



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

JANUARY 2026

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

No class Monday January 19th

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, January 1st, 2026

Meditation that improves balance, flexibility and cardiovascular function.

Mindful Movement

Fridays 10:00am-11:00am

Instructor: Denise Fladager

No Class Friday, January 2nd, 2026

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

THE SWEET ESCAPE

Save The Date!

Thursday, January 29th

Flyer will be available soon with all registration details.

Dandelion Chocolate Factory & Ferry Market plaza

Join us for a sweet escape as we tour the Dandelion Chocolate Factory while we savor a hot chocolate while watching their chocolate makers in action. THEN, take a ride to the Ferry Building as we enjoy the Ferry Plaza's Farmers Market. Lunch on Own

CONTACT INFO

LaShall Hamlin

Email: lhamlin@ymcasf.org

Cell: 510.691.3712



SOCIAL PROGRAMS

Watercolor Class

Mondays 1:30 pm-3:30 pm

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 LaShall Hamlin at 510-691-3712/ lhamlin@ymcasf.org to be placed on the waitlist.

No class Monday, January 19th

Mahjongg (American Style)

Tuesdays 12:00 pm-2:30 pm

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 3:00 pm-4:00 pm

- Tuesday, January 6th: 70's Karaoke, Unleash your disco fever, funk and classic rock with some oldies but goodies.
- Tuesday, January 13th: Board Games Fun, Scrabble, Monopoly, etc. Please RSVP by January 6th by emailing lhamlin@ymcasf.org

Let's Get Together Cont...

- Tuesday, January 20th, Geography Trivia, How well do you know landmarks, time zones, and fictional locations? RSVP by January 13th by emailing lhamlin@ymcasf.org
- Tuesday, January 27th: January Birthday Bingo

Movie Mania

Thursdays 1:30 pm-end of movie

- Thursday, January 1st: **canceled**
- Thursday, January 8th: "KPop Demon Hunters" Rated PG 1hr 39mins Starring Arden Chow
- Thursday, January 15th: "The Adam Project" Rated PG-13 1hr 46mins Starring Ryan Reynolds
- Thursday, January 22nd: "Mr. and Mrs. Smith" Rated PG-13 2hrs Starring Brad Pitt and Angelina Jolie
- Thursday January 29th: "Bride Wars" Rated PG 1hr 28mins Starring Kate Hudson and Anne Hathaway

Bridge

Fridays 12:30 pm-2:30 pm

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

No Class Friday, January 2nd

YUMMY BEEF

Ingredients:

1 Tbsp (or more) vegetable oil
2 lbs. beef chuck stew meat, cut 1" cubes
1 medium yellow onion, chopped
2 carrots, peeled, cut into rounds
2 stalks celery, chopped
Kosher salt
Freshly ground black pepper
3 cloves of garlic, finely chopped
1/4 cup tomato paste
6 cups of low-sodium beef broth
1 cup red wine
1 Tbsp. Worcestershire sauce
2 fresh thyme springs
2 bay leaves
1 lb. baby potatoes
1 cup frozen peas
1/4 cup chopped fresh parsley



Directions:

1. In a medium pot, heat oil. Add beef and cook for 10 minutes, until seared on sides. Transfer beef to plate.
2. Heat oil on medium high, cook onion, carrots, celery, stirring until softened. Season with salt and pepper. Add garlic and tomato paste and cook until garlic is fragrant and tomato paste is darkened. Return beef and juices to pot. Add broth, wine, Worcestershire, thyme, and bay leaves. Bring to a boil then reduce heat to medium-low and bring to simmer; season with salt and pepper. Cover and simmer, stirring occasionally, until beef is tender.
3. Add potatoes simmer, covered, until potatoes are tender.