



Chinatown YMCA AOA Calendar – June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ping Pong 10-12pm Pain Management Workshop 10-12pm Aqua Zumba 11:10-11:55am	2 Ping Pong 10-12pm Tech Support 10-12pm Digital Literacy Course 1-3pm	3 Tai Chi 9:05-10am Ping Pong 10-12pm PACE workshop 11-12pm Art & Craft 11:30 – 1pm Stress Busters(In-Person) 1:30-2pm	4 Ping Pong 10-12pm Karaoke 10-12pm Walking Soccer 1-2pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	5 Ping Pong 10-12pm Cooking Together (Birthday) 10-1pm Chair Exercise 1:40-2:35pm
7 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	8 Ping Pong 10-12pm Pain Management Workshop 10-12pm Aqua Zumba 11:10-11:55am	9 Ping Pong 10-12pm Walking Soccer 1-2pm Digital Literacy Course 1-3pm	10 Tai Chi 9:05-10am Ping Pong 10-12pm AOA Re-enrollment 10-12pm Stress Buster(Zoom) 1:30-2pm	11 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Walking Soccer 1-2pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	12 Ping Pong 10-12pm Chair Exercise 1:40` -2:35pm Father’s Day Celebration Lunch 10-1pm AOA Re-enrollment 1:30-3:30pm
14 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	15 Ping Pong 10-12pm Pain Management Workshop 10-12pm Aqua Zumba 11:10-11:55am	16 Ping Pong 10-12pm State Capital Fieldtrip 8:30am-5pm Digital Literacy Course 1-3pm	17 Tai Chi 9:05-10am Ping Pong 10-12pm AOA Re-enrollment 10-12pm	18 Ping Pong 10-12pm Karaoke 10-12pm Walking Soccer 1-2pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	19 Juneteenth(Facility closes at 2pm) Ping Pong 10-12pm
21 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	22 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	23 Ping Pong 10-12pm StopScams Workshop 10-11am Walking Soccer 1-2pm Digital Literacy Course 1-3pm	24 Tai Chi 9:05-10am Ping Pong 10-12pm AOA Re-enrollment 10-12pm	25 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Walking Soccer 1-2pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	26 Ping Pong 10-12pm Independence Day Celebration 10-1pm Chair Exercise 1:40-2:35pm
28 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	29 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	30 Ping Pong 10-12pm Digital Literacy Course 1-3pm	For more information, please contact Jason Huang at 415-652-7995 .	Registration required for activities in blue!	Funders:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services

華埠青年會共同年長計劃活動月曆 —— 六月 2026



週日	週一	週二	週三	週四	週五
	1 乒乓球 10-12pm 慢性病自我管理講座 10-12pm 水上尊巴 11:10-11:55am	2 乒乓球 10-12pm 科技協助 10-12pm 平板電腦培訓班 (二) 1-3pm	3 太極 9:05-10am 乒乓球 10-12pm PACE 行健計劃講座 11-12pm 手工班 11:30-1pm 減壓班(現場) 1:30-2pm	4 乒乓球 10-12pm 卡拉 OK 10-12pm 健步足球 1-2pm 科技協助 1-3pm 平板電腦培訓班 (二) 1-3pm 長者瑜伽 2:05-3pm	5 乒乓球 10-12pm 近廚得食(生日會) 10-1pm 椅子運動 1:40-2:35pm
7 初級太極 9:05-9:55am 高級太極 10:05-10:55am	8 乒乓球 10-12pm 慢性病自我管理講座 10-12pm 水上尊巴 11:10-11:55am	9 乒乓球 10-12pm 健步足球 (單節體驗課) 1-2pm 平板電腦培訓班 (二) 1-3pm	10 太極 9:05-10am 乒乓球 10-12pm AOA 長者計劃年審 10-12pm 減壓班(Zoom) 1:30-2pm	11 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 健步足球 1-2pm 科技協助 1-3pm 平板電腦培訓班 (二) 1-3pm 長者瑜伽 2:05-3pm	12 乒乓球 10-12pm 椅子運動 1:40-2:35pm 父親節慶祝午餐 10-1pm AOA 長者計劃年審 1:30-3:30pm
14 初級太極 9:05-9:55am 高級太極 10:05-10:55am	15 乒乓球 10-12pm 慢性病自我管理講座 10-12pm 水上尊巴 11:10-11:55am	16 乒乓球 10-12pm 加州州府外遊 8:30am-5pm 平板電腦培訓班 (三) 1-3pm	17 太極 9:05-10am 乒乓球 10-12pm AOA 長者計劃年審 10-12pm	18 乒乓球 10-12pm 卡拉 OK 10-12pm 健步足球 1-2pm 科技協助 1-3pm 平板電腦培訓班 (三) 1-3pm 長者瑜伽 2:05-3pm	19 六月節(青年會在 2 點關門) 乒乓球 10-12pm
21 初級太極 9:05-9:55am 高級太極 10:05-10:55am	22 乒乓球 10-12pm 水上尊巴 11:10-11:55am	23 乒乓球 10-12pm 預防詐騙講座 10-11am 健步足球 (單次體驗課) 1-2pm 平板電腦培訓班 (三) 1-3pm	24 太極 9:05-10am 乒乓球 10-12pm AOA 長者計劃年審 10-12pm	25 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 健步足球 1-2pm 科技協助 1-3pm 平板電腦培訓班 (三) 1-3pm 長者瑜伽 2:05-3pm	26 乒乓球 10-12pm 國慶慶祝午餐第一組 10-1pm 椅子運動 1:40-2:35pm
28 初級太極 9:05-9:55am 高級太極 10:05-10:55am	29 乒乓球 10-12pm 水上尊巴 11:10-11:55am	30 乒乓球 10-12pm 平板電腦培訓班 (四) 1-3pm	如有任何以疑問, 請致電 415-652-7995 聯繫 Jason (阿斌) Huang。	藍色的活動是需要報名才能參加!	Funders:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services