



## 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

P 415 666 9614 • E [aortiz@ymcasf.org](mailto:aortiz@ymcasf.org)

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- May 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](https://ymcasf.org/richmond)



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services

# AOA ACTIVITY CALENDAR – May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Coffee Meet Up 8am - 9am <b>Movie &amp; Popcorn (SC)</b> <b>11:00am - 1:00pm</b> *Tai Chi 1:45 pm - 2:45 pm (S1)  Adv Bridge 1:15pm -4:15pm (SC)
4  *Sit & Be Fit (CR) 10:00am Class & 11:00am Class <b>Knitting (SC)</b> 11:00 am - 12:45 pm Mahjong / Adv (Freeplay) (SC) 1:00pm - 4:00pm	5  *Chair Yoga / Studio 1 10:30 am -11:45 am *Senior Strength / Studio 1 12:00 pm - 1:00 pm (SC)	6  *Sit & Be Fit / (CR) 10am-10:45am /11am-11:45am Flower Arranging <b>Canceled</b> <b>Walking Group</b> 1:30pm - 3:30pm Beg Bridge 1:30pm - 3:30pm(SC)	7  <b>Mindful Meditation (SC)</b> 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	8  Mother Day Appetizers (SC) 11:00am - 1:00pm Call to RSVP 415-666-9622 Tuesday (5/5/2026) @ 8:00am *Tai Chi 1:45 pm - 2:45 pm (S1) Adv Bridge 1:15pm - 4:15pm (SC)
11  *Sit & Be Fit (CR) 10:00am Class & 11:00am Class <b>Knitting</b> 11:00 am - 12:45 pm Mahjong / Adv 1:00pm - 4:00pm	12  *Chair Yoga / Studio 1 10:30 am -11:45 am *Senior Strength / Studio 1 12:00 pm -1:00 pm	13  *Sit & Be Fit / (CR) 10am-10:45am /11am-11:45am <b>Flower Arranging</b> 12:30pm - 1:30pm <b>Walking Group</b> 1:30 pm - 3:30 pm Beg Bridge 1:30pm - 3:30pm (SC)	14  <b>Mindful Meditation (SC)</b> 10:30am - 11:30am <b>Mahjong/Beg&amp;Int Freeplay (SC)</b> 12:00 pm - 3:00 pm  *Boomercize (Studio 1) 1:00pm - 2:00pm	15  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)
18  *Sit & Be Fit (CR) 10:00am Class & 11:00am Class <b>Knitting (SC)</b> 11:00 am - 12:45 pm Mahjong / Adv (Freeplay)(SC) 1:00pm - 4:00pm	19  *Chair Yoga / Studio 1 10:30 am -11:45 am *Senior Strength/Studio 1 12:00 pm -1:00 pm	20  *Sit & Be Fit (CR) 10am-10:45am /11am-11:45am <b>Flower Arranging (SC)</b> 12:30pm - 1:30pm <b>Walking Group</b> 1:30pm - 3:30pm Beg Bridge 1:30pm - 3:30pm (SC)	21  <b>Mindful Meditation (SC)</b> 10:30am - 11:30am <b>Mahjong /Beg&amp;Int (SC)</b> 12:00pm - 3:00pm *Boomercize (Studio 1) 1:00pm - 2:00pm	22  AOA Social <b>Canceled</b>  *Tai Chi 1:45 pm - 2:45 pm (S1) Adv Bridge 1:15pm -4:15pm (SC)
(May 25th)*Sit To Be Fit (CR) 10:00am Class/11:00am Class <b>Knitting Class</b> 11:00 am - 12:45 pm Mahjong / Adv <b>Memorial Day (Canceled)</b>	26  *Chair Yoga / Studio 1 10:30 am -11:45 am *Senior Strength/Studio 1 12:00 pm -1:00 pm	27  *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	28  Mindful Meditation (SC) 10:30am - 11:30am Mahjong /Beg&Int Freeplay (SC) 12:00pm - 3:00pm *Boomercize (Studio 1) 1:00pm - 2:00pm	29  AOA Social Karaoke Friday (SC) 11:30am-1pm  *Tai Chi 1:45 pm - 2:45 pm (S1) Adv Bridge 1:15pm -4:15pm (SC)