



Active Older Adults (AOA) Activities Schedule APRIL 2026

Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday
	BUCHANAN YMCA 1530 Buchanan St <small>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</small>		<small>SAN FRANCISCO HUMAN SERVICES AGENCY</small> 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.
		1	2	3	4
Questions regarding class or program? Call us at 415-931-9622	DIABETES AND DIABETES PREVENTION INFO-SESSION APRIL 13TH, 1:00 PM-3:00PM PLEASE SIGN UP	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 2:45 INTERGENERATIONAL DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
6	7	8	9	10	11
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH (CANCELED)	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 2:45 INTERGENERATIONAL DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
13	14	15	16	17	18
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION 1:00-3:00PM DIABETES PREVENTION INFO-SESSION	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 2:45 INTERGENERATIONAL DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG 1:30 PM BINGO WITH VANESSA	1-4PM OFFICE HOURS	
20	21	22	23	24	25
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION 1:00PM-3:00PM DIABETES WORKSHOP	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 2:45 INTERGENERATIONAL DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
27	28	29	30		
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GOLDEN GOALS/ MEDITATION 1:00PM-3:00PM DIABETES WORKSHOP	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 2:45 INTERGENERATIONAL DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	ONE ON ONE TECH ASSISTANCE MONDAYS 1:00 - 4:00PM TUESDAYS 2:30 - 4:40PM WEDNESDAYS 1:00 - 3 PM THURSDAYS 2:45 - 4:30PM (MAKE APPOINTMENT -WALK INS WELCOME)	