



Active Older Adults (AOA) Activities Schedule

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday
	BUCHANAN YMCA 1530 Buchanan St <small>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</small>	 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.
2	3	4	5	6	7
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
9	10	11	12	13	14
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE	9:30 SIT AND BE FIT (SUB) 10:30 ZUMBA 11:35-12:15 QI-GONG	1- 4PM OFFICE HOURS	
16	17	18	19	20	21
9:00 CHAIR HATA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 12:00 DIGITAL LIFT WORKSHOP	9:30 SIT AND BE FIT(SUB) 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
23	24	25	26	27	28
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 12:30 VALENTINE DAY LUNCH AND BINGO WITH VANNESA	9:30 SIT AND BE FIT (SUB) 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
	*Program registration required before first class attendance	Questions regarding class or program? Call us at 415-931-9622			