

Active Older Adults (AOA) Activities Schedule

Buchanan YMCA - AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BUCHANAN YMCA 1530 Buchanan St FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY	 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services			These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.
3	4	5	6	7	8
9:00 CHAIR HATHA YOGA 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION 1:00 PM TAI-CHI FOR ARTHRITIS	9:30 PILATES 11:35 TAI-CHI 12:30 SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 11:05 BELLY DANCE 1:00PM TAI-CHI FOR ARTHRITIS	9:30 SIT-AND-BE-FIT (CANCELED) 10:30 ZUMBA 11:35-12:15 QI-GONG	9-4 SERVICE HOURS	
10	11	12	13	14	15
9:00 CHAIR HATHA YOGA (AUBREE LAST CLASS) 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 11:05 BELLY DANCE 1:00PM TAI-CHI FOR ARTHRITIS	9:30 SIT-AND-BE-FIT (CANCELED) 10:30 ZUMBA 11:35-12:15 QI-GONG	1:00PM FIELD TRIP TO KABUKI THEATER	
17	18	19	20	21	22
9:00 ENERGY RESET SOUND BATH 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 11:05 BELLY DANCE 1:00 TAI-CHI FOR ARTHRITIS	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG 1:30 PM BINGO WITH VANNESA	9-4 SERVICE HOURS	
24	25	26	27	28	29
9:00 ENERGY RESET SOUND BATH 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 11:05 BELLY DANCE 1:00 TAI-CHI FOR ARTHRITIS (LAST CLASS of SESSION 1)	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:30 QI-GONG	9-4 SERVICE HOURS	
31					
9:00 ENERGY RESET SOUND BATH 10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION					



Buchanan YMCA

The Buchanan YMCA is now a community center. Stop by to learn more about current programs that are offered and available.

AOA PROGRAM

To participate in the Active Older Adult Program at the Buchanan YMCA, registration is required. Qualifying participants need to be: 60+ or 18+ for people with a disability AND current San Francisco resident.

We promote full-person wellness by helping people stay active, connected, engaged, and inspired. From classes to games, outings, language learning, and workshops, there's something for everyone.

CONTACT



CLAUDIA RODAS

Community Engagement Specialist
Contact: Crodas@ymcasf.org

Claudia was born and raised El Salvador she came to the USA in 2004. She has worked as Group Exercise Instructor for the YMCA for more than 10 years. Claudia previously worked as a journalist and news reporter before she started her fitness career.



BUCHANAN YMCA - AOA

ACTIVE OLDER ADULTS

ONLINE SCHEDULE AVAILABLE - SCAN QR CODE

EXPLORE THE POSSIBILITIES

These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.

For more info, please
contact
415-292-3032

BUCHANAN YMCA
1530 BUCHANAN ST,
San Francisco, CA



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services