

AOA ACTIVITY CALENDAR – AUGUST 2026

MONDAY

Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Candle Making 1:00 – 3:00p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.



Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
EC: Mulberry Envelope & Botanical Sticker Making 1:00–3:00p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.



Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
MM: Inspirational Rock Painting 1:00–3:00p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.



Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Update: Ukulele Singalong 1:00–2:00p.m.
EC: Chine-Collé (The Art of Painting with Paper) 1:00–3:00p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.



Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.

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TUESDAY

Cardio Dance 8:30–9:30a.m.
AWE: Paint and Draw 9:00–11:00a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Taiko 1/Level 2 1:00–2:00p.m.
Taiko 3 2:00–3:00p.m.
Taiko 2 3:00–4:00p.m.

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Cardio Dance 8:30–9:30a.m.
AWE: Paint and Draw 9:00–11:00a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Taiko 1/Level 2 1:00–2:00p.m.
Taiko 3 2:00–3:00p.m.
Taiko 2 3:00–4:00p.m.

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Cardio Dance 8:30–9:30a.m.
AWE: Paint and Draw 9:00–11:00a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
SDA Workshop: Emergency Preparedness 1:00pm–2:00pm
Taiko 1/Level 2 1:00–2:00pm
Taiko 3 2:00–3:00p.m.
Taiko 2 3:00–4:00p.m.

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Cardio Dance 8:30–9:30a.m.
AWE: Paint and Draw 9:00–11:00a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Taiko 1/Level 2 1:00–2:00pm
Taiko 3 2:00–3:00p.m.
Taiko 2 3:00–4:00p.m.

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WEDNESDAY

Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Tech Support (Mitch) 10:00–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30pm–End of Movie
MahJong 1:00–4:00p.m.

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Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Tech Support (Mitch) 10:00–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30pm–End of Movie
MahJong 1:00–4:00p.m.

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Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Youtube and Streaming Apps 10:00am–11:00am
DL Tech Support 11:00am–12:00pm
DL Tech Support (Mitch) 10:00–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30pm–End of Movie

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Functional Fitness 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Posture Essentials 10:00–10:50a.m.
DL Tech Support (Mitch) 10:00–12:00pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30pm–End of Movie
MahJong 1:00–4:00p.m.

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THURSDAY

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #1 11:30am–12:30pm
Ikebana 1:00–3:00pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Walking Club: Golden Gate Park Japanese Tea Garden 10:30am–2:30pm
Lunch 11:30am–12:30p.m.
Ukulele Workshop #2 11:30am–12:30pm
Stroke Community Game Day 1:00–2:50p.m.
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
MediCare Counseling 10:00am–1:30p.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #3 11:30am–12:30pm
Ikebana 1:00–3:00pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Stroke Community Game Day 1:00–2:50p.m.
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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NO UKULELE CLASS TODAY. CLASS RESUMES TUESDAY, SEPTEMBER 10TH.

FRIDAY

Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Mochi Making Workshop 1:00–3:00p.m.
Tai Chi Practice 1:00–2:00p.m.
Folk, Line, Social Dance 1:00–2:40p.m.

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Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Tai Chi Practice 1:00–2:00p.m.
Folk, Line, Social Dance 1:00–2:40p.m.

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Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
Tai Chi Practice 1:00–2:00p.m.
Folk, Line, Social Dance 1:00–2:40p.m.

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Strength and Mobility 8:00–8:50a.m.
Stretch and Balance 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Origami Basket Folding 1:00–3:00p.m.
Lunch 11:30am–12:30p.m.
Tai Chi Practice 1:00–2:00p.m.
Folk, Line, Social Dance 1:00–2:40p.m.

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August 13th Walking Club: Japanese Tea Garden (All image credits to the Japanese Tea Garden and original photographers).

EVENTS & REGISTRATIONS

 **REGISTRATIONS** can be made at the Annex Front Desk or calling (415)242-7135.

Monday, August 3rd • 1:00p.m. – 3:00p.m.
Candle Making w/ Guest Instructor (12 spots)
 Learn how to blend fragrances and create your own candles with a wax warmer. This workshop will be taught by Teresa, our YMCA Board Chair Volunteer.

Friday, August 7th • 1:00p.m. – 3:00p.m.
Mochi Making Workshop (16 spots)
 Make your own Japanese mochi with soft red bean filling! Sugar alternatives and adjustments are available for this workshop, and we encourage you to bring your own washed, fresh fruit to wrap inside.

Monday, August 10th • 1:00p.m. – 3:00p.m.
Exploring Creativity: Mulberry Envelope & Botanical Sticker Making (15 spots)
 Fold your own envelope out of mulberry paper and customize your stickers using real dried plants and flowers

Thursday, August 13th • 10:35 a.m.– 2:30p.m.
Walking Club: Golden Gate Park (16 spots)
 Join us for a stroll through the beautiful Japanese Tea Garden, followed by lunch and shopping along Irving Street and 9th Avenue. We will meet at the Annex to take Muni together to and from our destination. San Francisco residents must bring a valid photo ID or utility bill to receive free admission to the garden.

- Registration: Open Now!
- Fees: Participants cover their own Muni tickets, lunch, and garden entry for non-SF residents (\$7 for seniors ages 65+, \$16 for adults).
- Activity level: Extended periods of walking.

Monday, August 17th • 1:00p.m. – 3:00p.m.
Mingle Monday: Inspirational Rocks Painting (18 spots)
 Personalize your own rocks with inspirational words or messages using paint and your choice of matte or glossy finishes. Participants may bring their own rocks.

- Registration Opens: Mon, Aug. 3rd (11:00 am)

Tuesday, August 18th • 1:00p.m.– 2:00p.m.
Senior Disability Action: Emergency Preparedness — Be Ready, Together! (25 spots)
 Earthquakes, power outages, fires—emergencies don't wait until we're ready, but preparation is something every one of us can do, starting today. In this workshop, learn practical steps for preparing before, during, and after a disaster. Discover how to build a

go-bag and home supply kit, keep a 30-day supply of medications, and back up important documents. Create plans for power-dependent medical devices and sign up for San Francisco's emergency alerts. Most importantly, practice building a personal support network, because in every disaster, neighbors checking on neighbors saves the most lives. You leave with a simple plan you can start using the same day plus local resources to share with your loved ones.

- Registration: Tues, Aug. 4th (11:00 am)

Wednesday, August 19th • 10:00a.m. – 11:00a.m.
DigitalLift Workshop: YouTube and Streaming Apps (25 spots)


In this workshop, we'll cover the basics of YouTube and how to get into some advanced features. We'll also share our recommendations for YouTube channels. We will cover popular streaming apps and explore Spotify for FREE streaming music and podcasts.

- Registration: Wed, Aug. 5th (11:00 am)

Wednesday, August 19th • 11:00a.m. – 12:00p.m.
DigitalLift: Tech Support Workshop
 Have any questions about technology? Drop by for tech support and additional workshop assistance.

- No registration required.

Monday, August 24th • 1:00p.m. – 2:00p.m.
Ukulele Singalong (30 spots)
 Join our ukulele singalong with a guest instructor and sing your favorite songs together!

- Registration: Tues, Aug. 11th (1:00 pm)

Monday, August 24th • 1:00p.m. – 3:00p.m.
Exploring Creativity: Chine-Collé (The Art of Painting with Paper)
 Explore a classic printmaking and layering technique to create textured designs by bonding delicate papers together.

- Registration: Mon, Aug. 10th (11:00 am)

Friday, August 28th • 1:00p.m. – 3:00p.m.
Basket Origami Folding (15 spots)
 Select an origami paper of your choice and learn how to fold it into a functional basket! Participants are also welcome to bring their own origami paper.

- Registration: Fri, Aug. 14th (11:00 am)



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

8.07.26 UPDATE



Hand Scrub Making Workshop for Independence Day

ANNEX AT HAND AUGUST 2026

Welcome August!

This month features exciting events, including two volunteer-led sessions and a candle-making workshop.

Look inside our calendar for walking club, creative workshops, tech workshops, and more! Full details and registration dates can be found on the back of the calendar.

Update History

– **8.5.26 Updates:** Added ukulele singalong.
– **Previous Updates:** Added "Draw & Paint" and renamed "Tai Chi" to "Tai Chi Practice". Corrected program dates and removed tech support on August 3rd.

Warmly,

Kristy, Corinne, Danielle

The Annex Program Flyer is subject to change and will be updated periodically. Check in regularly to get the latest updates!



Cinema Club (Wednesdays at 12:30P.M.)

August 5th • Spider-Man: Home Coming [Exciting]

Length: 2hr 13m

Netflix

Young Peter Parker struggles to balance ordinary high school life with his superhero identity when the dangerous, high-tech arms dealer Vulture emerge.

August 12th • A League of Their Own (1992) [Comedy]

Length: 2 hr 06m

Netflix

Set during World War II, the 1992 film follows two competitive sisters who join the first professional all-female baseball league.

August 19th • Sky Walkers: A love story [Documentary]

Length: 1hr 40m

Netflix

Two rooftopers put their lives and romantic relationship to the ultimate test by executing an illegal climb to the top of Malaysia's Merdeka 118 super-skyscraper.

August 26th • Hit Man [Romance/Action]

Length: 1hr 53m

Netflix

A college professor working undercover as a fake hit man for the police upends his life when he falls in love with a woman attempting to hire him to kill her abusive husband.