



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 provide various activities for Adults ages 60+ years and adults. From exercise classes to trips and lifelong learning programs, seniors will experience a strong sense of belonging and create a network of friends supporting sustained health and well-being.

REGISTRATION

To register for upcoming trips or events, stop by the Stonestown YMCA at Parkmerced on Mondays and Tuesdays between the hours of 10:00am- 12:00pm and 2:00pm- 4:00pm and our friendly coordinator will be able to assist you.

CONTACT



LASHALL HAMLIN
ACTIVE ADULT ENGAGEMENT COORDINATOR

P 510.691.3712 • E lhamlin@ymcasf.org

LaShall was born and raised in San Francisco and always dreamed of working in the community. With her masters in Gerontology, she is passionate about serving older adults and encouraging them to be the best version of themselves at the Y.



FOR OUTREACH
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STONESTOWN YMCA AT PARKMERCED- ACTIVE OLDER ADULTS

EXPLORE THE POSSIBILITIES

MONTHLY ACTIVITY CALENDAR - MAY 2026



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

3711 19th Ave., SF, CA 94132 • 510.691.3712 • ymcasf.org

MAY 2025

MON



4

Balance, Strength, and Posture
11:30am - 12:30pm
Water Colors
1:30pm - 3:30pm

11

Balance, Strength, and Posture
11:30am - 12:30pm
Water Colors
1:30pm - 3:30pm

18

Balance, Strength, and Posture
11:30am - 12:30pm
Water Colors
1:30pm - 3:30pm

CLOSED!!!

25



TUES



5

Strength and Basic Core
10:00am - 11:00am
Mother's Day Brunch
12:00pm - 2:00pm

12

Strength and Basic Core
10:00am - 11:00am
Mahjongg
12:00pm - 2:30pm
Let's Get Together
Phase 10-Card Game
3:00pm - 4:00pm

19

Strength and Basic Core
10:00am - 11:00am
Mahjongg
12:00pm - 2:30pm
Let's Get Together
Craft & Connect
3:00pm - 4:00pm

26

Strength and Basic Core
10:00am - 11:00am
Mahjongg
12:00pm - 2:30pm
Let's Get Together
Birthday Bingo
3:00pm - 4:00pm

WED



6



13



20



27



THUR



7

Tai Chi
10:00am - 11:00am
Movie Mania
Jurassic World - Scarlett Johansson Mahersala Ali
1:30pm - end of movie

14

Tai Chi
10:00am - 11:00am
Movie Mania
"Beast" - Idris Elba, Sahrthlo Copley
1:30pm - end of movie

21

Tai Chi
10:00am - 11:00am
Movie Mania
"The Good Nurse" - Jessica Chastain, Eddie Redmayne
1:30pm - end of movie

27

Tai Chi
10:00am - 11:00am
Movie Mania
"The Truth and Tragedy of Moriah Wilson" - Documentary
1:30pm - end of movie

FRI

1

Mindful Movement
10:00 am - 11:00am
Bridge
11:30 am - 2:30 pm

8

Mindful Movement
10:00 am - 11:00am
Bridge
11:30 am - 2:30 pm

15

Mindful Movement
10:00 am - 11:00am
Bridge
11:30 am - 2:30 pm

22

Mindful Movement
10:00 am - 11:00am
Bridge
11:30 am - 2:30 pm

