



Chinatown YMCA AOA Calendar – July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>For more information, contact Jason Huang at 415-652-7995.</p>	<p>Registration required for activities in blue!</p>	<p>Funders:</p>  	<p>1</p> <p>Tai Chi 9:05-10am Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm AOA Re-enrollment 10-12pm</p>	<p>2</p> <p>Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm</p>	<p>3</p> <p>Ping Pong 10-12pm</p>
<p>5</p> <p>Beginner Tai Chi 9:05-9:55am</p> <p>Advanced Tai Chi 10:05-10:55am</p>	<p>6</p> <p>Ping Pong 10-12pm Aqua Zumba 11:10-11:55am</p>	<p>7</p> <p>Ping Pong 10-12pm Digital Literacy Course 1-3pm</p>	<p>8</p> <p>Tai Chi 9:05-10am Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm AOA Re-enrollment 10-12pm</p>	<p>9</p> <p>Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm</p>	<p>10</p> <p>Ping Pong 10-12pm Independence Day Celebration 10-1pm Chair Exercise 1:40-2:35pm</p>
<p>12</p> <p>Beginner Tai Chi 9:05-9:55am</p> <p>Advanced Tai Chi 10:05-10:55am</p>	<p>13</p> <p>Ping Pong 10-12pm Aqua Zumba 11:10-11:55am</p>	<p>14</p> <p>Ping Pong 10-12pm Digital Literacy Course 1-3pm</p>	<p>15</p> <p>Tai Chi 9:05-10am Ping Pong 10-12pm New Participant Orientation 11-12pm</p>	<p>16</p> <p>Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm</p>	<p>17</p> <p>Ping Pong 10-12pm Cooking Together (Birthday) 10-1pm Chair Exercise 1:40-2:35pm</p>
<p>19</p> <p>Beginner Tai Chi 9:05-9:55am</p> <p>Advanced Tai Chi 10:05-10:55am</p>	<p>20</p> <p>Ping Pong 10-12pm Aqua Zumba 11:10-11:55am</p>	<p>21</p> <p>Ping Pong 10-12pm Digital Literacy Course 1-3pm</p>	<p>22</p> <p>Tai Chi 9:05-10am Ping Pong 10-12pm Senior Leadership Meeting 10-11am</p>	<p>23</p> <p>Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm</p>	<p>24</p> <p>Ping Pong 10-12pm Cooking Together 10-1pm Chair Exercise 1:40-2:35pm</p>
<p>26</p> <p>Beginner Tai Chi 9:05-9:55am</p> <p>Advanced Tai Chi 10:05-10:55am</p>	<p>27</p> <p>Ping Pong 10-12pm Aqua Zumba 11:10-11:55am</p>	<p>28</p> <p>Ping Pong 10-12pm Digital Literacy Course 1-3pm</p>	<p>29</p> <p>Tai Chi 9:05-10am Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm</p>	<p>30</p> <p>Ping Pong 10-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm</p>	<p>31</p> <p>Ping Pong 10-12pm Cooking Together 10-1pm Chair Exercise 1:40-2:35pm</p>

華埠青年會共同年長計劃活動月曆 —— 七月 2026



週日	週一	週二	週三	週四	週五
如有任何以疑問，請致電 415-652-7995 聯繫 Jason (阿斌) Huang 。	藍色字 的活動是需要報名才能參加！	資助:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	1 太極 9:05-10am 乒乓球 10-12pm 減壓班 (Zoom) 1:30-2pm AOA 長者計劃年審 10-12pm	2 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 平板電腦培訓班 (四) 1-3pm 長者瑜伽 2:05-3pm	3 乒乓球 10-12pm
5 初級太極 9:05-9:55am 高級太極 10:05-10:55am	6 乒乓球 10-12pm 水上尊巴 11:10-11:55am	7 乒乓球 10-12pm 平板電腦培訓班 (四) 1-3pm	8 太極 9:05-10am 乒乓球 10-12pm 減壓班 (Zoom) 1:30-2pm AOA 長者計劃年審 10-12pm	9 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 平板電腦培訓班 (四) 1-3pm 長者瑜伽 2:05-3pm	10 乒乓球 10-12pm 國慶慶祝午餐第二組 10-1pm 椅子運動 1:40-2:35pm
12 初級太極 9:05-9:55am 高級太極 10:05-10:55am	13 乒乓球 10-12pm 水上尊巴 11:10-11:55am	14 乒乓球 10-12pm 平板電腦培訓班 (五) 1-3pm	15 太極 9:05-10am 乒乓球 10-12pm 新人介紹會 11-12pm	16 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 平板電腦培訓班 (五) 1-3pm 長者瑜伽 2:05-3pm	17 乒乓球 10-12pm 近廚得食(生日會) 10-1pm 椅子運動 1:40-2:35pm
19 初級太極 9:05-9:55am 高級太極 10:05-10:55am	20 乒乓球 10-12pm 水上尊巴 11:10-11:55am	21 乒乓球 10-12pm 平板電腦培訓班 (五) 1-3pm	22 太極 9:05-10am 乒乓球 10-12pm 長者領導會 10-11am	23 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 平板電腦培訓班 (五) 1-3pm 長者瑜伽 2:05-3pm	24 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
26 初級太極 9:05-9:55am 高級太極 10:05-10:55am	27 乒乓球 10-12pm 水上尊巴 11:10-11:55am	28 乒乓球 10-12pm 平板電腦培訓班 (六) 1-3pm	29 太極 9:05-10am 乒乓球 10-12pm 減壓班 (Zoom) 1:30-2pm	30 乒乓球 10-12pm 科技協助 1-3pm 平板電腦培訓班 (六) 1-3pm 長者瑜伽 2:05-3pm	31 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm