




Active Older Adults (AOA) Activities Schedule Buchanan YMCA

JANUARY 2026

| Monday | Tuesday | Wednesday | Thursday | FRIDAY | Saturday |
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|  | BUCHANAN YMCA 1530 Buchanan St FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY |  SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services | | | These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services. |
| | | | 1 | 2 | 3 |
| *Program registration required before first class attendance | Questions regarding class or program? Call us at 415-931-9622 | |  NEW YEARS DAY CLOSED | 1-4PM OFFICE HOURS | |
| 5 | 6 | 7 | 8 | 9 | 10 |
| 9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/MEDITATION | 9:30 PILATES (cancelled) 11:35 TAI-CHI | 9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE (Cancelled) | 9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG | 1-4PM OFFICE HOURS | |
| 12 | 13 | 14 | 15 | 16 | 17 |
| 9:00 CHAIR HATHA YOGA (Cancelled) 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/MEDITATION 1:00 PM MISSION BOARD PROJECT | 9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH | 9:00 HATHA YOGA (Cancelled) 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE | 9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG 1:15 PM BINGO WITH VANESSA | 1-4 PM OFFICE HOURS | |
| 19 | 20 | 21 | 22 | 23 | |
| MLK HOLIDAY FALICITY CLOSED | 9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH | 9:00 HATHA YOGA (Sarah M - Sub) 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE | 9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG | 1-4 OFFICE HOURS | |
| 26 | 27 | 28 | 29 | 30 | 31 |
| 9:00 CHAIR HATHA YOGA (Cancelled) 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/MEDITATION | 9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH | 9:00 HATHA YOGA (Sarah M - Sub) 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE | 9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG 1:15 PM BINGO WITH VANESSA | 1-4 OFFICE HOURS | |