

Chinatown YMCA AOA Calendar – September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Registration required for activities in blue!	Annual Facility Closure Closed 8/31 to 9/7	Annual Facility Closure 1	Annual Facility Closure 2 Stress Busters (Zoom) 1:30-2pm	Annual Facility Closure 3	Annual Facility Closure 4
Annual Facility Closure 6	Annual Facility Closure 7	Ping Pong 10-12pm Digital Literacy Course 1-3pm 8	Tai Chi 9:05-10am Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm 9	Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm 10	Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:40-2:35pm 11
Beginner Tai Chi 9:05-9:55am 13 Advanced Tai Chi 10:05-10:55am m	Ping Pong 10-12pm Aqua Zumba 11:10-11:55am 14	Ping Pong 10-12pm Digital Literacy Course 1-3pm 15	Tai Chi 9:05-10am Ping Pong 10-12pm New Participant Orientation 11-12pm 16	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 17	Ping Pong 10-12pm Cooking Together 10-1pm (Birthday) Chair Essentials 1:40-2:35pm 18
Beginner Tai Chi 9:05-9:55am 20 Advanced Tai Chi 10:05-10:55am	Ping Pong 10-12pm Aqua Zumba 11:10-11:55am 21	Ping Pong 10-12pm Digital Literacy Course 1-3pm 22	Tai Chi 9:05-10am Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm Arts & Crafts 11:30am-1pm Senior Leadership Meeting 10-11am 23	Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm 24	Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:40-2:35pm 25
Beginner Tai Chi 9:05-9:55am 27 Advanced Tai Chi 10:05-10:55am	Ping Pong 10-12pm Aqua Zumba 11:10-11:55am 28	Ping Pong 10-12pm Digital Literacy Course 1-3pm 29	Tai Chi 9:05-10am Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm 30	For more information, contact Jie Liu at 415-748-3569 or Jason Huang at 415-652-7995.	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 ——九月 2026



週日	週一	週二	週三	週四	週五
藍色字的活動是需要報名才能參加！	年度設施於 8 月 31 日至 9 月 7 日關閉	年度設施於關閉	年度設施於關閉 減壓班 (Zoom) 1:30-2pm	年度設施於關閉	年度設施於關閉
6 年度設施於關閉	7 年度設施於關閉	8 乒乓球 10-12pm 平板電腦培訓班 (八) 1-3pm	9 太極 9:05-10am 乒乓球 10-12pm 減壓班 (Zoom) 1:30-2pm	10 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 平板電腦培訓班 (八) 1-3pm 長者瑜伽 2:05-3pm	11 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
13 初級太極 9:05-9:55am 高級太極 10:05-10:55am	14 乒乓球 10-12pm 水上尊巴 11:10-11:55am	15 乒乓球 10-12pm 平板電腦培訓班 (八) 1-3pm	16 太極 9:05-10am 乒乓球 10-12pm 新人介紹會 11-12pm	17 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	18 乒乓球 10-12pm 近廚得食 10-1pm (生日會) 椅子運動 1:40-2:35pm
20 初級太極 9:05-9:55am 高級太極 10:05-10:55am	21 乒乓球 10-12pm 水上尊巴 11:10-11:55am	22 乒乓球 10-12pm 平板電腦培訓班 (九) 1-3pm	23 太極 9:05-10am 乒乓球 10-12pm 手工班 11:30 - 1pm 減壓班 (Zoom) 1:30-2pm 長者領導會 10-11am	24 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 平板電腦培訓班 (九) 1-3pm 長者瑜伽 2:05-3pm	25 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
27 初級太極 9:05-9:55am 高級太極 10:05-10:55am	28 乒乓球 10-12pm 水上尊巴 11:10-11:55am	29 乒乓球 10-12pm 平板電腦培訓班 (九) 1-3pm	30 太極 9:05-10am 乒乓球 10-12pm 減壓班 (Zoom) 1:30-2pm	如有任何以疑問，請致電 415-748-3569 (劉潔) 或者 415-652-7995 Jason (阿斌) Huang。	

資助：

