Meditation (SC) Canceled Mahjong / Beg & Int (SC) Canceled Boomercize (Studio 1) Canceled	2 AOA Social Canceled Tai Chi 1:15 pm – 2:15 pm (S1) Adv Bridge 1:15pm –4:15pm (SC)
5 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	6 Chair Yoga / Studio 1 10:30 am –11:45 am Senior Strength / Studio 1 12:00 pm –1:00 pm (SC)	7 Sit & Be Fit / (CR) 10am–10:45am /11am–11:45am Flower Arranging (SC) 12:30 pm –1:30 pm Walking Group Canceled	8 Mindful Meditation (SC) Canceled Mahjong /Beg&Int Freeplay (SC) 12:00 pm – 3:00 pm Boomercize (Studio 1) 1:00 pm – 2:00 pm	9 AOA Social Canceled Tai Chi 1:15 pm – 2:15 pm (S1) Adv Bridge 1:15pm –4:15pm (SC)
12 Zumba / Studio 1 9:00 am – 10:00 am Sit & Be Fit (CR) 10:00 am – 11:00 am Knitting 11:00 am – 12:45 pm Mahjong / Adv (SC) 1:00pm – 4:00pm	13 Chair Yoga / Studio 1 10:30 am –11:45 am Senior Strength / Studio 1 12:00 pm –1:00 pm The Joy Of Tea Tasting Cooking With Antonio 1:00 pm – 2:30pm (SC)	14 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	15 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	16 Coffee Meet Up 8am – 9am AOA Social 11:30am – 1:00pm Birthday & Bingo Tai Chi 1:15 pm – 2:15 pm (S1) Adv Bridge 1:15pm –4:15pm (SC)
19 MLK Holiday 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) Canceled	20 Chair Yoga / Studio 1 10:30 am –11:45 am Senior Strength/Studio 1 12:00 pm –1:00 pm Chicken Broth Demo Cooking With Antonio 1:00pm – 2:30pm (SC)	21 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	22 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	23 AOA Social 11:30am – 1:30pm Movie & Popcorn (SC) Tai Chi 1:15 pm – 2:15 pm (S1) Adv Bridge 1:15pm –4:15pm (SC)
(Jan 26) Zumba / Studio 1 9:00 am – 10:00 am Sit & Be Fit (CR) 10:00 am – 11:00 am Knitting (SC) 11am –12:45pm Mahjong (SC) 1pm– 4pm	27 Chair Yoga / Studio 1 10:30 am –11:45 am Senior Strength/Studio 1 12:00 pm –1:00 pm ***Wonton Workshop Cooking With Antonio 1:00pm – 2:30pm (SC)	28 Sit & Be Fit (CR) 10am–10:45am /11am–11:45am Flower Arranging (SC) 12:30 pm –1:30 pm ***Walking Group Canceled	29 Mindful Meditation (SC) 10:30 am – 11:30 am Mahjong / Beg & Int (SC) 12:00 pm – 3:00 pm	30 Coffee Meet Up 8am – 9am AOA Social / Canceled Tai Chi 1:15 pm – 2:15 pm (S1) Adv Bridge 1:15pm –4:15pm (SC)