


# EVENTS & REGISTRATIONS

FIRST RELEASE

 **REGISTRATIONS** can be made at the Annex Front Desk or calling (415)242-7135.

**Friday, April 3rd • 1:00p.m. – 3:00p.m.**  
**Mini Easter Basket Craft (15 spots)**  
 Learn how to weave a small basket using a cup, then paint mini eggs and decorate your basket.  
 • Registration open now!



**Monday, April 6th • 1:00p.m. – 3:30p.m.**  
**Mingle Monday: Mini Golf w/ PM YMCA (12 spots)**  
 Meet with our friends from Parkmerced YMCA to play a fun game of mini golf! Participants will walk from Stonestown Family YMCA Annex to Rolph Nicol Jr. Playground. Shoes for grass and dirt are recommended.  
 • Registration open now!



**Tuesday, April 7th • 1:00p.m. – 2:00p.m.**  
**Asian Art Museum Talk: Wealth & Adornment (25 spots)**  
 From ancient Persians and Koreans to 18th-century ethnic Indonesians to modern Chinese and South Asian peoples, cultures across Asia have treasured beautifully crafted adornment throughout history. Explore examples of this eye-catching and meaningful wearable art from the Asian Art Museum's fabulous collection.  
 • This workshop is in person  
 • Registration: Open now!



**Monday, April 13th AND 27th • 1:00p.m. – 3:00p.m.**  
**Exploring Creativity: Recycled Art – Part I (15 spots)**  
 Turn everyday items into a creative handmade piece by weaving recycled materials together. Finalize your recycled art piece with paint, embellishments, and finish class with a reflection in our second workshop.  
 • Registration Opens: Mon., April 6th (11:00am)  
 • Registrants must be able to attend the second workshop.

**Tuesday, April 14th • 11:00a.m. – 12:00a.m.**  
**DigitalLift Workshop: Google Translate (30 spots)**  
 In this DigitalLIFT workshop, you will learn all about Google Translate: using live translation during conversations, translating select languages and more!  
 • Registration Open Now



**Tuesday, April 14th • 12:00p.m. – 1:00p.m.**  
**DigitalLift: Tech Support Workshop**  
 Have any questions about technology? Drop by for tech support and additional workshop assistance.  
 • No registration required.



**Friday, April 17th • 1:00p.m. – 3:00p.m.**  
**Poetry Writing (20 spots)**  
 Celebrate Poetry Month learning about different poetry styles, exploring creative prompts, and writing.  
 • Registration open: Thur, April 9th (11:00am)



**Monday, April 20th • 1:00p.m. – 3:00p.m.**  
**Mingle Monday: Tissue Paper Tree Art (20 spots)**  
 In celebration of Earth Day, we will use acrylic paint and tissue paper to design a textured tree portrait with a scenery of your choice.  
 • Registration Opens: Tues, April 7th (11:00 am)



**Tuesday, April 21st • 11:00a.m. – 12:00p.m.**  
**Introduction to MediCare Presentation (25 spaces)**  
 Medicare serves as a vital social safety net, providing healthcare coverage to over 69 million Americans. Yet, selecting the best coverage option to meet your specific needs can often be daunting.



Presented to you by HICAP, the goal of this presentation is to provide a foundational understanding of Medicare Parts A, B, C, and D. We will compare Original Medicare with Medicare Advantage and explain the roles of retiree plans, Medi-Cal, and other supplemental insurance. Additionally, we will discuss cost-saving opportunities, including low-income subsidies and Medicare Savings Programs.  
 • Registration: open now!

**Wednesday, April 22nd • 10:30a.m. – 11:30a.m.**  
**Food Demo w/ Danielle: Ham, Cheese, Potato Basque and Gateau Basque (15 spots)**  
 Learn how to make a Ham, Cheese, and Potato Basque in addition to a Gateau Basque: a traditional cake from the Basque region of France and Spain, featuring a buttery, shortbread-like crust.  
 • Registration opens: Wed, April 8th (11:00am)



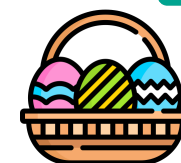
**Tuesday, April 28th • 10:00a.m. – 12:00p.m.**  
**NEMS Health Screening**  
 Through a partnership with North East Medical Services (NEMS), we offer free health screenings testing glucose and blood pressure levels. No registration required.  
 • Limited to 20 participants on a walk-in basis.



**Wednesday, April 29th • 10:00a.m.–11:45p.m.**  
**Bubble Tea Making Workshop (15 spots)**  
 Create your own tapioca pearls and milk tea from scratch for National Bubble Tea Day.  
 • Registration: Thu, April 16th (11:00am)



Mingle Monday: Pressed Flower Bookmarks



## ANNEX AT HAND April 2026



### Volunteer Month

We would like to extend a heartfelt thank you to our incredible volunteers for their dedication, generosity, and the meaningful impact they make for our community:

- Annex Volunteers: Frances L., Shirley L., Mike L., Doris L., Dora C., Ken W., and upcoming volunteers.
- Annex Instructor Volunteers: Phil M., Louise D., and Liane B.
- SHE Meal Program: Elaine Y., Thyra H., Amy R., Julianna S., Bill L., Sylvia L., and Gigi E.

With Gratitude,  
 Kristy, Corinne, Danielle

### Cinema Club (Wednesdays at 12:30P.M.)

- April 1st • A House of Dynamite [Mystery/Drama]**  
 Length: 1hr 52m Netflix  
 US officials and military leaders have less than 20 minutes to identify and respond to a nuclear missile.
- April 8th • Hustle [Comedy/Drama]**  
 Length: 1hr 58m Netflix  
 A basketball scout discovers an extraordinary player abroad, bringing him back without his team's approval.
- April 15th • Set It Up [Romance/Comedy]**  
 Length: 1hr 54m Netflix  
 Two overworked and underpaid assistants come up with a plan to set up their bosses with each other.
- April 22nd • Chef [Comedy/Drama]**  
 Length: 1hr 54m Netflix  
 A talented head chef rediscovers his passion for cooking by launching a food truck with his family.
- April 29th • The Penguin Lessons [Comedy; Drama]**  
 Length: 1hr 50m Netflix  
 An Englishman finds his life transformed when he rescues an orphaned penguin from the beach.

The Annex Program Flyer is subject to change and will be updated periodically. Check in regularly to get the latest updates!



# AOA ACTIVITY CALENDAR – April 2026



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



April 7th, AAM Talk: Wealth & Adornments

Comb with fish in stream design, approx. 1800-1900. Japan. Edo period (1615-1868). Gold and lacquer on ivory. Asian Art Museum, Gift of Harry and Edith Marks, 1989.40.9. Photograph © Asian Art Museum of San Francisco.

**Cardio Strength** 8:00-8:50a.m.  
**Dance Fitness** 9:00-9:50a.m.  
**Chair Yoga** 10:00-10:50a.m.  
DL Tech Support (Vivian) 10:00am-12:00pm  
Lunch 11:30am-12:30p.m.  
**MM: Mini Golf w/ PM YMCA** 1:00-3:30p.m.  
**Mind Body Health** 1:00-2:40p.m.  
**Taiko 1/L1** 3:00-4:00p.m.



6

**Cardio Dance** 8:30-9:30a.m.  
**Zumba Gold** 9:45-10:45a.m.  
Lunch 11:30am-12:30p.m.  
**AAM Lecture: Wealth & Adornment** 1:00-2:00pm  
**Taiko 1/Level 2** 1:00-2:00p.m.  
**Taiko 3** 2:00-3:00p.m.  
**Taiko 2** 3:00-4:00p.m.



7

**Functional Fitness** 8:00-8:50a.m.  
**Dance Fitness** 9:00-9:50a.m.  
**Posture Essentials** 10:00-10:50a.m.  
**DL Tech Support (Mitch)** 10:00-12:00pm  
Lunch 11:30am-12:30p.m.  
**Cinema Club** 12:30pm-End of Movie  
**MahJong** 1:00-4:00p.m.

1

**Cardio Dance** 8:30-9:30a.m.  
**Zumba Gold** 9:45-10:45a.m.  
Lunch 11:30am-12:30p.m.  
**Ukulele Workshop #5** 11:30am-12:30pm  
**Ukulele Jam Session #5** 12:45-1:45pm  
**Ikebana** 1:00pm-3:00pm  
**Principles of Balance (Advanced)** 1:00-1:50p.m.  
**Principles of Balance (Beginner)** 1:55-2:45p.m.

2

**Strength and Mobility** 8:00-8:50a.m.  
**Stretch and Balance** 9:00-9:50a.m.  
**Chair Yoga** 10:00-10:50a.m.  
Lunch 11:30am-12:30p.m.  
**Tai Chi** 1:00-2:00p.m.  
**Folk, Line, Social Dance** 1:00-2:40p.m.  
**Mini Easter Basket Craft** 1:00pm-3:00pm



3

**Cardio Strength** 8:00-8:50a.m.  
**Dance Fitness** 9:00-9:50a.m.  
**Chair Yoga** 10:00-10:50a.m.  
DL Tech Support (Vivian) 10:00-12:00pm  
Lunch 11:30am-12:30p.m.  
**EC: Recycled Art (Part 1)** 1:00-3:00p.m.  
**Mind Body Health** 1:00-2:40p.m.  
**Taiko 1/L1** 3:00-4:00p.m.



13

**Cardio Dance** 8:30-9:30a.m.  
**Zumba Gold** 9:45-10:45a.m.  
**DL Google Translate** 11:00am-12:00am  
**DL Tech Support** 12:00am-1:00pm  
Lunch 11:30am-12:30p.m.  
**Taiko 1/Level 2** 1:00-2:00p.m.  
**Taiko 3** 2:00-3:00p.m.  
**Taiko 2** 3:00-4:00p.m.



14

**Functional Fitness** 8:00-8:50a.m.  
**Dance Fitness** 9:00-9:50a.m.  
**Posture Essentials** 10:00-10:50a.m.  
**DL Tech Support (Mitch)** 10:00-12:00pm  
Lunch 11:30am-12:30p.m.  
**Cinema Club** 12:30pm-End of Movie  
**MahJong** 1:00-4:00p.m.

15

**Cardio Dance** 8:30-9:30a.m.  
**Zumba Gold** 9:45-10:45a.m.  
**Ukulele Workshop #7** 11:30am-12:30pm  
**Ukulele Jam Session #7** 12:45-1:45pm  
Lunch 11:30am-12:30p.m.  
**Ikebana** 1:00pm-3:00pm  
**Principles of Balance (Advanced)** 1:00-1:50p.m.  
**Principles of Balance (Beginner)** 1:55-2:45p.m.

16

**Strength and Mobility** 8:00-8:50a.m.  
**Stretch and Balance** 9:00-9:50a.m.  
**Chair Yoga** 10:00-10:50a.m.  
Lunch 11:30am-12:30p.m.  
**Tai Chi** 1:00-2:00p.m.  
**Folk, Line, Social Dance** 1:00-2:40p.m.  
**Poetry Writing** 1:00-3:00pm



17

**Cardio Strength** 8:00-8:50a.m.  
**Dance Fitness** 9:00-9:50a.m.  
**Chair Yoga** 10:00-10:50a.m.  
DL Tech Support (Vivian) 10:00am-12:00pm  
Lunch 11:30am-12:30p.m.  
**MM: Tissue Paper Tree** 1:00-3:00p.m.  
**Mind Body Health** 1:00-2:40p.m.  
**Taiko 1/L1** 3:00-4:00p.m.



20

**Cardio Dance** 8:30-9:30a.m.  
**Zumba Gold** 9:45-10:45a.m.  
**Introduction to MediCare Presentation** 11:00am-12:00pm  
Lunch 11:30am-12:30p.m.  
**Taiko 1/Level 2** 1:00-2:00pm  
**Taiko 3** 2:00-3:00p.m.  
**Taiko 2** 3:00-4:00p.m.



21

**Functional Fitness** 8:00-8:50a.m.  
**Dance Fitness** 9:00-9:50a.m.  
**Posture Essentials** 10:00-10:50a.m.  
**DL Tech Support (Mitch)** 10:00-12:00pm  
**Food Demo / Danielle** 10:30 - 11:30a.m.  
Lunch 11:30am-12:30p.m.  
**Cinema Club** 12:30pm-End of Movie  
**MahJong** 1:00-4:00p.m.

22

**Cardio Dance** 8:30-9:30a.m.  
**Zumba Gold** 9:45-10:45a.m.  
**Ukulele Workshop #8** 11:30am-12:30pm  
**Ukulele Jam Session #8** 12:45-1:45pm  
Lunch 11:30am-12:30p.m.  
**Stroke Community Game Day** 1:00-2:50p.m.  
**Principles of Balance (Advanced)** 1:00-1:50p.m.  
**Principles of Balance (Beginner)** 1:55-2:45p.m.

23

**Strength and Mobility** 8:00-8:50a.m.  
**Stretch and Balance** 9:00-9:50a.m.  
**Chair Yoga** 10:00-10:50a.m.  
Lunch 11:30am-12:30p.m.  
**Tai Chi** 1:00-2:00p.m.  
**Folk, Line, Social Dance** 1:00-2:40p.m.

24

**Cardio Strength** 8:00-8:50a.m.  
**Dance Fitness** 9:00-9:50a.m.  
**Chair Yoga** 10:00-10:50a.m.  
DL Tech Support (Vivian) 10:00am-12:00pm  
Lunch 11:30am-12:30p.m.  
**EC: Recycled Art (Part 2)** 1:00-3:00p.m.  
**Mind Body Health** 1:00-2:40p.m.  
**Taiko 1/L1** 3:00-4:00p.m.



27

**Cardio Dance** 8:30-9:30a.m.  
**Zumba Gold** 9:45-10:45a.m.  
**NEMS Health Screening** 10:00am-12:00pm  
Lunch 11:30am-12:30p.m.  
**Taiko 1/Level 2** 1:00-2:00pm  
**Taiko 3** 2:00-3:00p.m.  
**Taiko 2** 3:00-4:00p.m.



28

**Functional Fitness** 8:00-8:50a.m.  
**Dance Fitness** 9:00-9:50a.m.  
**Posture Essentials** 10:00-10:50a.m.  
**Bubble Tea Making** 10:00-11:45am  
**DL Tech Support (Mitch)** 10:00-12:00pm  
Lunch 11:30am-12:30p.m.  
**Cinema Club** 12:30pm-End of Movie  
**MahJong** 1:00-4:00p.m.

29

**Cardio Dance** 8:30-9:30a.m.  
**Zumba Gold** 9:45-10:45a.m.  
**Ukulele Workshop #9** 11:30am-12:30pm  
**Ukulele Jam Session #9** 12:45-1:45pm  
Lunch 11:30am-12:30p.m.  
**Principles of Balance (Advanced)** 1:00-1:50p.m.  
**Principles of Balance (Beginner)** 1:55-2:45p.m.

30

