



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



parkmerced®
SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

SEPTEMBER 2026

YMCA Community Services Activity Calendar at Parkmerced

Active Older Adult Programs

GROUP EXERCISE CLASSES

Balance, Strength and Posture

Mondays 11:30 am-12:30 pm

Instructor: Ray Hanvey

Exercises to support your core and help with posture and balance.

CANCELED SEPTEMBER 7TH- HAPPY LABOR DAY

Strength and Basic Core

Tuesdays 10:00 am-11:00 am

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 10:00 am-11:00 am

Instructor: Judy Gerber

Meditation that improves balance, flexibility and cardiovascular function.

Mindful Movement

Fridays 10:00 am-11:00 am

Instructor: Denise Fladager

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

WALKING CLUB

Friday, September 18th:

9:00 AM-1:30 PM

Capacity: 8 spaces for PM

Join us for a fun day of stretching, walking, fresh air, and community!

Gentle stretching & warm-up. Scenic group walk through Glenn Park. Good vibes, laughter & connection. Lunch from Panera Bread included! Come get moving, enjoy the beautiful outdoors, and have fun with us!

In collaboration with the Bayview YMCA :)

CONTACT INFO

LaShall Hamlin

Email: lhamlin@ymcasf.org

Cell: 510.691.3712



SOCIAL PROGRAMS

Watercolor Class

Mondays 1:15 pm-3:15 pm

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 wait list.

CANCELED SEPTEMBER 7TH- HAPPY LABOR DAY

Mahjongg (American Style)

Tuesdays 12:00 pm-2:30 pm

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 3:00 pm-4:30 pm

- Tuesday, September 1st- Craft & Connect- **RSVP by August 25th**
- Tuesday, September 8th- Karaoke **RSVP by September 1st**
- Tuesday, September 15th- Craft & Connect **RSVP by September 8th**
- Tuesday, September 22nd-Frosted Autumn Jars **RSVP by September 15th**
- Tuesday, September 29nd- Birthday Bingo **RSVP by September 22nd**

Movie Mania

Thursdays 1:00 pm-end of movie

- Thursday, September 3rd- "**Rustin**"-Colman Domingo, Chris Rock
- Thursday, September 10th- "**The Penguin Lesson**"- Steve Coogan, Jonathan Pryce
- Thursday, September 17th- "**The Crash**" - Documentary Film
- Thursday, September 24th- "**The Vow**"- Rachel McAdams, Channing Tatum

Bridge

Fridays 12:30 pm-3:30 pm

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) Emergency Preparedness Class- **Monday, September 14th 3:30 pm-4:30 pm RSVP OPEN NOW**

Join Senior and Disability Action to learn practical steps for preparing before, during, and after a disaster. They'll talk through building a go-bag and home supply kit, keeping a 30-day supply of medications and copies of important documents, etc.

Cherished Moments

