



Active Older Adults (AOA) Activities Schedule

Buchanan YMCA - MAY 2026

Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday
	BUCHANAN YMCA 1530 Buchanan St <small>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</small>		<small>SAN FRANCISCO HUMAN SERVICES AGENCY</small> Department of Disability and Aging Services		These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.
				1	2
Questions regarding class or program? Call us at 415-931-9622	ONE ON ONE TECH ASSISTANCE (MAKE APPOINTMENT - WITH CLAUDIA)			1-4PM OFFICE HOURS	
4	5	6	7	8	9
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 1:00 TAI-CHI FOR ARTHRITIS INFORMATIVE SESSION 2:45 INTERGENERATIONAL DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
11		13	14	15	16
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 2:45 INTERGENERATIONAL DANCE (LAST CLASS)	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
18	19	20	21	22	23
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 1:30 BINGO WITH VANESSA	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
25	26	27	28	29	30
MEMORIAL DAY WEEKEND (BRANCH CLOSED)	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 HATHA YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	