



MEMBERSHIP

We love seeing our Active Older Adults come together to stay healthy and build meaningful connections. From daily exercise classes to community events, there's always something happening and we're glad you're part of it!

There is no fee to participate in the Mission YMCA Active Older Adults programs and trips; however, registration is required. This is accomplished by signing up for our Community Participant Membership, which is free of charge and allows you to enroll.

REGISTRATION

To register for upcoming trips or events, stop by the Mission YMCA front desk and one of our friendly membership staff will be able to assist you.

CONTACT



JANET BRONSON
ACTIVE ADULT ENGAGEMENT COORDINATOR

P 415 586 9600 • E JBronson@ymcasf.org

Janet Bronson a proud San Francisco native is the new Program Coordinator for the Active Older Adults Program. Dedicated to creating meaningful connections and uplifting experiences for seniors in her community.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MISSION YMCA - ACTIVE OLDER ADULTS

EXPLORE THE POSSIBILITIES

MONTHLY ACTIVITY CALENDAR - June 2026



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

4080 Mission ST, SF, CA 94112 • 415.586.6900 •

AOA ACTIVITY CALENDAR – JUNE 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

SUN

1

Always Active
9:15 am – 10:15 am

Line Dance
10:30 am – 11:30 am

Bingo
12:45 pm – 2:00 pm

Tango
2:15 pm – 4:00 pm

2

Coffee & Chit Chat
9:00 am – 10 am

Zumba
10:30 am – 11:30 am

Nutrition Class – Cantonese
11:45-12:45

3

Always Active
9:15 am – 10:15 am

Tai Chi
10:30 am – 11:30 am

Sewing Class
12:30 pm – 1:30 pm

4

Coffee & Chit Chat
9:00 am – 10:00 am

Art Class & Table Games
12:00 pm – 2:00 pm

Ping Pong
2:00 pm – 4:00 pm

5

Coffee & Chit Chat
9:00 am – 10:00 am

Zumba
10:00 am – 11:00 am

Lunch
11:30 am – 12:00 pm

Bingo
12:30 pm – 1:30 pm

5

7

8

Always Active
9:15 am – 10:15 am

Line Dance
10:30 am – 11:30 am

Bingo
12:45 pm – 2:00 pm

Tango
2:15 pm – 4:00 pm

9

Coffee & Chit Chat
9:00 am – 10 am

Zumba
10:30 am – 11:30 am

Nutrition Class – Cantonese
11:45-12:45

10

Always Active
9:15 am – 10:15 am

Tai Chi
10:30 am – 11:30 am

Sewing Class
12:30 pm – 1:30 pm

11

Coffee & Chit Chat
9:00 am – 10:00 am

Art Class & Table Games
12:00 pm – 2:00 pm

Ping Pong
2:00 pm – 4:00 pm

12

Coffee & Chit Chat
9:00 am – 10:00 am

Zumba
10:00 am – 11:00 am

Lunch
11:30 am – 12:00 pm

Bingo
12:30 pm – 1:30 pm

13

14

15

Always Active
9:15 am – 10:15 am

Line Dance
10:00 am – 11:30 am

Bingo
12:45 pm – 2:00 pm

Tango
2:15 pm – 4:00 pm

16

Coffee & Chit Chat
9:00 am – 10 am

Zumba
10:30 am – 11:30 am

Nutrition Class – Cantonese
11:45-12:45

17

Always Active
9:15 am – 10:15 am

Tai Chi
10:30 am – 11:30 am

Bingo
12:30 pm – 1:30 pm

Intergen Dinner
3:30-4:30

18

Coffee & Chit Chat
9:00 am – 10:00 am

Art Class & Table Games
12:00 pm – 2:00 pm

Ping Pong
2:00 pm – 4:00 pm

19

Coffee & Chit Chat
9:00 am – 10:00 am

Zumba
10:00 am – 11:00 am

Lunch
11:30 am – 12:00 pm

Bingo
12:30 pm – 1:30 pm

20

21

Happy
Father's
Day

22

Always Active
9:15 am – 10:15 am

Line Dance
10:00 am – 11:30 am

Bingo
12:45 pm – 2:00 pm

Tango
2:15 pm – 4:00 pm

23

Coffee & Chit Chat
9:00 am – 10 am

Walking w/ Janet
10:30 am – 11:30 am

Nutrition Class – Cantonese
11:45-12:45

Computer Class

24

Always Active
9:15 am – 10:15 am

Tai Chi
10:30 am – 11:30 am

Sewing Class
12:30 pm – 1:30 pm

25

Coffee & Chit Chat
9:00 am – 10:00 am

Art Class & Table Games
12:00 pm – 2:00 pm

Ping Pong
2:00 pm – 4:00 pm

26

Coffee & Chit Chat
9:00 am – 10:00 am

Zumba
10:00 am – 11:00 am

Field Trip
Alameda County Fair
10:00 am – 4:00 pm

27

28

29

Always Active
9:15 am – 10:15 am

Line Dance
10:00 am – 11:30 am

Bingo
12:45 pm – 2:00 pm

Tango
2:15 pm – 4:00 pm

30

Coffee & Chit Chat
9:00 am – 10 am

Walking w/ Janet
10:30 am – 11:30 am

Nutrition Class – Cantonese
11:45-12:45



AFILIACIÓN

Nos encanta ver a nuestros adultos mayores activos reunirse para mantenerse sanos y crear vínculos significativos. Desde clases de ejercicio diarias hasta eventos comunitarios, siempre hay algo que hacer, ¡y nos alegra que formen parte de ello!

La participación en los programas y excursiones para adultos mayores activos de Mission YMCA es gratuita; sin embargo, es necesario registrarse. Para ello, solo tienen que inscribirse en nuestra membresía de Participante Comunitario, que es gratuita y les permitirá participar en las actividades.

REGISTRO

Para inscribirse en los próximos viajes o eventos, acérquese a la recepción del YMCA de Mission y uno de nuestros amables miembros del personal le ayudará.

CONTACTO



JANET BRONSON
ACTIVE ADULT ENGAGEMENT COORDINATOR

P 415 586 9600 • E JBronson@ymcasf.org

Janet Bronson, originaria de San Francisco, es la nueva coordinadora del Programa de Adultos Mayores Activos. Ella se dedica a generar vínculos importantes y vivencias positivas para los adultos mayores de su comunidad.



MISSION YMCA - ADULTOS MAYORES ACTIVOS

DESCUBRE LAS POSIBILIDADES

CALENDARIO DE ACTIVIDADES - JUNIO 2026



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

4080 Mission ST, SF, CA 94112 • 415.586.6900 •

CALENDARIO DE ACTIVIDADES – JUNIO DE 2026

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SAB

SUN

1

Siempre activo
9:15 am – 10:15 am
Line Dance
10:30 am – 11:30 am
Bingo
12:45 pm – 2:00 pm
Tango

2

Café y charla-9:00 am - 10 am
Zumba
10:30 am – 11:30 am
Clase de nutrición- **cantonese**
11:45-12:45

3

Siempre activo
9:15 am – 10:15 am
Tai Chi
10:30 am – 11:30 am
Clase de costura
12:30 pm – 1:30 pm

4

Café y charla
9:00 am – 10:00 am
Clase de arte y juegos de mesa
12:00 pm – 2:00 pm
Ping Pong

5

Café y charla
9:00 am – 10:00 am
Zumba
10:00 am – 11:00 am
Almuerzo
11:30 am – 12:00 pm
Bingo

5

7

8

Siempre activo
9:15 am – 10:15 am
Line Dance
10:30 am – 11:30 am
Bingo
12:45 pm – 2:00 pm
Tango
2:15 pm -4:00 pm

9

Café y charla-9:00 am - 10 am
Zumba
10:30 am – 11:30 am
Clase de nutrición- **cantonese**
11:45-12:45

10

Siempre activo
9:15 am – 10:15 am
Tai Chi
10:30 am – 11:30 am
Clase de costura
12:30 pm – 1:30 pm

11

Café y charla
9:00 am – 10:00 am
Clase de arte y juegos de mesa
12:00 pm – 2:00 pm
Ping Pong
2:00 pm – 4:00 pm

12

Café y charla
9:00 am – 10:00 am
Zumba
10:00 am – 11:00 am

Día del Padre Celebracion

13

14

15

Siempre activo
9:15 am – 10:15 am
Line Dance
10:00 am – 11:30 am
Bingo
12:45 pm – 2:00 pm
Tango
2:15 pm -4:00 pm

16 Café y charla-9:00 am - 10 am

Zumba
10:30 am – 11:30 am
Clase de nutrición- **cantonese**
11:45-12:45

17

Siempre activo
9:15 am – 10:15 am
Tai Chi
10:30 am – 11:30 am
Bingo
12:30 pm – 1:30 pm
Cena Intergen
3:30 pm – 4:30 pm

18

Café y charla
9:00 am – 10:00 am
Clase de arte y juegos de mesa
12:00 pm – 2:00 pm
Ping Pong
2:00 pm – 4:00 pm

19

Celebración de Juneteenth
El programa está cerrado

20

21

Feliz Día del Padre

22

Siempre activo
9:15 am – 10:15 am
Line Dance
10:00 am – 11:30 am
Bingo
12:45 pm – 2:00 pm
Tango
2:15 pm -4:00 pm

23 Café y charla-9:00 am - 10 am

Zumba
10:30 am – 11:30 am
Clase de nutrición- **cantonese**
11:45-12:45

24

Siempre activo
9:15 am – 10:15 am
Tai Chi
10:30 am – 11:30 am
Clase de costura
12:30 pm – 1:30 pm

25

Café y charla
9:00 am – 10:00 am
Clase de arte y juegos de mesa
12:00 pm – 2:00 pm
Ping Pong
2:00 pm – 4:00 pm

26

Cafe y charla
9:00 am – 10:00 am
Zumba
10:00 am – 11:00 pm

Field Trip
Alameda County Fair
11:30 am – 4:00 pm

27

28

29

Siempre activo
9:15 am – 10:15 am
Line Dance
10:00 am – 11:30 am
Bingo
12:45 pm – 2:00 pm
Tango
2:15 pm -4:00 pm

30 Café y charla-9:00 am - 10 am

Zumba
10:30 am – 11:30 am
Clase de nutrición- **cantonese**
11:45-12:45

30

Siempre activo
9:15 am – 10:15 am
Tai Chi
10:30 am – 11:30 am
Clase de costura
12:30 pm – 1:30 pm



会员资格

我们很高兴看到我们的老年朋友们聚在一起，保持健康，建立有意义的人际关系。从日常健身课程到社区活动，这里总是精彩不断，我们很高兴您能参与其中！

参加Mission YMCA老年人活动项目和旅行无需任何费用。但是，需要进行注册。您可以通过注册我们的社区参与者会员资格来实现这一点，该会员资格是免费的，并且允许您参与其中。

登记

如需报名参加即将举行的旅行或活动，请前往 Mission YMCA 前台，我们友好的会员服务人员将竭诚为您提供帮助。

联系



JANET BRONSON
ACTIVE ADULT ENGAGEMENT COORDINATOR

P 415 586 9600 • E JBronson@ymcasf.org

Janet Bronson 是旧金山本地人而感到自豪的人士，成为了“活跃老年人项目”的新任项目协调员。她致力于在社区里的老年人创造有意义的联系和令人愉悦的体验。



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MISSION YMCA - 活跃的老年人

探索各种可能性
每月活動日曆 - 2026年6月



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

4080 Mission St, SF, CA 94112 • 415.586.6900 •

每月活动日历 - 六月 2026

星期一

星期二

星期三

星期四

星期五

星期六

星期日

1

2

3

4

5

咖啡与聊天
上午9:00 - 上午10:00
尊巴舞
上午10:00 - 上午11:00
午餐
上午11:30 - 中午12:00
宾果游戏
下午12:30 - 下午1:30

6

7

8

始终活跃
上午9:15 - 上午10:15
跳排舞
上午10:30 - 上午11:30
宾果游戏
下午12:45 - 下午2:00
探戈舞
下午2:15 - 下午4:00

9

咖啡与聊天
上午9:00 - 上午10:00
尊巴舞
上午10:30 - 上午11:30
英语营养课
上午11:45 - 下午12:45

10

始终活跃
上午9:15 - 上午10:15
太极拳
上午10:30 - 上午11:30
缝纫课
下午12:30 - 下午1:30

11

咖啡与聊天
上午9:00 - 上午10:00
姑息治疗信息
上午10:00 - 上午11:30
美术课 & 桌面游戏
中午12:00 - 下午2:00
乒乓球
下午2:00 - 下午4:00

12

咖啡与聊天
上午9:00 - 上午10:00
午餐
母亲节庆祝茶会
上午11:30 - 下午1:30

13

14

15

始终活跃
上午9:15 - 上午10:15
跳排舞
上午10:30 - 上午11:30
宾果游戏
下午12:45 - 下午2:00
探戈舞
下午2:15 - 下午4:00

16

咖啡与聊天
上午9:00 - 上午10:00
尊巴舞
上午10:30 - 上午11:30
英语营养课
上午11:45 - 下午12:45

17

始终活跃
上午9:15 - 上午10:15
太极拳
上午10:30 - 上午11:30
宾果游戏
下午12:30 - 下午1:30
代际晚餐
下午3:30 - 下午4:30

18

咖啡与聊天
上午9:00 - 上午10:00
姑息治疗信息
上午10:00 - 上午11:30
美术课 & 桌面游戏
中午12:00 - 下午2:00
健康筛查
下午1:30 - 下午3:30
乒乓球
下午2:00 - 下午4:00

19

Program Closed
Juneteenth

20

21

22

始终活跃
上午9:15 - 上午10:15
跳排舞
上午10:30 - 上午11:30
宾果游戏
下午12:45 - 下午2:00
探戈舞
下午2:15 - 下午4:00

23

咖啡与聊天
上午9:00 - 上午10:00
Zumba
上午10:30 - 上午11:30
英语营养课
上午11:45 - 下午12:45

24

始终活跃
上午9:15 - 上午10:15
太极拳
上午10:30 - 上午11:30
缝纫课
下午12:30 - 下午1:30

25

咖啡与聊天
上午9:00 - 上午10:00
姑息治疗信息
上午10:00 - 上午11:30
美术课 & 桌面游戏
中午12:00 - 下午2:00
乒乓球
下午2:00 - 下午4:00

26

咖啡与聊天
上午9:00 - 上午10:00
尊巴舞
上午10:00 - 上午11:00
Field Trip
Alameda County Fair
10:00 am - 4:00 pm

27

28

29

始终活跃
上午9:15 - 上午10:15
跳排舞
上午10:30 - 上午11:30
宾果游戏
下午12:45 - 下午2:00
探戈舞
下午2:15 - 下午4:00

30

咖啡与聊天
上午9:00 - 上午10:00
尊巴舞
上午10:30 - 上午11:30