

Chinatown YMCA AOA Calendar – May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Registration required for activities in blue!	For more information, please contact Peiyong Guan at 415-748-3569 or Jason Huang at 415-652-7995.	Funders:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services		Ping Pong 10-12pm Cooking Together 10-1pm Chair Exercise 1:40-2:35pm Tech Support 1-4pm
3 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	4 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	5 Ping Pong 10-12pm Tech Support 10-12pm Nature Club 1-2pm	6 Tai Chi 9:05-10am Ping Pong 10-12pm Mental Health Program Introduction 1-2pm Stress Buster(Cantonese, Zoom) 1:30-2pm	7 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	8 Ping Pong 10-12pm Mother's Day Celebration Lunch 10-1pm Chair Exercise 1:40-2:35pm Tech Support 1-4pm
10 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	11 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	12 Ping Pong 10-12pm Tech Support 10-12pm	13 Filoli Garden Fieldtrip 8:45am-2pm Tai Chi 9:05-10am Ping Pong 10-12pm Stress Buster(Cantonese, Zoom) 1:30-2pm	14 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	15 Ping Pong 10-12pm Cooking Together(Birthday) 10-1pm Chair Exercise 1:40-2:35pm Tech Support 1-4pm
17 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	18 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	19 Ping Pong 10-12pm Tech Support 10-12pm	20 Tai Chi 9:05-10am Ping Pong 10-12pm Safety Workshop 11-12pm	21 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	22 Ping Pong 10-12pm Cooking Together 10-1pm Chair Exercise 1:40-2:35pm Tech Support 1-4pm
24/31 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	25 Memorial Day (Facility closes at 2pm) Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	26 Ping Pong 10-12pm Tech Support 10-12pm AOA Re-enrollment 10-12pm	27 Tai Chi 9:05-10am Ping Pong 10-12pm Senior Leadership Meeting 10-11am Art & Craft 11:30 – 1pm Stress Buster(Cantonese, Zoom) 1:30-2pm	28 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	29 Ping Pong 10-12pm Cooking Together 10-1pm Chair Exercise 1:40-2:35pm

華埠青年會共同年長計劃月曆 – 五月 2026



週日	週一	週二	週三	週四	週五
	藍色活動需要報名才能參加!	如有任何問題, 請致電 415-748-3569 (Peiying 关) 或者 415-652-7995 (Jason) 。	贊助部門:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services		1 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
3 初級太極 9:05-9:55am 高級太極 10:05-10:55am	4 乒乓球 10-12pm 水上尊巴 11:10-11:55am	5 乒乓球 10-12pm 科技協助 10-12pm 園藝俱樂部 1-2pm	6 太極 9:05-10am 乒乓球 10-12pm 心理疏導計劃介紹講座 1-2pm 減壓班(粵語, Zoom) 1:30-2pm	7 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	8 乒乓球 10-12pm 母親節慶祝午餐 10-1pm 椅子運動 1:40-2:35pm 科技協助 1-4pm
10 初級太極 9:05-9:55am 高級太極 10:05-10:55am	11 乒乓球 10-12pm 水上尊巴 11:10-11:55am	12 乒乓球 10-12pm 科技協助 10-12pm	13 費羅麗花園外遊 8:45am-2pm 太極 9:05-10am 乒乓球 10-12pm 減壓班(粵語, Zoom) 1:30-2pm	14 乒乓球 10-12pm 賓果遊戲 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	15 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
17 初級太極 9:05-9:55am 高級太極 10:05-10:55am	18 乒乓球 10-12pm 水上尊巴 11:10-11:55am	19 乒乓球 10-12pm 科技協助 10-12pm	20 太極 9:05-10am 乒乓球 10-12pm 安全知識講座 11-12pm	21 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	22 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
24/31 初級太極 9:05-9:55am 高級太極 10:05-10:55am	25 亡兵紀念日 (設施下午兩點關閉) 乒乓球 10-12pm 水上尊巴 11:10-11:55am	26 乒乓球 10-12pm 科技協助 10-12pm AOA 長者計劃年審 10-12pm	27 太極 9:05-10am 乒乓球 10-12pm 長者領導會 10-11am 手工班 11:30 - 1pm 減壓班(粵語, Zoom) 1:30-2pm	28 乒乓球 10-12pm 賓果遊戲 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	29 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm