

Chinatown YMCA AOA Calendar — January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Registration required for activities in blue!		Funders:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	For more information, please contact Peiying Guan at 415-748-3569 or Jason Huang at 415-652-7995 .		
4 Tai Chi 9:05-9:55am Qigong 10:05-10:55am	5 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	6 Ping Pong 10-12pm	7 Tai Chi 9:05-10am Ping Pong 10-12pm Stress Buster(Cantonese, in-person) 1:30-2pm	8 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	9 Ping Pong 10-12pm Cooking Together 10-1pm Chair Exercise 1:40-2:35pm
11 Tai Chi 9:05-9:55am Qigong 10:05-10:55am	12 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	13 Ping Pong 10-12pm	14 Tai Chi 9:05-10am Ping Pong 10-12pm Orientation 11-12pm Stress Buster(Cantonese, Zoom) 1:30-2pm	15 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	16 Ping Pong 10-12pm Cooking Together(Birthday) 10-1pm Tech Support 1-4pm Chair Exercise 1:40-2:35pm
18 Tai Chi 9:05-9:55am Qigong 10:05-10:55am	19 	20 Ping Pong 10-12pm	21 Tai Chi 9:05-10am Ping Pong 10-12pm Chabot Space Center Fieldtrip 8:30am-3pm	22 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Stress Buster(English, Zoom) 1:30-2pm Senior Yoga 2:05-3pm	23 Ping Pong 10-12pm Cooking Together 10-1pm Tech Support 1-4pm Chair Exercise 1:40-2:35pm
25 Tai Chi 9:05-9:55am Qigong 10:05-10:55am	26 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	27 Ping Pong 10-12pm	28 Tai Chi 9:05-10am Ping Pong 10-12pm Senior Leadership Meeting 10-11am Art & Craft 11:30am-1pm Stress Buster(Cantonese, Zoom) 1:30-2pm	29 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	30 Ping Pong 10-12pm Cooking Together 10-1pm Tech Support 1-4pm Chair Exercise 1:40-2:35pm

華埠青年會共同年長計劃月曆 —— 一月 2026



週日	週一	週二	週三	週四	週五
藍色活動需要報名!		贊助者:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	如有任何問題, 請致電 415-748-3569 (Peiying 关) 或者 415-652-7995 (Jason)。	 元旦 1	2 乒乓球 10-12pm 椅子運動 1:40-2:35pm
4 太極 9:05-9:55am 氣功 10:05-10:55am	5 乒乓球 10-12pm 水上尊巴 11:10-11:55am	6 乒乓球 10-12pm	7 太極 9:05-10am 乒乓球 10-12pm 減壓班(粵語, 現場) 1:30-2pm	8 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	9 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
11 太極 9:05-9:55am 氣功 10:05-10:55am	12 乒乓球 10-12pm 水上尊巴 11:10-11:55am	13 乒乓球 10-12pm	14 太極 9:05-10am 乒乓球 10-12pm 新人介紹會 11-12pm 減壓班(粵語, Zoom) 1:30-2pm	15 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	16 乒乓球 10-12pm 近廚得食(生日會) 10-1pm 科技協助 1-4pm 椅子運動 1:40-2:35pm
18 太極 9:05-9:55am 氣功 10:05-10:55am	19 馬丁路德金節 	20 乒乓球 10-12pm	21 太極 9:05-10am 乒乓球 10-12pm 太空科學館外遊 8:30am-3pm	22 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 減壓班(英語, Zoom) 1:30-2pm 長者瑜伽 2:05-3pm	23 乒乓球 10-12pm 近廚得食 10-1pm 科技協助 1-4pm 椅子運動 1:40-2:35pm
25 太極 9:05-9:55am 氣功 10:05-10:55am	26 乒乓球 10-12pm 水上尊巴 11:10-11:55am	27 乒乓球 10-12pm	28 太極 9:05-10am 乒乓球 10-12pm 長者領導會 10-11am 手工班 11:30am-1pm 減壓班(粵語, Zoom) 1:30-2pm	29 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	30 乒乓球 10-12pm 近廚得食 10-1pm 科技協助 1-4pm 椅子運動 1:40-2:35pm