



# Active Older Adults (AOA) Activities Schedule

## Buchanan YMCA - JULY 2026

Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday
	<b>BUCHANAN YMCA</b> 1530 Buchanan St <small>FOR YOUTH DEVELOPMENT®            FOR HEALTHY LIVING            FOR SOCIAL RESPONSIBILITY</small>		<small>SAN FRANCISCO HUMAN SERVICES AGENCY</small> <b>Department of Disability            and Aging Services</b>		<small>These programs serving the            community are funded by the            City of San Francisco's            Department of Disability and            Aging Services.</small>
		1	2	3	4
		9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 1:00 TAI-CHI FOR ARTHRITIS	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
6	7	8	9	10	11
9-5 PM AOA REGISTRATION	9-5 PM AOA REGISTRATION	9-5 PM AOA REGISTRATION	9-5 PM AOA REGISTRATION	1-4PM OFFICE HOURS	
13	14	15	16	17	18
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION 1:00PM TAI-CHI FOR ARTHRITIS	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 1:00 TAI-CHI FOR ARTHRITIS	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG 1:30 BINGO WITH VANESSA	1-4PM OFFICE HOURS	
20	21	22	23	24	25
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION 1:00 TAI-CHI FOR ARTHRITIS	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 1:00 TAI-CHI FOR ARTHRITIS	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	
27	28	29	30	31	
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION 1:00PM TAI-CHI FOR ARTHRITIS	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 1:00 TAI-CHI FOR ARTHRITIS	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	1-4PM OFFICE HOURS	