



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

AUGUST 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.

Mindful Movement

Fridays 10:00am-11:00am

Instructor: Denise Fladager

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

Class will be held OUTDOORS at Juan Bautista Circle on August 7th

WALKING CLUB

Thursday, August 13th:
10:15AM-2:30PM

Hop on the Muni with us for a fun-filled San Francisco adventure!

We'll ride the bus over to Golden Gate Park, where we'll wander through the peaceful Japanese Tea Garden, soak up the beauty of the outdoors, and then head inside the de Young Museum to explore amazing art and exhibits.

After all that exploring, we'll make our way to Irving Street to grab a delicious lunch and enjoy some good food together.

CONTACT INFO

LaShall Hamlin

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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.

Time change to 1pm-3pm on August 10

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, August 4th- Wick & Wonder **RSVP by July 28th**
- Tuesday, August 11th- Jeopardy **RSVP by August 4th**
- Tuesday, August 18th- Craft & Connect **RSVP by August 11th**
- Tuesday, August 25th- Birthday Bingo **RSVP by August 18th**

Movie Mania

Thursdays 1:00pm-end of movie

- Thursday, August 6th- **"Enola Holmes"**-Millie Bobby Brown, Henry Cavill
- Thursday, August 13th- **"Everest"**- Jason Clarke, Jake Gyllenhaal
- Thursday, August 20th- **"Stolen Baby"**-Emily Osment, Anna Hopkins
- Thursday, August 27th- **"Carry On"**- Taron Egerton, Sofia Carson

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.

Lectures

- Senior Disability Action (SDA) In-Home Services and Support Class- **Monday, August 10th** 3:30pm- 4:30pm **RSVP OPEN NOW**

Many seniors and people with disabilities need a little support to stay safe and independent at home. In-Home Supportive Services (IHSS) is a state program that pays for a caregiver to help with things like cooking, cleaning, laundry, and getting around, both inside and outside your home.

Cherished Moments

