

Chinatown YMCA AOA Calendar — April 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Funders:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	Registration required for activities in blue!	1 Tai Chi 9:05-10am Ping Pong 10-12pm Stress Buster(Cantonese, Zoom) 1:30-2pm	2 Ping Pong 10-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	3 Ping Pong 10-12pm Chair Exercise 1:40-2:35pm Tech Support 1-4pm
5 Tai Chi 9:05-9:55am Qigong 10:05-10:55am	6 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	7 Ping Pong 10-12pm Tech Support 10-12pm Nature Club 1-2pm	8 Tai Chi (Performance) 9:05-10am Ping Pong 10-12pm PKS Bonding 10am - 2pm Stress Buster(Cantonese, Zoom) 1:30-2pm	9 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	10 Ping Pong 10-12pm Cooking Together(Birthday) 10-1pm Chair Exercise 1:40-2:35pm Tech Support 1-4pm
12 Tai Chi 9:05-9:55am Qigong 10:05-10:55am	13 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	14 Ping Pong 10-12pm Tech Support 10-12pm	15 Tai Chi 9:05-10am Ping Pong 10-12pm Orientation 11-12pm	16 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	17 Ping Pong 10-12pm Cooking Together 10-1pm Chair Exercise 1:40-2:35pm Tech Support 1-4pm
19 Tai Chi 9:05-9:55am Qigong 10:05-10:55am	20 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	21 Ping Pong 10-12pm Tech Support 10-12pm Nature Club 1-4pm	22 Tai Chi 9:05-10am Ping Pong 10-12pm Art & Craft 11:30am - 1pm	23 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	24 Ping Pong 10-12pm Cooking Together 10-1pm Chair Exercise 1:40-2:35pm Tech Support 1-4pm
26 Tai Chi 9:05-9:55am Qigong 10:05-10:55am	27 Ping Pong 10-12pm Financial Workshop 11-12pm Aqua Zumba 11:10-11:55am	28 Ping Pong 10-12pm Tech Support 10-12pm	29 Tai Chi 9:05-10am Ping Pong 10-12pm Senior Leadership Meeting 10-11am Stress Buster(Cantonese, Zoom) 1:30-2pm	30 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	For more information, please contact Peiying Guan at 415-748-3569 or Jason Huang at 415-652-7995.

華埠青年會共同年長計劃月曆 — 四月 2026



週日	週一	週二	週三	週四	週五
	贊助部門:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	藍色活動需要 報名才能參加!	1 太極 9:05-10am 乒乓球 10-12pm 減壓班(粵語, Zoom) 1:30-2pm	2 乒乓球 10-12pm 長者瑜伽 2:05-3pm	3 乒乓球 10-12pm 椅子運動 1:40-2:35pm 科技協助 1-4pm
5 太極 9:05-9:55am 氣功 10:05-10:55am	6 乒乓球 10-12pm 水上尊巴 11:10-11:55am	7 乒乓球 10-12pm 科技協助 10-12pm 園藝俱樂部 1-2pm	8 太極(年度表演匯報) 9:05-10am 乒乓球 10-12pm 老少同歡樂 10am - 2pm 減壓班(粵語, Zoom) 1:30-2pm	9 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	10 乒乓球 10-12pm 近廚得食(生日會) 10-1pm 椅子運動 1:40-2:35pm 科技協助 1-4pm
12 太極 9:05-9:55am 氣功 10:05-10:55am	13 乒乓球 10-12pm 水上尊巴 11:10-11:55am	14 乒乓球 10-12pm 科技協助 10-12pm	15 太極 9:05-10am 乒乓球 10-12pm 新人介紹會 11-12pm	16 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	17 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm 科技協助 1-4pm
19 太極 9:05-9:55am 氣功 10:05-10:55am	20 乒乓球 10-12pm 水上尊巴 11:10-11:55am	21 乒乓球 10-12pm 科技協助 10-12pm 園藝 1-4pm	22 太極 9:05-10am 乒乓球 10-12pm 手工班 11:30am - 1pm	23 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	24 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm 科技協助 1-4pm
26 太極 9:05-9:55am 氣功 10:05-10:55am	27 乒乓球 10-12pm 理財講座 11-12pm 水上尊巴 11:10-11:55am	28 乒乓球 10-12pm 科技協助 10-12pm	29 太極 9:05-10am 乒乓球 10-12pm 長者領導會 10-11am 減壓班(粵語, Zoom) 1:30-2pm	30 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	如有任何問題, 請致電 415-748-3569 (Peiyung 关) 或者 415-652-7995 (Jason)。