



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



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

JULY 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.

CANCELED JULY 23RD! ENJOY YOUR DAY!

Mindful Movement

Fridays 10:00am-11:00am

Instructor: Denise Fladager

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

CANCELED JULY 3RD- HAPPY INDEPENDENCE DAY!!!

Mahjong Tournament

Wednesday, July 29th 1:00pm-4:00pm

Stonestown Family YMCA Annex

Priority Registration Monday, 07/13- 1:00 pm

General Registration Monday, 07/20 - 1:00 pm

Join us for an exciting Mahjongg tournament where active older adults from different sites come together for a day of friendly competition and fun. Participants will enjoy engaging games while meeting new people and making new connections. This special event celebrates the joy of Mahjongg, camaraderie, and community.

CONTACT INFO

LaShall Hamlin

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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, July 7th, Independence Day Trivia **RSVP by June 30th**
- Tuesday, July 14th- Craft & Connect **RSVP by July 7th**
- Tuesday, July 21st-Mango Desserts Mingle, 2pm-4pm **RSVP by July 14th, At Annex**
- Tuesday, July 28th- Birthday Bingo, 2pm-4pm **RSVP by July 21st, At Annex**

Movie Mania

Thursdays 1:00pm-end of movie

- Thursday, July 2nd- **"Soul on Fire"**- Joel Courtney, John Corbett
- Thursday, July 9th- **"The Woman in Cabin 10"** Keira Knightley, Guy Pearce
- Thursday, July 16th- **"The Swedish Connection"**-Henrik Dorsin, Sissela Benn
- Thursday, July 23rd- **"Concussion"**- Will Smith, Alec Baldwin

Bridge

Fridays 12:30pm-3:30pm

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

CANCELED JULY 3RD- HAPPY INDEPENDENCE DAY!!!

More fun events!!

- Walking Club: Merced Library-Knit & Craft Circle- **Tuesday, July 14th, RSVP ASAP 9:30am- 12:15pm**
- Self-Help for the Elderly Affordable Housing Workshop- **Thursday, July 16th, NO RSVP NECESSARY, OPEN TO PUBLIC 3:30pm- 4:30pm**
- Mahjongg Tournament- **Wednesday July 29th, 1:00pm- 4:00pm**

Cherished Moments

