



## REGISTRATION

To register for upcoming trips or events, stop by the Richmond District YMCA front desk and one of our friendly membership staff will be able to assist you.

## MEMBERSHIP

To participate in programs at the Y, a membership is required. We offer a Community Participant Membership free of charge which gives you the ability to enroll in programs and trips. We also offer an affordable Active Older Adult Facility Membership which includes access to fitness facilities at all YMCAs nationwide and gives you special rates for programs and trips. Stop by the front desk to get your membership set up today! We believe that cost should not be a barrier which is why we offer financial assistance to the extent possible for membership and programs.

## CONTACT



### ANTONIO ORTIZ

Active Adult Engagement Coordinator

P 415 666 9614 • E [aortiz@ymcasf.org](mailto:aortiz@ymcasf.org)

Antonio was born and raised in the Richmond District and his journey brought him to the Richmond District Y. He strives to insure that people have a great experience at the Y and encourages them to meet their goals.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Richmond District YMCA

# ACTIVE OLDER ADULTS

## MONTHLY ACTIVITY CALENDAR-February 2026

# EXPLORE THE POSSIBILITIES

For more info, please contact  
P 415 - 666 - 9622

RICHMOND DISTRICT YMCA  
360 18th Ave,  
San Francisco, CA 94121

RDYMCA  
RichmondDistrictYMCA  
[ymcasf.org/richmond](http://ymcasf.org/richmond)



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services

# AOA ACTIVITY CALENDAR – February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Sit & Be Fit (CR) 10:00 am – 11:00 am Knitting (SC) 11:00 am – 12:45 pm Mahjong / Adv Freeplay(SC) 1:00pm – 4:00pm	3 Chair Yoga / Studio 1 10:30 am – 11:45 am  Senior Strength / Studio 1 12:00 pm – 1:00 pm (SC)	4 Sit & Be Fit / (CR) 10am–10:45am /11am–11:45am Flower Arranging (SC) 12:30 pm –1:30 pm Walking Group 1:30pm-3:30pm  Beg Bridge 1:30pm-3:30pm (SC)	5 Mindful Meditation (SC) 10:30am – 11:30am Mahjong / Beg & Int (SC) 12:00pm – 3:00pm Boomerize (Studio 1) 1:00pm – 2:00pm	6 Coffee Meet Up 8am – 9am *Movie & Popcorn (SC) 11:00am – 1:00pm Tai Chi 1:15 pm – 2:15 pm (S1)  Adv Bridge 1:15pm –4:15pm (SC)
9  Sit & Be Fit (CR) 10:00 am – 11:00 am Knitting (SC) 11:00 am – 12:45 pm Mahjong / Adv (SC) 1:00pm – 4:00pm	10 Chair Yoga / Studio 1 10:30 am – 11:45 am  Senior Strength / Studio 1 12:00 pm – 1:00 pm (SC)	11 Sit & Be Fit / (CR) 10am–10:45am /11am–11:45am Flower Arranging (SC) 12:30 pm –1:30 pm Walking Group 1:30pm –3:30pm  Beg Bridge 1:30pm-3:30pm (SC)	12 Mindful Meditation (SC) 10:30am – 11:30am Mahjong / Beg&Int Freeplay (SC) 12:00 pm – 3:00 pm  Boomerize (Studio 1) 1:00 pm – 2:00 pm	13 Valentines Art Workshop (SC) 11:30am – 1:00pm Tai Chi 1:15 pm – 2:15 pm (S1)  Adv Bridge 1:15pm –4:15pm (SC)
16  Sit & Be Fit (CR) 10:00 am – 11:00 am Knitting 11:00 am – 12:45 pm Mahjong / Adv (Freeplay SC) 1:00pm – 4:00pm	17 <b>Lunar New Year</b> Chair Yoga / Studio 1 10:30 am – 11:45 am  Senior Strength / Studio 1 12:00 pm – 1:00 pm	18 Sit & Be Fit / (CR) 10am–10:45am /11am–11:45am Flower Arranging (SC) 12:30 pm –1:30 pm Walking Group 1:30pm-3:30pm  Beg Bridge 1:30pm-3:30pm (SC)	19 Mindful Meditation (SC) 10:30 am – 11:30 am Mahjong / Beg & Int (SC) 12:00 pm – 3:00 pm  Boomerize (Studio 1) 1:00 pm – 2:00 pm	20 Coffee Meet Up 8am – 9am AOA Social 11:30am – 1:00pm Birthday & Bingo Tai Chi 1:15 pm – 2:15 pm (S1)  Adv Bridge 1:15pm –4:15pm (SC)
23  Sit & Be Fit (CR) 10:00 am – 11:00 am Knitting (SC) 11:00 am – 12:45 pm Mahjong / Adv (SC) 1:00pm – 4:00pm	24 Chair Yoga / Studio 1 10:30 am – 11:45 am  Senior Strength/Studio 1 12:00 pm – 1:00 pm	25 Sit & Be Fit (CR) 10am–10:45am /11am–11:45am Flower Arranging (SC) 12:30 pm –1:30 pm Walking Group 1:30pm-3:30pm  Beg Bridge 1:30pm-3:30pm (SC)	26 Mindful Meditation (SC) 10:30 am – 11:30 am Mahjong / Beg&Int Freeplay (SC) 12:00 pm – 3:00 pm  Boomerize (Studio 1) 1:00 pm – 2:00 pm	27 <b>Lunar New Year Luncheon</b> 11:30am –1:00pm Call to RSVP 415-666-9622 Tuesday (2/24/2026) @ 8:00am  Tai Chi 1:15 pm – 2:15 pm (S1)  Adv Bridge 1:15pm –4:15pm (SC)