



MEMBERSHIP

We love seeing our Active Older Adults come together to stay healthy and build meaningful connections. From daily exercise classes to community events, there's always something happening and we're glad you're part of it!

There is no fee to participate in the Mission YMCA Active Older Adults programs and trips; however, registration is required. This is accomplished by signing up for our Community Participant Membership, which is free of charge and allows you to enroll.

REGISTRATION

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

CONTACT



JANET BRONSON
ACTIVE ADULT ENGAGEMENT COORDINATOR

P 415 586 9600 • E JBronson@ymcasf.org

Janet Bronson a proud San Francisco native is the new Program Coordinator for the Active Older Adults Program. Dedicated to creating meaningful connections and uplifting experiences for seniors in her community.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MISSION YMCA - ACTIVE OLDER ADULTS

EXPLORE THE POSSIBILITIES

MONTHLY ACTIVITY CALENDAR - April 2026



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

4080 Mission ST, SF, CA 94112 • 415.586.6900 •

AOA ACTIVITY CALENDAR - April 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

SUN

1
Always Active
9:15 am - 10:15 am
Tai Chi
10:30 am - 11:30 am
Bingo
12:30 pm - 1:30 pm

2
Coffee & Chit Chat
9:00 am - 10:00 am
Yoga
10:30 am - 11:30 am
Art Class & Table Games
12:00 pm - 2:00 pm
Ping Pong
2:00 pm - 4:00 pm

3
Coffee & Chit Chat
9:00 am - 10:00 am
Zumba
10:00 am - 11:00 am
Lunch
11:30 am - 12:00 pm
Bingo
12:30 pm - 1:30 pm

3
5

6
Always Active
9:15 am - 10:15 am
Line Dance
10:30 am - 11:30 am
Bingo
12:30pm - 2:00 pm
Tango
2:15 pm -4:00 pm

7
Coffee & Chit Chat
9:00 am - 10 am
Zumba
10:30 am - 11:30 am
Nutrition Class
11:45-12:45
Computer Class
12:00 pm-1:00pm
Beginner Ukulele
1:30-2:30

8
Always Active
9:15 am - 10:15 am
Tai Chi
10:30 am - 11:30 am
Sewing Class
12:30 pm - 2:00 pm
Intergen Dinner
3:00 pm - 5:00PM

9
Coffee & Chit Chat
9:00 am - 10:00 am
Yoga
10:30 am - 11:30 am
Art Class & Table Games
12:00 pm - 2:00 pm
Ping Pong
2:00 pm - 4:00 pm

10
Coffee & Chit Chat
9:00 am - 10:00 am
Zumba
10:00 am - 11:00 am
Lunch
11:30 am - 12:00 pm
Bingo
12:30 pm - 1:45 pm

12

13
Always Active
9:15 am - 10:15 am
Line Dance
10:00 am - 11:30 am
Bingo
12:30 pm - 1:45 pm
Tango
2:15 pm -4:00 pm

14
Coffee & Chit Chat
9:00 am - 10 am
Zumba
10:30 am - 11:30 am
Nutrition Class
11:45-12:45
Computer Class
12:00 pm-1:00pm
Beginner Ukulele
1:30-2:30

15
Always Active
9:15 am - 10:15 am
Tai Chi
10:30 am - 11:30 am
Bingo
12:30 pm - 1:45 pm
Intergen Dinner
3:30 pm - 4:30 pm

16
Coffee & Chit Chat
9:00 am - 10:00 am
Yoga
10:30 am - 11:30 am
Art Class & Table Games
12:00 pm - 2:00 pm
Ping Pong
2:00 pm - 4:00 pm

17
Coffee & Chit Chat
9:00 am - 10:00 am
Zumba
10:00 am - 11:00 am
Lunch
11:30 am - 12:00 pm
Bingo
12:30--1:45

18 Boheme
Out of the
Box
Senior Field Trip
Christie Park
Emeryville CA.

19

20
Always Active
9:15 am - 10:15 am
Line Dance
10:00 am - 11:30 am
Bingo
12:45 pm - 1:45 pm
Tango
2:15 pm -4:00 pm

21
Coffee & Chit Chat
9:00 am - 10 am
Zumba
10:30 am - 11:30 am
Nutrition Class
11:45-12:45
Computer Class
12:00 pm-1:00pm
Beginner Ukulele
1:30-2:30

22
Always Active
9:15 am - 10:15am
Tai Chi
10:30 am - 11:30 am
Sewing Class
12:30 pm - 2:00pm
Health Screening
1:00pm - 3:00pm
Intergen Dinner/Makers
3:00PM - 5:00pm

23
Coffee & Chit Chat
9:00 am - 10:00 am
Yoga
10:30 am - 11:30 am
Art Class & Table Games
12:00 pm - 2:00 pm
Ping Pong
2:00 pm - 4:00 pm

24
Coffee & Chit Chat
9:00 am - 10:00 am
Zumba
10:00 am - 11:00 am
Birthday PotLucK
11:30-1:30PM
No Bingo

25

26

27
Always Active
9:15 am - 10:15 am
Line Dance
10:30 am - 11:30 am
Tango Party!
1:00PM - 4:00PM
No Bingo

28
Coffee & Chit Chat
9:00 am - 10 am
Zumba
10:30 am - 11:30 am
Nutrition Class
11:45-12:45
Computer Class
12:00 pm-1:00pm
Beginner Ukulele
1:30-2:30

29
Always Active
9:15 am - 10:15 am
Tai Chi
10:30 am - 11:30 am
Bingo
12:30 pm - 1:45 pm

30
Coffee & Chit Chat
9:00 am - 10:00 am
Yoga
10:30 am - 11:30 am
Art Class & Table Games
12:00 pm - 2:00 pm
Ping Pong
2:00 pm - 4:00 pm



AFILIACIÓN

Nos encanta ver a nuestros adultos mayores activos reunirse para mantenerse sanos y crear vínculos significativos. Desde clases de ejercicio diarias hasta eventos comunitarios, siempre hay algo que hacer, ¡y nos alegra que formen parte de ello!

La participación en los programas y excursiones para adultos mayores activos de Mission YMCA es gratuita; sin embargo, es necesario registrarse. Para ello, solo tienen que inscribirse en nuestra membresía de Participante Comunitario, que es gratuita y les permitirá participar en las actividades.

REGISTRO

Para inscribirse en los próximos viajes o eventos, acérquese a la recepción del YMCA de Mission y uno de nuestros amables miembros del personal le ayudará.

CONTACTO



JANET BRONSON
ACTIVE ADULT ENGAGEMENT COORDINATOR

P 415 586 9600 • E JBronson@ymcasf.org

Janet Bronson, originaria de San Francisco, es la nueva coordinadora del Programa de Adultos Mayores Activos. Ella se dedica a generar vínculos importantes y vivencias positivas para los adultos mayores de su comunidad.



FOR YOUTH DEVELOPMENT®
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MISSION YMCA - ADULTOS MAYORES ACTIVOS

DESCUBRE LAS POSIBILIDADES

CALENDARIO DE ACTIVIDADES - Abril 2026



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

4080 Mission ST, SF, CA 94112 • 415.586.6900 •

CALENDARIO DE ACTIVIDADES - ABRIL DE 2026

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SAB

SUN

		1	2	3	3	5
		<p>Siempre activo 9:15 am - 10:15 am</p> <p>Tai Chi 10:30 am - 11:30 am</p> <p>Bingo 12:30 pm - 1:30 pm</p>	<p>Café y charla 9:00 am - 10:00 am</p> <p>Yoga 10:30 am - 11:30 am</p> <p>Clase de arte y juegos de mesa 12:00 pm - 2:00 pm</p>	<p>Café y charla 9:00 am - 10:00 am</p> <p>Zumba 10:00 am - 11:00 am</p> <p>Almuerzo 11:30 am - 12:00 pm</p> <p>Bingo</p>		
6	7	8	9	10	11	12
<p>Siempre activo 9:15 am - 10:15 am</p> <p>Line Dance 10:30 am - 11:30 am</p> <p>Bingo 12:45 pm - 2:00 pm</p> <p>Tango 2:15 pm - 4:00 pm</p>	<p>Café y charla 9:00 a. m. - 10 a. m.</p> <p>Zumba 10:30 a. m. - 11:30 a. m.</p> <p>Clase de computación 12:00 p. m. - 1:00 p. m.</p> <p>Clase de nutrición 11:45-12:45</p> <p>Ukelele para principiantes 1:30 - 2:30</p>	<p>Siempre activo 9:15 am - 10:15 am</p> <p>Tai Chi 10:30 am - 11:30 am</p> <p>Clase de costura 12:30 pm - 2:00pm</p> <p>Cena Interger 3:30 pm - 4:30 pm</p>	<p>Café y charla 9:00 am - 10:00 am</p> <p>Yoga 10:30 am - 11:30 am</p> <p>Clase de arte y juegos de mesa 12:00 pm - 2:00 pm</p> <p>Ping Pong 2:00 pm - 4:00 pm</p>	<p>Café y charla 9:00 am - 10:00 am</p> <p>Zumba 10:00 am - 11:00 am</p> <p>Almuerzo 11:30 am - 12:00 pm</p> <p>Bingo 12:30 pm - 1:30 pm</p>		
13	14	15	16	17	18	19
<p>Siempre activo 9:15 am - 10:15 am</p> <p>Line Dance 10:00 am - 11:30 am</p> <p>Bingo 12:45 pm - 2:00 pm</p> <p>Tango 2:15 pm - 4:00 pm</p>	<p>Café y charla 9:00 a. m. - 10 a. m.</p> <p>Zumba 10:30 a. m. - 11:30 a. m.</p> <p>Clase de computación 12:00 p. m. - 1:00 p. m.</p> <p>Clase de nutrición 11:45-12:45</p> <p>Ukelele para principiantes 1:30 - 2:30</p>	<p>Siempre activo 9:15 am - 10:15 am</p> <p>Tai Chi 10:30 am - 11:30 am</p> <p>Bingo 12:30 pm - 1:45 pm</p>	<p>Café y charla 9:00 am - 10:00 am</p> <p>Yoga 10:30 am - 11:30 am</p> <p>Clase de arte y juegos de mesa 12:00 pm - 2:00 pm</p> <p>Ping Pong 2:00 pm - 4:00 pm</p>	<p>Café y charla 9:00 am - 10:00 am</p> <p>Zumba 10:00 am - 11:00 am</p> <p>Almuerzo 11:30 am - 12:00 pm</p>	<p>Boheme</p> <p>Out of the Box Senior Field Trip Christie Park Emeryville CA.</p>	
20	21	22	23	24	25	26
<p>Siempre activo 9:15 am - 10:15 am</p> <p>Line Dance 10:00 am - 11:30 am</p> <p>Bingo 12:45 pm - 2:00 pm</p> <p>Tango 2:15 pm - 4:00 pm</p>	<p>Café y charla 9:00 a. m. - 10 a. m.</p> <p>Zumba 10:30 a. m. - 11:30 a. m.</p> <p>Clase de computación 12:00 p. m. - 1:00 p. m.</p> <p>Clase de nutrición 11:45-12:45</p> <p>Ukelele para principiantes 1:30 - 2:30</p>	<p>Siempre activo 9:15 am - 10:15 am</p> <p>Tai Chi 10:30 am - 11:30 am</p> <p>Clase de costura 12:30 pm - 2:00pm</p> <p>Actividad Interger 3:30 pm - 4:30 pm</p>	<p>Café y charla 9:00 am - 10:00 am</p> <p>Yoga 10:30 am - 11:30 am</p> <p>Clase de arte y juegos de mesa 12:00 pm - 2:00 pm</p> <p>Ping Pong 2:00 pm - 4:00 pm</p>	<p>Café y charla 9:00 am - 10:00 am</p> <p>Zumba 10:00 am - 11:00 am</p> <p>Birthday Potluck 11:30-1:30 NO BINGO</p>		
27	28	29	30	<p>Examen de salud - 22 de ABRIL</p>		
<p>Siempre activo 9:15 am - 10:15 am</p> <p>Line Dance 10:30 am - 11:30 am</p> <p>Tango Party! 1:00PM - 4:00PM</p> <p>No Bingo</p>	<p>Café y charla 9:00 a. m. - 10 a. m.</p> <p>Zumba 10:30 a. m. - 11:30 a. m.</p> <p>Clase de computación 12:00 p. m. - 1:00 p. m.</p> <p>Clase de nutrición 11:45-12:45</p>	<p>Siempre activo 9:15 am - 10:15 am</p> <p>Tai Chi 10:30 am - 11:30 am</p> <p>Bingo 12:30-1:45</p>	<p>Café y charla 9:00 am - 10:00 am</p> <p>Yoga 10:30 am - 11:30 am</p> <p>Clase de arte y juegos de mesa 12:00 pm - 2:00 pm</p> <p>Ping Pong 2:00 pm - 4:00 pm</p>			



会员资格

我们很高兴看到我们的老年朋友们聚在一起，保持健康，建立有意义的人际关系。从日常健身课程到社区活动，这里总是精彩不断，我们很高兴您能参与其中！

参加Mission YMCA老年人活动项目和旅行无需任何费用。但是，需要进行注册。您可以通过注册我们的社区参与者会员资格来实现这一点，该会员资格是免费的，并且允许您参与其中。

登记

如需报名参加即将举行的旅行或活动，请前往 Mission YMCA 前台，我们友好的会员服务人员将竭诚为您提供帮助。

联系



JANET BRONSON
ACTIVE ADULT ENGAGEMENT COORDINATOR

P 415 586 9600 • E JBronson@ymcasf.org

Janet Bronson 是旧金山本地人而感到自豪的人士，成为了“活跃老年人项目”的新任项目协调员。她致力于在社区里的老年人创造有意义的联系和令人愉悦的体验。



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MISSION YMCA - 活跃的老年人

探索各种可能性

每月活動日曆 - 2026 年 4 月



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

4080 Mission St, SF, CA 94112 • 415.586.6900 •

每月活动日历 - 四月 2026

星期一

星期二

星期三

星期四

星期五

星期六

星期日

1
始终活跃
9:15 am - 10:00 am
太极拳
10:30 am - 11:30 am
宾果游戏
12:30 pm - 1:30 pm

2
喝咖啡聊天
9:00 am - 10:00 am
瑜伽课
10:30 am - 11:30 am
美术课 & 桌面游戏
12:00 pm - 2:00 pm
乒乓球
2:00 pm - 4:00 pm

3
喝咖啡聊天
9:00 am - 10:00 am
尊巴舞
10:00 am - 11:00 am
午餐
11:30 am - 12:00 pm
宾果游戏
12:30 pm - 1:30 pm

3
5

6
始终活跃
9:15 am - 10:15 am
跳排舞
10:30 am - 11:30 am
宾果游戏
12:45 pm - 2:00 pm
探戈舞
2:15 pm - 4:00 pm

7
咖啡与聊天
上午9:00 - 上午10:00
尊巴舞
上午10:30 - 上午11:30
计算机课程
中午12:00 - 下午1:00
初学者尤克里里
下午1:30 - 下午2:30

8
始终活跃
9:15 am - 10:00 am
太极拳
10:30 am - 11:30 am
缝纫课
12:30 pm - 1:30 pm
代际晚餐
3:00 pm - 5:00pm

9
喝咖啡聊天
9:00 am - 10:00 am
瑜伽课
10:30 am - 11:30 am
美术课 & 桌面游戏
12:00 pm - 2:00 pm
乒乓球
2:00 pm - 4:00 pm

10
喝咖啡聊天
9:00 am - 10:00 am
尊巴舞
10:00 am - 11:00 am
午餐
11:30 am - 12:00 pm
宾果游戏
12:30 pm - 1:30 pm

11
12

13
始终活跃
9:15 am - 10:15 am
跳排舞
10:30 am - 11:30 am
宾果游戏
12:45 pm - 2:00 pm
探戈舞
2:15 pm - 4:00 pm

14
咖啡与聊天
上午9:00 - 上午10:00
尊巴舞
上午10:30 - 上午11:30
计算机课程
中午12:00 - 下午1:00
初学者尤克里里
下午1:30 - 下午2:30

15
始终活跃
9:15 am - 10:00 am
太极拳
10:30 am - 11:30 am
宾果游戏
12:30 pm - 1:30 pm
代际晚餐
3:30 pm - 4:30 pm

16
喝咖啡聊天
9:00 am - 10:00 am
瑜伽课
10:30 am - 11:30 am
美术课 & 桌面游戏
12:00 pm - 2:00 pm
乒乓球
2:00 pm - 4:00 pm

17
喝咖啡聊天
9:00 am - 10:00 am
尊巴舞
10:00 am - 11:00 am
午餐
11:30 am - 12:00 pm

18
实地考察:
Bohème Out of
The Box 歌剧
在埃默里维尔市
克里斯蒂公园

19

20
始终活跃
9:15 am - 10:15 am
跳排舞
10:30 am - 11:30 am
宾果游戏
12:45 pm - 2:00 pm
探戈舞
2:15 pm - 4:00 pm

21
咖啡与聊天
上午9:00 - 上午10:00
尊巴舞
上午10:30 - 上午11:30
计算机课程
中午12:00 - 下午1:00
初学者尤克里里
下午1:30 - 下午2:30

22
始终活跃
9:15 am - 10:00 am
太极拳
10:30 am - 11:30 am
缝纫课
12:30 pm - 1:30 pm
健康筛查
1:00pm - 3:00pm
代际晚餐/手工艺
3:00pm - 5:00pm

23
喝咖啡聊天
9:00 am - 10:00 am
瑜伽课
10:30 am - 11:30 am
美术课 & 桌面游戏
12:00 pm - 2:00 pm
乒乓球
2:00 pm - 4:00 pm

24
喝咖啡聊天
9:00 am - 10:00 am
尊巴舞
10:00 am - 11:00 am
生日庆祝聚餐
11:30am-1:30pm
没有 宾果游戏

25
26

27
始终活跃
9:15 am - 10:15 am
跳排舞
10:30 am - 11:30 am
探戈舞会!
1:00 pm - 4:00 pm
没有 宾果游戏

28
咖啡与聊天
上午9:00 - 上午10:00
尊巴舞
上午10:30 - 上午11:30
计算机课程
中午12:00 - 下午1:00
初学者尤克里里
下午1:30 - 下午2:30

29
始终活跃
9:15 am - 10:00 am
太极拳
10:30 am - 11:30 am
宾果游戏
12:30 pm - 1:30 pm

30
喝咖啡聊天
9:00 am - 10:00 am
瑜伽课
10:30 am - 11:30 am
美术课 & 桌面游戏
12:00 pm - 2:00 pm
乒乓球
2:00 pm - 4:00 pm