



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
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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-April 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



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

AOA ACTIVITY CALENDAR – April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 *Sit & Be Fit / (CR) 10am–10:45am / 11am–11:45am Flower Arranging (SC) Canceled Walking Group 1:30 pm - 3:30 pm Beg Bridge 1:30pm - 3:30pm(SC)</p>	<p>2 Mindful Meditation (SC) 10:30 am - 11:30 am Mahjong / Beg & Int (SC) 12:00 pm - 3:00 pm *Boomercize (Studio 1) 1:00 pm - 2:00 pm</p>	<p>3 Coffee Meet Up 8am - 9am Movie & Popcorn (SC) 11:00am - 1:00pm *Tai Chi 1:45 pm - 2:45 pm (S1) Adv Bridge 1:15pm -4:15pm (SC)</p>
<p>6 *Sit & Be Fit (CR) 10:00am Class & 11:00am Class Knitting (SC) 11:00 am - 12:45 pm Mahjong / Adv (Freeplay) (SC) 1:00pm - 4:00pm</p>	<p>7 *Chair Yoga / Studio 1 10:30 am -11:45 am *Senior Strength / Studio 1 12:00 pm -1:00 pm (SC) Easter Spring Salad Cooking with Antonio 1:00pm 2:30pm</p>	<p>8 *Sit & Be Fit / (CR) 10am–10:45am / 11am–11:45am Flower Arranging Canceled Walking Group 1:30pm - 3:30pm Beg Bridge 1:30pm - 3:30pm(SC)</p>	<p>9 Mindful Meditation (SC) 10:30 am - 11:30 am Mahjong /Beg&Int Freeplay (SC) 12:00 pm - 3:00 pm *Boomercize (Studio 1) 1:00 pm - 2:00 pm</p>	<p>10 AOA Social (SC) Canceled *Tai Chi 1:45 pm - 2:45 pm (S1) Adv Bridge 1:15pm -4:15pm (SC)</p>
<p>13 *Sit & Be Fit (CR) 10:00am Class & 11:00am Class Knitting 11:00 am - 12:45 pm Mahjong / Adv 1:00pm - 4:00pm</p>	<p>14 *Chair Yoga / Studio 1 10:30 am -11:45 am *Senior Strength / Studio 1 12:00 pm -1:00 pm</p>	<p>15 *Sit & Be Fit / (CR) 10am–10:45am / 11am–11:45am Flower Arranging Canceled Walking Group 1:30 pm - 3:30 pm Beg Bridge 1:30pm - 3:30pm (SC)</p>	<p>16 Mindful Meditation (SC) 10:30am - 11:30am Mahjong / Beg & Int (SC) 12:00 pm - 3:00 pm *Boomercize (Studio 1) 1:00pm - 2:00pm</p>	<p>17 Coffee Meet Up 8am - 9am Birthday & Bingo (SC) 11:30am - 1:00pm *Tai Chi 1:45 pm - 2:45 pm (S1) Adv Bridge 1:15pm -4:15pm (SC)</p>
<p>20 *Sit & Be Fit (CR) 10:00am Class & 11:00am Class Knitting (SC) 11:00 am - 12:45 pm Mahjong / Adv (Freeplay)(SC) 1:00pm - 4:00pm</p>	<p>21 *Chair Yoga / Studio 1 10:30 am -11:45 am *Senior Strength/Studio 1 12:00 pm -1:00 pm</p>	<p>22 *Sit & Be Fit (CR) 10am–10:45am / 11am–11:45am Flower Arranging (SC) Canceled Walking Group 1:30pm - 3:30pm Beg Bridge 1:30pm - 3:30pm (SC)</p>	<p>23 Mindful Meditation (SC) 10:30am - 11:30am Mahjong /Beg&Int Freeplay (SC) 12:00pm - 3:00pm *Boomercize (Studio 1) 1:00pm - 2:00pm</p>	<p>24 AOA Social Canceled *Tai Chi 1:45 pm - 2:45 pm (S1) Adv Bridge 1:15pm -4:15pm (SC)</p>
<p>(April 27th)*Sit To Be Fit (SC) 10:00am Class/11:00am Class Knitting Class 11:00 am - 12:45 pm Mahjong / Adv 1:00 pm - 4:00 pm</p>	<p>28 *Chair Yoga / Studio 1 10:30 am -11:45 am *Senior Strength/Studio 1 12:00 pm -1:00 pm</p>	<p>29 *Sit & Be Fit (CR) 10am–10:45am 11am–11:45am Flower Arranging (SC) 12:30pm - 1:30pm Walking Group 1:30pm -3:30pm Beg Bridge 1:30pm - 3:30pm</p>	<p>30 Mindful Meditation (SC) 10:30am - 11:30am Mahjong /Beg&Int Freeplay(SC) 12:00pm - 3:00pm *Boomercize (Studio 1) 1:00pm - 2:00pm</p>	