

AOA ACTIVITY CALENDAR – July 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
MM: Koi Fish Painting 1:00–3:00p.m.
Lunch 11:30am–12:30p.m.
Mind Body Health 1:00–2:40p.m.

6



Taiko 1/L1 resumes August 3rd

Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
EC: Kintsugi on Paper 1:00–3:00p.m.
Mind Body Health 1:00–2:40p.m.

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Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Ukulele Singalong 1:00 – 2:00p.m.
Mind Body Health 1:00–2:40p.m.

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Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Iris Card Folding Workshop 1:00–3:00p.m.

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Mind Body Health Class cancelled today.
 Class will resume on Mon, Aug 3rd.

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Asian Art Museum Talk: The Silk Road – Globalization in the Ancient World 1:00 pm – 2:00pm

7



Taiko 1/L2, 3, and 2 resumes August 4th

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.

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Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
SDA: Public Transportation Safety (PT) 1:00pm–2:00pm
Mango Dessert Making w/ Parkmerced YMCA (SH) 2:00pm–4:00pm

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Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Birthday Bingo and Cupcake Decorating w/ Parkmerced YMCA (SH) 2:00pm–4:00pm

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Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Hand Scrub Making Workshop 9:30am – 10:45a.m.
Posture Essentials 10:00–10:50a.m.
DL Tech Support (Mitch) 10:00–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30pm–End of Movie
MahJong 1:00–4:00p.m.

1



Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Tech Support (Mitch) 10:00–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30pm–End of Movie
MahJong 1:00–4:00p.m.

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Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Common Scams w/ AI 10:00am–11:00am
DL Workshop Tech Support 11:00am–12:00pm
DL Tech Support (Mitch) 10:00–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30pm–End of Movie
MahJong 1:00–4:00p.m.

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Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Tech Support (Mitch) 10:00–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30pm–End of Movie
MahJong 1:00–4:00p.m.

22

Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Tech Support (Mitch) 10:00–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30pm–End of Movie
Summer MahJong Tournament: Annex, PM, RDY 1:00–4:00p.m.

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Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Jam Session #4 11:30am – 1:45p.m.
Ikebana 1:00–3:00p.m.
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

2

No Beginner Ukulele Class today.
 Class Resumes: July 9th

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
MediCare Counseling 10:00am–1:30p.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #5 11:30am–12:30pm
Ukulele Jam Session #5 12:45–1:45pm
Stroke Community Game Day 1:00–2:50p.m.
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #6 11:30am–12:30pm
Ukulele Jam Session #6 12:45–1:45pm
Ikebana 1:00–3:00pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

16

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #7 11:30am–12:30pm
Ukulele Jam Session #7 12:45–1:45pm
Stroke Community Game Day 1:00–2:50p.m.
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

23

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #8 11:30am–12:30pm
Ukulele Jam Session #8 12:45–1:45pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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ANNEX IS CLOSED
 In observance for July 4th

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Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Tai Chi 1:00–2:00p.m.
Folk, Line, Social Dance 1:00–2:40p.m.

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Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Tai Chi 1:00–2:00p.m.
Folk, Line, Social Dance 1:00–2:40p.m.

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Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Tai Chi 1:00–2:00p.m.
Folk, Line, Social Dance 1:00–2:40p.m.

24

Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Tai Chi 1:00–2:00p.m.

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Folk, Line, Social Dance cancelled today.
 Class will resume on Fri., Aug 7th.

EVENTS & REGISTRATIONS

6.25.26 Update

 **REGISTRATIONS** can be made at the Annex Front Desk or calling (415)242-7135.

Wednesday, July 1st • 9:30a.m. – 10:45a.m.
Hand Scrub Making Workshop (16 spots)
 Create a festive and nourishing three-colored hand scrub for Independence Day! Please inform us if you have any skin sensitivities prior to registration

- Registration Open Now!

Monday, July 6th • 1:00p.m. – 3:00p.m.
Mingle Monday: Koi Fish Painting (16 spots)
 Dive into creativity for National Koi Day! Follow a step-by-step video to paint peaceful koi fish swimming next to a waterfall.

- Registration Open Now!

Tuesday, July 7th • 1:00p.m. – 2:00p.m.
Asian Art Museum Talk: The Silk Road (25 spots)
 Before jet planes and smartphones, merchants, monks, pilgrims, and militia spent months or years traversing perilous routes to carry luxury goods and innovative ideas thousands of miles across the globe. As desirable commodities such as silk, porcelain, paper, tea, jade, amber, spices, ivory, gunpowder, gold, and silver were carried across the land and sea trade routes known as the Silk Road, so too were religions, ideas, and new technologies spread and propagated in all directions. In this program, travel the ancient routes that connected countries from the Mediterranean to the Pacific and discover the historic transformations that resulted from these complex cultural exchanges.

- Registration Open Now!

Monday, July 13th • 1:00p.m. – 3:00p.m.
Exploring Creativity: Kintsugi on Paper (15 spots)
 Learn about Kintsugi, the Japanese art form of repairing with gold, and create your own masterpiece with wood, paper, and gold/metallic paints.

- Registration: Tuesday, July 7th (11:00am)

Wednesday, July 15th • 10:00a.m. – 11:00a.m.
DigitalLift Workshop: AI Common Scams (30 spots)
 In this workshop, we'll learn about the most common scams, how scammers try to trick you, and how to spot warning signs. In addition, we'll discuss how artificial intelligence (AI) is being used in scams targeting consumers and ways to protect yourself from emerging digital threats.

- Registration Open Now!

Wednesday, July 15th • 11:00a.m. – 12:00p.m.
DigitalLift: Tech Support Workshop
 Have any questions about technology? Drop by for tech support and additional workshop assistance.

- No registration required.

Monday, July 20th • 1:00p.m. – 2:00p.m.
Ukulele Singalong (20 spots)
 Join our ukulele singalong with a guest instructor and sing your favorite songs together!

- Registration Opens: Mon., July 6th (11:00 am)

Tuesday, July 21st • 1:00p.m. – 2:00p.m.
SDA: Public Transportation Safety (25 spots)
 This workshop is dedicated to helping individuals with disabilities, caregivers, and anyone looking for travel options learn how to navigate transportation safely and confidently. Join us to explore available transit services, learn how to use accessible features, and connect with valuable community transit resources.

- Registration: Fri, July 10th (1:30pm)

Tuesday, July 21st • 2:00p.m. – 4:00p.m.
Mango Dessert Making w/ PM YMCA (16 spots)
 Get together and celebrate National Mango Day by making mango float and bowls of mango sago!

- Registration Opens: Tues., July 7th (1:00 pm)

Monday, July 27th • 1:00p.m. – 3:00p.m.
Iris Card Folding Workshop (16 spots)
 Create your own cards with the art of iris folding, layering colorful paper strips to create a geometric spiral effect.

- Registration Opens: Mon., July 13th (11:00 am)

Tuesday, July 28th • 2:00p.m. – 4:00p.m.
Birthday Bingo and Cupcake Decorating with Parkmerced YMCA (30 spots)
 Play exciting rounds of bingo, "embroider" cupcakes with sprinkles, and celebrate all of our community members born in the month of July. Prize of the month: Tickets to Regal Movies!

- Registration: Tuesday, July 14th (1:00 p.m.)

July 7th Lecture:
The Silk Road
 Image provided by: the Asian Art Museum



ANNEX AT HAND JULY 2026

Welcome to July!

This month is packed with exciting opportunities to connect and learn, featuring hands-on art, food workshop, Birthday Bingo, and educational workshops.

As we gather to learn and play, we also want to wish you a spectacular 4th of July filled with family, friends, and fireworks!

Updates of as June 25th:

- **Added classes:** Ukulele Singalong and Iris Card Folding
- **Canceled classes:** 7/27 Mind Body Health and 7/31 Folk, Line, Social, Dance
- **Corrected dates:** 7/16 Ikebana class and Iris Folding Workshop Registration date

Best Regards,

Kristy, Corinne, Danielle

The Annex Program Flyer is subject to change and will be updated periodically. Check in regularly to get the latest updates!

Cinema Club (Wednesdays at 12:30P.M.)

July 1st • La Dolce Villa [Comedy/Romance]
 Length: 1hr 39m Netflix
 Successful businessman travels to Italy to stop his daughter from restoring a crumbling villa.

July 8th • Hoppers [Cartoon/Adventure]
 Length: 1hr 44m Disney+
 An animal-loving college student uses mind-transfer technology to "hop" her consciousness into a robo beaver.

July 15th • 14 Peaks: Nothing Is Impossible [Doc]
 Length: 1hr 41m Netflix
 Mountaineer and his team of Sherpas attempt summiting all 14 of the world's peaks in a world record.

July 22nd • Father of the Bride [Romance/Comedy]
 Length: 1hr 45m Netflix
 An overprotective, flustered father struggles to attempt and finance his daughter's sudden wedding.

July 29th • Dancing with the Birds [Documentary]
 Length: 0hr 51m Netflix
 Explores the extravagant and elaborate courtship dances of exotic birds.