

Chinatown YMCA AOA Calendar – August 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	3 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	4 Ping Pong 10-12pm Digital Literacy Course 1-3pm	5 Tai Chi 9:05-10am Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm	6 Ping Pong 10-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	7 Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:40-2:35pm
9 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	10 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	11 Ping Pong 10-12pm Digital Literacy Course 1-3pm	12 Tai Chi 9:05-10am Ping Pong 10-12pm Arts & Crafts 11:30am-1pm Stress Busters (Zoom) 1:30-2pm	13 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	14 Ping Pong 10-12pm Cooking Together (Birthday) 10-1pm Chair Essentials 1:40-2:35pm
16 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am m	17 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	18 Ping Pong 10-12pm CYC Disaster Preparedness Workshop 11-12pm Digital Literacy Course 1-3pm	19 Tai Chi 9:05-10am Ping Pong 10-12pm New Participant Orientation 11-12pm	20 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	21 Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:40-2:35pm
23 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	24 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am	25 Ping Pong 10-12pm Digital Literacy Course 1-3pm	26 Tai Chi 9:05-10am Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm Senior Leadership Meeting 10-11am	27 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	28 Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:40-2:35pm
30 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	31 Annual Facility Closed 8/31 to 9/7		For more information, contact Jason Huang at 415-652-7995.	Registration required for activities in blue!	Funders: SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services

華埠青年會共同年長計劃活動月曆 ——八月 2026



週日	週一	週二	週三	週四	週五
2 初級太極 9:05-9:55am 高級太極 10:05-10:55am	3 乒乓球 10-12pm 水上尊巴 11:10-11:55am	4 乒乓球 10-12pm 平板電腦培訓班 (六) 1-3pm	5 太極 9:05-10am 乒乓球 10-12pm 減壓班 (Zoom) 1:30-2pm	6 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	7 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
9 初級太極 9:05-9:55am 高級太極 10:05-10:55am	10 乒乓球 10-12pm 水上尊巴 11:10-11:55am	11 乒乓球 10-12pm 平板電腦培訓班 (七) 1-3pm	12 太極 9:05-10am 乒乓球 10-12pm 手工班 11:30 - 1pm 減壓班 (Zoom) 1:30-2pm	13 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 平板電腦培訓班 (七) 1-3pm 長者瑜伽 2:05-3pm	14 乒乓球 10-12pm 近廚得食 (生日會) 10-1pm 椅子運動 1:40-2:35pm
16 初級太極 9:05-9:55am 高級太極 10:05-10:55am	17 乒乓球 10-12pm 水上尊巴 11:10-11:55am	18 乒乓球 10-12pm 地震準備訓練 11-12pm 平板電腦培訓班 (七) 1-3pm	19 太極 9:05-10am 乒乓球 10-12pm 新人介紹會 11-12pm	20 乒乓球 10-12pm 實果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 平板電腦培訓班 (七) 1-3pm 長者瑜伽 2:05-3pm	21 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
23 初級太極 9:05-9:55am 高級太極 10:05-10:55am	24 乒乓球 10-12pm 水上尊巴 11:10-11:55am	25 乒乓球 10-12pm 平板電腦培訓班 (八) 1-3pm	26 太極 9:05-10am 乒乓球 10-12pm 減壓班 (Zoom) 1:30-2pm 長者領導會 10-11am	27 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 平板電腦培訓班 (八) 1-3pm 長者瑜伽 2:05-3pm	28 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
30 初級太極 9:05-9:55am 高級太極 10:05-10:55am	31 年度設施於 8 月 31 日 至 9 月 7 日關閉		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