

# AOA ACTIVITY CALENDAR – June 2026

## MONDAY

**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) 10:00–1:00pm  
 Lunch 11:30am–12:30p.m.  
**MM: Painting Seashells** 1:00–3:00p.m.  
 Mind Body Health 1:00–2:40p.m.  
 Taiko 1/L1 3:00–4:00p.m.



**Cardio Strength** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
 Lunch 11:30am–12:30p.m.  
**EC: Collage Boxes** 1:00–4:00p.m.  
 Mind Body Health 1:00–2:40p.m.  
 Taiko 1/L1 3:00–4:00p.m.



**Cardio Strength** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
 Lunch 11:30am–12:30p.m.  
**MM: Painting Paper Fans** 1:00–3:00p.m.  
 Mind Body Health 1:00–2:40p.m.  
 Taiko 1/L1 3:00–4:00p.m.



**Cardio Strength** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
 Lunch 11:30am–12:30p.m.  
**EC: Paper Clay Magnets** 1:00–3:00p.m.  
 Mind Body Health 1:00–2:40p.m.  
 Taiko 1/L1 3:00–4:00p.m.  
 • **LAST DAY FOR: T1/L1**  
 • **Class resumes August 3rd**



**Cardio Strength** 8:00–8:50a.m.  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
 Lunch 11:30am–12:30p.m.  
 Mind Body Health 1:00–2:40p.m.

## TUESDAY

**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
 Lunch 11:30am–12:30p.m.  
**SDA Fall Prevention Workshop** 1:00pm–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.



**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
**DL Internet Safety and Security** 10:00am–11:00am  
**DL Tech Support** 11:00am–12:00pm  
 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.



**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
 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.

**FIELD TRIP TO MONTEREY BAY AQUARIUM:**  
 8:45am–4:30pm



**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.  
 • **LAST DAY FOR: T1/L2, T2, and T3**  
 • **Class resumes August 4th**



**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
 Lunch 11:30am–12:30p.m.

## WEDNESDAY

**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.

**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.

**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.

**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.



## THURSDAY

**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
 Lunch 11:30am–12:30p.m.  
**Ukulele Workshop #1** 11:30am–12:30pm  
**Ukulele Jam Session #1** 12:45–1:45pm  
 Ikebana 1:00–3:00pm  
 • **No Ikebana on Thursday, June 18th**  
 Principles of Balance (Advanced) 1:00–1:50p.m.  
 Principles of Balance (Beginner) 1:55–2:45p.m.

**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
 MediCare Counseling 10:00am–1:30p.m.  
 Lunch 11:30am–12:30p.m.  
**Walking Club – Merced Library Performance** 10:15am–12:15pm  
 Ukulele Workshop #2 11:30am–12:30pm  
 Ukulele Jam Session #2 12:45–1:45pm  
 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.

**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
 Lunch 11:30am–12:30p.m.  
**Ukulele Workshop #3** 11:30am–12:30pm  
**Ukulele Jam Session #3** 12:45–1:45pm  
 Principles of Balance (Advanced) 1:00–1:50p.m.  
 Principles of Balance (Beginner) 1:55–2:45p.m.  
**Father's Day Taco Party** 1:30pm – 3:00pm



**Cardio Dance** 8:30–9:30a.m.  
**Zumba Gold** 9:45–10:45a.m.  
 Lunch 11:30am–12:30p.m.  
**Ukulele Workshop #4** 11:30am–12:30pm  
**Ukulele Jam Session #4** 12:45–1:45pm  
 Stroke Community Game Day 1:00–2:50p.m.  
 Ikebana 1:00–3:00pm  
 Principles of Balance (Advanced) 1:00–1:50p.m.  
 Principles of Balance (Beginner) 1:55–2:45p.m.



## FRIDAY

**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.

**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 (CR) 1:00–2:40p.m.

**ANNEX IS CLOSED  
 JUNETEENTH**

**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.




Hawaiian Themed Mother's Day Party Featuring: Beginner Ukulele & Ukulele Jam

# EVENTS & REGISTRATIONS

5.20.26 Update


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


**Monday, June 1st • 1:00p.m. – 3:00p.m.**  
**Mingle Monday: Painting Seashells (16 spots)**   
 Paint seashells with colorful acrylic designs and gold-painted edges. Magnets will be available to transform your shell into a fridge magnet. Optional: bring your own seashells.  
 • Registration Open Now!


**Tuesday, June 2nd • 1:00p.m. – 2:00p.m.**  
**SDA Fall Prevention Workshop (25 spots)**   
 Learn about how to stay safe at home with fall prevention training, and how to access over \$1,000 worth of free in-home safety modifications through the San Francisco Public Health Department. Attend any 4 sessions of the classes offered by SDA to earn a certificate of completion and be entered into a raffle.  
 • Registration Open Now!


**Monday, June 8th • 1:00p.m. – 3:00p.m.**  
**Exploring Creativity: Collage Boxes (15 spots)**   
 Collage with your favorite memories of summer, photos of your choice, shapes, and/or patterns onto an unfolded piece of cardboard box. This collage will be decorated inside and out before folding the box back together.  
 • Registration Open Now!

**Tuesday, June 9th • 11:00a.m. – 12:00p.m.**   
**DigitalLift Workshop: Internet Safety & Security (30 spots)**  
 Learn how to stay safe online and protect your personal information. We'll talk about how to spot online scams and keep your data secure. You'll also learn how to recognize fake emails, avoid clicking on unsafe links, and protect your devices from viruses.  
 • Registration Open Now!


**Tuesday, June 9th • 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.


**Thursday, June 11th • 10:15a.m. – 12:15p.m.**  
**Walking Club to Merced Library: La Familia Peña-Govea Performance (6 spots)**   
 Walk around the area before meeting with our friends from Parkmerced YMCA at Target. Together, we will walk to Merced Library to enjoy traditional songs for children in English and Spanish performed by Miguel Govea and Susan Peña. Drawing from 44 years of partnership in performing, recording, teaching and family life, they sing and play acoustic instruments including guitar, bass, percussion, accordion, trumpet and violin. They are frequently joined by one or both of their daughters and grandchildren.  
 • Registration: Tuesday, June 2nd (2:00 p.m.)

**Monday, June 15th • 1:00p.m. – 3:00p.m.**  
**Mingle Monday: Paint Paper Fans (16 spots)**   
 Paint and customize your own bamboo paper fan to stay cool this summer!  
 • Registration Opens: Mon., June 8th (11:00 am)

**Tuesday, June 16th • 8:45a.m. – 4:30pm**   
**FIELD TRIP: Monterey Bay Aquarium (30 spots)**  
 More information can be found on a separate flyer.  
 • Priority Reg.: May 26th & 27th (1:00pm)  
     ◦ Queue will open at 12:45 p.m. A line may not form earlier.  
 • General Reg.: May 28th & June 1st (1:00pm)  
 • Last Day for Refund: June 2nd at 3:00 p.m.

**Thursday, June 18th • 1:30p.m. – 3:00p.m.**   
**Father's Day Taco Party (35 spots)**  
 Celebrate fathers at our Taco Party with a live musical performance! Please inform us of any food allergies and preferences at the time of registration.  
 • Priority Registration: Thurs, June 4th (2:00pm)  
     ◦ Queue will open at 1:45 p.m. A line may not form earlier.  
 • General Registration: Tues, June 9th (1:00pm)

**Monday, June 22nd • 1:00p.m. – 3:00p.m.**   
**Exploring Creativity: Paper Clay Magnets (15 spots)**  
 Explore embossing paper clay with interesting patterns and textures to create magnificent magnets. Acrylic paint will be available to add your favorite colors.  
 • Registration: Mon., June 8th (11:00 a.m.)

**Tuesday, June 23rd • 10:00a.m. – 12:00p.m.**   
**NEMS Health Screening**  
 Through a partnership with North East Medical Services (NEMS), we offer free health screenings testing body mass index, glucose, and blood pressure levels. No registration required.  
 • Limited to 20 participants on a walk-in basis.



Bubble Tea Making Workshop

## ANNEX AT HAND JUNE 2026

### Welcome SDA!

Happy June!

We're excited to welcome Senior and Disability Action as they host their first Fall Prevention workshop at the Annex this month.

In addition to this essential workshop, we have several summer-themed activities planned, including a special field trip to the Monterey Bay Aquarium on June 16th. For details on all our programs, please refer to the back of our calendar. We look forward to seeing you at our upcoming events!

Warmly,

Kristy, Corinne, Danielle

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

**June 3rd • Blackberry [Comedy/Drama]** Netflix  
 Length: 1hr 59m  
 From instant success to collapse, follow the investors and execs that made the world's first smartphone.

**June 10th • The Greatest Night in Pop [Inspiring]** Netflix  
 Length: 1hr 37m  
 A documentary chronicling the intense, behind the scenes effort of dozens of music superstars collaborating to record the charity single "We are the World" in 1985.

**June 17th • Apollo 11 [Romance/Comedy]** Netflix  
 Length: 1hr 33m  
 Unreleased footage details the first moon landing up close in this documentary the Guardian calls "Fascinating" and "Eletrifying".

**June 24th • Ferrari [Drama/Exciting]** Netflix  
 Length: 2hr 5m  
 With his company failing and marriage strained, Enzo Ferrari bets everything on Mille Miglia, a 1,000 mile race across Italy.

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