



# Active Older Adults (AOA) Activities Schedule

## Buchanan YMCA - JUNE 2026

Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday
	<b>BUCHANAN YMCA</b> 1530 Buchanan St <small>FOR YOUTH DEVELOPMENT®            FOR HEALTHY LIVING            FOR SOCIAL RESPONSIBILITY</small>		<small>SAN FRANCISCO HUMAN SERVICES AGENCY</small> <b>Department of Disability            and Aging Services</b>		<small>These programs serving the            community are funded by the            City of San Francisco's            Department of Disability and            Aging Services.</small>
1	2	3	4	5	6
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION	9:30 PILATES (CANCELED) 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE (CANCELED)	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
8	9	10	11	12	13
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION (CANCELED) 1:00PM TAI-CHI FOR ARTHRITIS	9:30 PILATES (CANCELED) 11:35 TAI-CHI	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE (CANCELED) 1:00PM TAI-CHI FOR ARTHRITIS	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	SAN MATEO COUNTY FAIR FIELD TRIP - REGISTRATION REQUIRED	
15	16	17	18	19	20
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION 1:00PM TAI-CHI FOR ARTHRITIS	9:30 PILATES (CANCELED) 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE (CANCELED) 1:00 TAI-CHI FOR ARTHRITIS	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG 4:00 PM MOTHER'S AND FATHER'S DAY DINNER AND BINGO	JUNETEENTH HOLIDAY FACILITY CLOSE	
22	23	24	25	26	27
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION 1:00 TAI-CHI FOR ARTHRITIS	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	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	ALCATRAZ FIELD TRIP - REGISTRATION REQUIRED	
29	30				
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