

# Active Older Adults (AOA) Activities Schedule Buchanan YMCA

## JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday
	<b>BUCHANAN YMCA</b> 1530 Buchanan St FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY		<b>SAN FRANCISCO HUMAN SERVICES AGENCY</b> <b>Department of Disability and Aging Services</b>		These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.
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*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	