


EVENTS & REGISTRATIONS

12.23.25 Update

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

Monday, Jan. 12th • 1:00p.m.–3:00p.m.
Exploring Creativity: Vision Board – Part 1 (15 seats)
Begin the new year with intention as we explore our goals, clarify our vision, and gather inspiration to prepare your own vision board.

- Registration Opens: Wed, Jan. 7th (11:00am)
- Boards will be completed in the second workshop below.

Monday, Jan. 26th • 1:00p.m. – 3:00p.m.
Exploring Creativity: Vision Board – Part 2 (15 seats)
Continue your creative journey by finalizing your vision board and sharing your completed project in a supportive and uplifting space.

- Same registrants from Part 1 workshop.

Friday, Jan. 16th • 1:00p.m.–3:00p.m.
Craft Workshop: Lunar New Year Lanterns (15 seats)
Prepare for Lunar New Year by crafting a beautiful lantern, a traditional symbol of hope and renewal that illuminates the path into the coming year.

- Registration Opens: Thu, January 8th (11:00am)

Tuesday, Jan. 20th • 10:00a.m.–11:00a.m.
DigitalLift Workshop: Zoom & Facetime (25 seats)
This workshop is all about learning how to access, navigate, and use Zoom and Facetime to stay connected.

- Registration Open Now

Tuesday, Jan. 20th • 11:00a.m. – 12:00a.m.
DigitalLift: Tech Support Workshop
Have any questions about technology? Drop by for tech support and additional workshop assistance.

- No registration required.

Tuesday, Jan. 27th • 10:00a.m. – 11:30a.m.
Wonton Making Workshop (12 seats)
Learn how to prepare delicious wontons from start to finish, including making the filling, wrapping them by hand, and cooking them. This workshop will be hosted by Janet G., Membership Coordinator for the Stonestown Family YMCA Main Facility. Participants will have the opportunity to learn more about the gym facility's classes and membership during this workshop.

- Registration Opens: Fri, Jan. 9th (11:00am)


Tuesday, Jan. 27th • 10:00a.m. – 12:00p.m.
NEMS Health Screening
Through a partnership with North East Medical Services (NEMS), we offer free health screenings testing glucose and blood pressure levels. No registration required.

- Limited to 20 participants on a walk-in basis.

Thursday, Jan. 29th • 9:30a.m. – 4:15p.m.
FIELD TRIP: Dandelion Chocolate Factory & Ferry Building

Take a sweet trip to the Dandelion Chocolate Factory to learn about the chocolate making process, while tasting samples throughout each step. The tour will conclude with a cup of hot chocolate made with their classic blend: 70% Camino Verde, Ecuador chocolate with organic cane sugar. Our next stop will be at the Ferry Building Plaza, where you can explore the farmer's market and shop! Lunch on own. Additional information available on a separate flyer.

- Priority Registration: Fri. Jan 9th (11:00am)
 - Phone registration: 11:30am
- General Registration: Fri. Jan 16th (11:00am)
 - Phone registration: 11:30am

 **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!

Jan 7th • The Deepest Breath [Documentary/Sport]
Length: 1hr 46m [Netflix](#)
Two free divers and their fated journey to cross paths: a champion trying to break world records and a beloved safety diver who helps her train.

Jan 14th • Me Before You [Romantic/Drama]
Length: 1hr 50m [Amazon Prime](#)
A small-town girl, Louisa Clark, takes a job caring for recently paralyzed Will Traynor and unexpectedly forms a deep bond.

Jan 21st • Einstein and the Bomb[Historical/Science]
Length: 1hr 16m [Netflix](#)
Using archival footage and his own words, this docudrama chronicles what happened after the scientist fled Nazi Germany.

Jan 28th • Lion [Inspiring/Drama]
Length: 1hr 58m [Netflix](#)
Years after being separated from his mom and adopted by an Australian couple, an Indian man returns to his hometown determined to find his birth family.



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services



Dance Fitness with Denise

ANNEX AT HAND January 2026

Happy New Year!

Dear Annex Community,

We are happy to share our new partnership with NEMS in providing health screenings to our community. NEMS health screenings will comprise of checking blood pressure and glucose levels.

Additionally, this month has a variety of creative activities, including a two part vision board class, Wonton making, and a lantern making class. You can find these events in light blue font inside our calendar with registration dates on the backside.

We wish everyone a New Year filled with joy, happiness, and good health as we start fresh together.

12/23/25 Update: Health screening date is now added to the calendar and the Ukulele Jam date has been updated.

Happy New Year!

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 – January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

ANNEX REOPENS January 7th, 2026

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

12



13
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.

13

14
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.

14

15
Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Jam Session #1 11:30am–1:30pm
Ikebana 1:00pm–3:00pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

15

16
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.
Folk, Line, Social Dance 1:00–2:40p.m.
Craft Workshop: Lunar New Year Lanterns
1:00pm–3:00pm

16



ANNEX IS CLOSED:
Martin Luther King Jr Day

19

20
Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
DL: Zoom & Facetime 10:00a.m.–11:00am
DL Tech Support: 11:00am–12:00pm
Lunch 11:30am–12:30p.m.
Taiko 1/Level 2 1:00pm–2:00pm
Taiko 3 2:00–3:00p.m.
Taiko 2 3:00–4:00pm.

20



21
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.

21

22
Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Jam Session #2 11:30am–1:30pm
Stroke Community Game Day 1:00–2:50p.m.
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

22

23
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.
Folk, Line, Social Dance 1:00–2:40p.m.

23

26
Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
EC: Vision Board (Part 2) 1:00–3:00p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.

26



27
Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Wonton Making Workshop 10:00am–11:30am
Health Screening (CR) 10:00am–12:00pm
Lunch 11:30am–12:30p.m.
Taiko 1/Level 2 1:00–2:00p.m.
Taiko 3 2:00–3:00p.m.
Taiko 2 3:00–4:00pm.

27



28
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 Tournament 1:00–4:00p.m.

28



29
Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Jam Session #3 11:30am–1:30pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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FIELD TRIP: Dandelion Chocolate & Ferry Building Farmer's Market 9:30am–4:15pm

30
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.
Folk, Line, Social Dance 1:00–2:40p.m.

30