



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 provide various activities for Adults ages 60+ years and adults. From exercise classes to trips and lifelong learning programs, seniors will experience a strong sense of belonging and create a network of friends supporting sustained health and well-being.

REGISTRATION

To register for upcoming trips or events, stop by the Stonestown YMCA at Parkmerced on Mondays and Tuesdays between the hours of 10:00am- 12:00pm and 2:00pm- 4:00pm and our friendly coordinator will be able to assist you.

CONTACT



LASHALL HAMLIN
ACTIVE ADULT ENGAGEMENT COORDINATOR

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LaShall was born and raised in San Francisco and always dreamed of working in the community. With her masters in Gerontology, she is passionate about serving older adults and encouraging them to be the best version of themselves at the Y.



STONESTOWN YMCA AT PARKMERCED- ACTIVE OLDER ADULTS

EXPLORE THE POSSIBILITIES

MONTHLY ACTIVITY CALENDAR - APR 2026



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

3711 19th Ave., SF, CA 94132 • 510.691.3712 • ymcasf.org

AOA ACTIVITY CALENDAR - APRIL 2026

MON

TUES

WED

THUR

FRI



6



7



1

Tai Chi
10:00am- 11:00am
Movie Mania
"Just Go With It" -Adam Sandler, Jennifer Aniston
1:30pm-end of movie

2

Mindful Movement
10:00 am - 11:00am
Bridge
11:30 am - 2:30 pm

3

Balance, Strength, and Posture
11:30am - 12:30pm
Walking Club-Mini Golf
1:00pm - 3:30pm

Strength and Basic Core
10:0am -11:00am
Mahjonn
12:00pm -2:30pm
Let's Get Together
Eggstream Easter Fun
3:00pm -4:00pm



9

Tai Chi
10:00am- 11:00am
Movie Mania
"Maestro" - Bradley Cooper, Carey Mulligan
1:30pm-end of movie

Mindful Movement
10:00 am - 11:00am
Bridge
11:30 am - 2:30 pm)

10

13

Balance, Strength, and Posture
11:30am - 12:30pm
Water Colors
1:30pm - 3:30pm

Strength and Basic Core
10:0am -11:00am
Mahjonn
12:00pm -2:30pm
Let's Get Together
Operation: Earth Day
3:00pm -4:00pm



15

Tai Chi
10:00am- 11:00am
Movie Mania
"Ray" - Jamie Foxx, Kerry Washington
1:30pm-end of movie

16

Mindful Movement
10:00 am - 11:00am
Bridge
11:30 am - 2:30 pm

17

20

Balance, Strength, and Posture
11:30am - 12:30pm
Water Colors
1:30pm - 3:30pm

Strength and Basic Core
10:0am -11:00am
Mahjonn
12:00pm -2:30pm
Let's Get Together
Craft & Connect
3:00pm -4:00pm



22

Tai Chi
10:00am- 11:00am
Movie Mania
"Leave The World Behind"- Julia Roberts, Mahershala Ali
1:30pm-end of movie

23

Mindful Movement
10:00 am - 11:00am
Bridge
11:30 am - 2:30 pm

24

27

Balance, Strength, and Posture
11:30am - 12:30pm
Water Colors
1:30pm - 3:30pm

Strength and Basic Core
10:0am -11:00am
Mahjonn
12:00pm -2:30pm
Let's Get Together
Birthday Bingo
3:00pm -4:00pm



29

Tai Chi
10:00am- 11:00am
Movie Mania
"The Family Next Door" - Documentary
1:30pm-end of movie

30

