



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



parkmerced®



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

JUNE 2026

YMCA Community Services Activity Calendar @ Parkmerced

Active Older Adult Programs

GROUP EXERCISE CLASSES

Balance, Strength and Posture

Mondays 11:30am-12:30pm

Instructor: Ray Hanvey

Exercises to support your core and help with posture and balance.

Strength and Basic Core

Tuesdays 10:00am-11:00am

Instructor: Ray Hanvey

A fun filled workout. Warm up with a short cardio and then you will engage in exercises that will help support your core.

Tai Chi

Thursdays 10:00am-11:00am

Instructor: Judy Gerber

Meditation that improves balance, flexibility and cardiovascular function.

Mindful Movement

Fridays 10:00am-11:00am

Instructor: Denise Fladager

No Class Friday, June 19th, HAPPY JUNETEENTH!

A variety class featuring low impact movement, dance, toning and stretch exercises.

Monterey Bay

Tuesday, June 16th

8:45am-4:30pm

Stonestown Family YMCA Annex

RSVP: Call LaShall 510.691.3712

From sea otters to seaweeds, visit Monterey Bay Aquarium located on historic Cannery Row in Monterey, California. Explore its unique oceanfront location and timeless galleries that bring the wonders of the ocean to life. Step into immersive exhibits while learning about its critical mission to inspire ocean conservation.

CONTACT INFO

LaShall Hamlin

Email: lhamlin@ymcasf.org

Phone: 510.691.3712



SOCIAL PROGRAMS

Watercolor Class

Mondays 1:30pm-3:30pm

Instructor: Sergio Giovine from Art with Elders

This isn't fine art, it's fun art! This class is a pre-registered class and is currently full. Please call or email LaShall Hamlin at 510.691.3712/ lhamlin@ymcasf.org to be placed on waitlist.

Mahjongg (American Style)

Tuesdays 12:00pm-2:30pm

Mahjongg is a tile-based game which originated from China during the Qing dynasty. It's a game of skill strategy, calculation and a degree of chance.

Let's Get Together

Tuesdays 3:00pm-4:30pm

- Tuesday, June 2nd, Painted Jar Centerpiece [RSVP by May 26th](#)
- Tuesday, June 9th- Craft & Connect [RSVP by June 2nd](#)
- Tuesday, June 16th- **CANCELLED**
- Tuesday, June 23rd- Board Games [RSVP by June 16th](#)
- Tuesday, June 30th- Birthday Bingo [RSVP by June 23rd](#)
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Movie Mania

Thursdays 1:30pm-end of movie

- Thursday, June 4th- "[Click](#)"- Adam Sandler
- Thursday, June 11th- "[Harriet](#)" Cynthia Erivo, Leslie Odom Jr.
- Thursday, June 18th- "[The Penguin Lesson](#)"-Steve Coogan, Jonathan Pryce
- Thursday, June 25th- "[Remarkably Bright Creatures](#)"- Sally Field, Lewis Pullman

Bridge

Fridays 11:30pm-2:30pm

Open to All! Bridge is a trick-taking card game for 4 players and involves bidding, playing cards and scoring.

No Class Friday, June 19th, **HAPPY JUNETEENTH!**

More fun events!!

- Walking Club: Merced Library Music Show- [Thursday, June 11th](#), 10:15am- 12:15pm
- Father's Day Taco Party- [Thursday June 18th](#), 1:30pm- 3:00pm
 - ☐ Priority registration Thursday, 06/04 1:00pm
 - ☐ General registration Tuesday 06/09 1:00pm

Cherished Moments

