



## 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- June 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 – June 2026

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <p>1 *Sit &amp; Be Fit (CR)<br/>10:00am Class &amp; 11:00am Class<br/>Knitting<br/>11:00 am - 12:45 pm<br/>Mahjong / Adv (Freeplay)(SC)<br/>1:00pm - 4:00pm</p>      | <p>2 *Chair Yoga / Studio 1<br/>10:30 am -11:45 am<br/>*Senior Strength / Studio 1<br/>12:00 pm -1:00 pm (SC)</p>   | <p>3 *Sit &amp; Be Fit / (CR)<br/>10am-10:45am /11am-11:45am<br/>Flower Arranging<br/>12:30pm-1:30pm<br/>Walking Group<br/>1:30pm - 3:30pm<br/>Beg Bridge 1:30pm - 3:30pm(SC)</p>        | <p>4 Mindful Meditation (SC)<br/><b>Canceled</b><br/>Mahjong /Beg&amp;Int (SC)<br/>12:00 pm - 3:00 pm<br/><br/>*Boomercize (Studio 1)<br/>1:00 pm - 2:00 pm</p>              | <p>5 Coffee Meet Up 8am - 9am<br/><b>Movie &amp; Popcorn (SC)</b><br/><b>11:00am - 1:00pm</b><br/>*Tai Chi 1:45 pm - 2:45 pm (S1)<br/><br/>Adv Bridge 1:15pm -4:15pm (SC)</p> |
| <p>8 *Sit &amp; Be Fit (CR)<br/>10:00am Class &amp; 11:00am Class<br/>Knitting (SC)<br/>11:00 am - 12:45 pm<br/>Mahjong / Adv<br/>1:00pm - 4:00pm</p>                | <p>9 *Chair Yoga / Studio 1<br/>10:30 am -11:45 am<br/>*Senior Strength / Studio 1<br/>12:00 pm -1:00 pm (SC)</p>   | <p>10 *Sit &amp; Be Fit / (CR)<br/>10am-10:45am /11am-11:45am<br/>Flower Arranging 12:30pm-1:30pm<br/>Walking Group<br/>1:30pm - 3:30pm<br/>Beg Bridge 1:30pm - 3:30pm(SC)</p>           | <p>11 Mindful Meditation (SC)<br/>10:30 am - 11:30 am<br/>Mahjong /Beg&amp;Int Freeplay(SC)<br/>12:00 pm - 3:00 pm<br/><br/>*Boomercize (Studio 1)<br/>1:00 pm - 2:00 pm</p> | <p>12 Birthday &amp; Bingo (SC)<br/>11:30am - 1:00pm<br/>*Tai Chi 1:45 pm - 2:45 pm (S1)<br/>Adv Bridge 1:15pm - 4:15pm (SC)</p>  |
| <p>15 *Sit &amp; Be Fit (CR)<br/>10:00am Class &amp; 11:00am Class<br/>Knitting<br/>11:00 am - 12:45 pm<br/>Mahjong / Adv (Freeplay)(SC)<br/>1:00pm - 4:00pm</p>     | <p>16 *Chair Yoga / Studio 1<br/>10:30 am -11:45 am<br/>*Senior Strength / Studio 1<br/>12:00 pm -1:00 pm<br/>Chicken Broth Social<br/>Cooking with Antonio<br/>1:00pm - 2:30pm</p> | <p>17 *Sit &amp; Be Fit / (CR)<br/>10am-10:45am /11am-11:45am<br/>Flower Arranging<br/>12:30pm - 1:30pm<br/>Walking Group<br/>1:30 pm - 3:30 pm<br/>Beg Bridge 1:30pm - 3:30pm (SC)</p>  | <p>18 Mindful Meditation (SC)<br/>10:30am - 11:30am<br/>Mahjong/Beg&amp;Int<br/>12:00 pm - 3:00 pm<br/><br/>*Boomercize (Studio 1)<br/>1:00pm - 2:00pm</p>                   | <p>19 <b>Juneteenth Holiday</b><br/>Coffee Meet Up 8am - 9am<br/>AOA Social<br/><b>Canceled</b><br/>*Tai Chi <b>Canceled</b><br/><br/>Adv Bridge <b>Canceled</b></p>          |
| <p>22 *Sit &amp; Be Fit (CR)<br/>10:00am Class &amp; 11:00am Class<br/>Knitting (SC)<br/>11:00 am - 12:45 pm<br/>Mahjong / Adv<br/>1:00pm - 4:00pm</p>               | <p>23 *Chair Yoga / Studio 1<br/>10:30 am -11:45 am<br/>*Senior Strength/Studio 1<br/>12:00 pm -1:00 pm<br/>Chile Making Workshop<br/>Cooking with Antonio<br/>1:00pm - 2:30pm</p>  | <p>24 *Sit &amp; Be Fit (CR)<br/>10am-10:45am /11am-11:45am<br/>Flower Arranging (SC)<br/>12:30pm - 1:30pm<br/>Walking Group<br/>1:30pm - 3:30pm<br/>Beg Bridge 1:30pm - 3:30pm (SC)</p> | <p>25 Mindful Meditation (SC)<br/>10:30am - 11:30am<br/>Mahjong /Beg&amp;Int Freeplay (SC)<br/>12:00pm - 3:00pm<br/>*Boomercize (Studio 1)<br/>1:00pm - 2:00pm</p>           | <p>26 AOA Social<br/><b>Canceled</b><br/><br/>*Tai Chi 1:45 pm - 2:45 pm (S1)<br/>Adv Bridge 1:15pm -4:15pm (SC)</p>  |
| <p>(June 29)*Sit To Be Fit (CR)<br/>10:00am Class/11:00am Class<br/>Knitting Class<br/>11:00 am - 12:45 pm<br/>Mahjong / Adv (Freeplay) (SC)<br/>1:00pm - 4:00pm</p> | <p>30 *Chair Yoga / Studio 1<br/>10:30 am -11:45 am<br/>*Senior Strength/Studio 1<br/>12:00 pm -1:00 pm</p>   |  |  |   |