

AOA ACTIVITY CALENDAR – September 2026

MONDAY

**NATIONAL,
COFFEE DAY**



**ANNEX IS CLOSED
for LABOR DAY**

Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Walking Club: Golden Gate Park Flower Piano 9:00–2:45p.m.
Chair Yoga 10:00–10:50a.m.
Lunch 11:30am–12:30p.m.
EC: Creative Drawing with Negative Space Techniques 1:00–3:00p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.

14



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.
Taiko 1/L1 3:00–4:00p.m.

21

Mind Body Health Cancelled for today. Class resumes next Monday, September 28th.

Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
MM: Whipped Coffee Making & Coffee Trivia 9:30–11:00a.m.
Lunch 11:30am–12:30p.m.
EC: Foam Stamp Making & Gift Wrap Printing 1:00–3:00p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.

28



TUESDAY

Cardio Dance 8:30–9:30a.m.
AWE: Paint and Draw #1 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.

1

Cardio Dance 8:30–9:30a.m.
AWE: Paint and Draw #2 9:00–11:00a.m.
DL Online Banking & Tech Support 11:00–1:00pm
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
AAM: Crossroads of Art & Culture 1:00–2:00p.m.
Taiko 1/Level 2 1:00–2:00p.m.
Taiko 3 2:00–3:00p.m.
Taiko 2 3:00–4:00p.m.

8



Cardio Dance 8:30–9:30a.m.
AWE: Paint and Draw #3 9:00–11:00a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
SDA Workshop: Long Term Care 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.

15



Cardio Dance 8:30–9:30a.m.
AWE: Paint and Draw #4 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.

22

Cardio Dance 8:30–9:30a.m.
AWE: Paint and Draw #5 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.

29

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.

2

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.

9

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 (PR) 12:30pm–End of Movie
Snowskin Mooncake Making Workshop 1:00–3:30p.m.
MahJong 1:00–4:00p.m.

16



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
Presentation: Assisted Living Locators 1:00pm–2:00pm
MahJong 1:00–4:00p.m.

23

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.

30

THURSDAY

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

3

No ukulele workshop today. Next class is Thursday, September 10th.

Field Trip: Taste of Napa 8:20–4:00p.m.
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 #4 11:30am–12:30pm
Stroke Communications Class 1:00–2:50p.m.
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

10



Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #5 11:30am–12:30pm
Craft and Connect w/ Shirley: Mandala String Art 1:00–3:00p.m.
Ikebana 1:00–3:00pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

17



Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Workshop #6 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.

24

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.

4

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.

11

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.

18

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 (SHJ) 1:00–2:00p.m.

25

Folk, Line, social Dance Cancelled for today. Class resumes next Friday, October 2nd.



EVENTS & REGISTRATIONS

8.21.26 Update

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

Tuesday, Sept. 8th • 11:00a.m. – 12:00p.m.

Digitallift Workshop: Online Banking (25 spots)

In our Online Banking seminar, we'll go over the basics to use your bank account online. Learn how to look for your bank's online presence, set up an online bank account, manage your finances online, and learn how to keep your financial information safe on the internet

- Registration: Open Now!

Tuesday, Sept. 8th • 12:00p.m. – 1:00p.m.

Digitallift: Tech Support Workshop

Have any questions about technology? Drop by for tech support and additional workshop assistance.

- No registration required.

Tuesday, Sept. 8th • 1:00p.m. – 2:00p.m.

Asian Art Museum Lecture: Persia — Crossroads of Art and Culture (25 spots) — in person at the Annex.

Ancient Persia was at the axis of the trading world, simultaneously influencing and influenced by both Asia to the east and Europe to the west. Explore the unique art traditions of this fascinating and dynamic region as exemplified by objects from the Asian Art Museum.

- Registration: Open Now!

Thursday, Sept. 10th • 8:20a.m. – 4:00p.m.

Taste of Napa: Long Meadow Ranch & Oxbow Market
More information available on an additional flyer!

Monday, Sept. 14th • 9:00a.m. – 2:45p.m.

Walking Club: Golden Gate Park Flower Piano (12 spots)

Explore hidden pianos and live music among the flowers at Golden Gate Park's Botanical Garden! You can optionally grab lunch at 9th and Irving before the event. Participants must cover their own transit, lunch, and admission. Tickets are \$15 for adults and \$7 for seniors (65+). Admission is free for San Francisco residents with a valid ID or other proof of residency.

- Registration: Tues, Sept. 1st (1:30 p.m.)

Monday, Sept. 14th • 1:00p.m. – 3:00p.m.

Exploring Creativity: Creative Drawing with Negative Space Techniques (15 spots)

Create a unique composition using black-and-white reference images while experimenting with negative space. Draw with your non-dominant hand, work upside down, and incorporate the colors and art materials of your choice.

- Registration: Tues, Sept. 1st (12:30 p.m.)

Tuesday, Sept. 15th • 1:00p.m. – 2:00p.m.

Senior Disability Action: Long Term Care (25 spots)

In this workshop, we will address issues regarding Long-Term Services and Supports (LTSS)—specifically, what is currently available in California and San Francisco, and the campaigns we have worked on to expand LTSS systems. We will also discuss rights and protections for domestic workers, as the expansion and improvement of LTSS are intrinsically linked to these issues. Additionally, we will provide guidance and tips on creating a positive work environment.

- Registration: Wed, Sept. 2nd (12:30 p.m.)

Wednesday, Sept. 16th • 1:00p.m. – 3:30p.m.

Snowskin Mooncake Making Workshop (16 spots)

Learn about the rich cultural traditions of the Mooncake Festival in this hands-on workshop, where we will make delicious, no-bake snowskin mooncakes using fresh, in-season produce.

- Registration Opens: Tues, Sept. 8th (12:30 p.m.)

Thursday, Sept. 17th • 1:00p.m. – 3:00p.m.

Craft & Connect w/ Shirley: Mandala String Art (16 spots)

Learn how to make 3-ring Manda String Art on wood with our volunteer Shirley!

- Registration Opens: Registration: Wed, Sept. 9th (12:30 p.m.)

Wednesday, Sept. 23rd • 1:00p.m. – 2:00p.m.

Assisted Living Locators Presentation (25 spots)

Learn how to navigate senior living options like assisted living, memory care, and board and care homes, as well as how to connect with trusted local professionals for home health care, estate planning, and downsizing a living space.

- Registration Opens: Mon, Sept. 14th (12:30 p.m.)

Monday, Sept. 28th • 9:30a.m. – 11:00a.m.

Mingle Monday: Whipped Coffee Making (Dalgona) & Coffee Trivia (16 spots)

Celebrate National Coffee Day! Discover the history of coffee, test your knowledge with trivia, and learn how to whip up trendy Korean Dalgona coffee.

- Registration: Tues, Sept. 15th (12:30 pm)

Monday, Sept. 28th • 1:00p.m. – 3:00p.m.

Exploring Creativity: Foam Stamp Making & Gift Wrap Printing (15 spots)

Create your own stamp designs and use them to print unique patterns and decorations on wrapping paper.

- Registration: Tues, Sept. 15th (12:30 pm)



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services



August Walking Club at Golden Gate Park

ANNEX AT HAND September 2026

Welcome September!

Join us this month for whipped coffee making, creative arts, tech programs, mooncake making, and Walking Club! Check inside for the full calendar schedule, and see the back cover for registration dates and details.

Labor Day Closure: Monday, Sept. 7th.

Annex Reopens: Tuesday, Sept. 8.

8.21.26 Updates

- Added September 10th field trip
- Labeled Paint & Draw quarterly classes

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.)

Sept. 2nd • David [Exciting/Inspirational]

Length: 1hr 49m

Netflix

Young shepherd prophesied to become king embarks on a legendary journey, guided by faith to overcome enemies.

Sept. 9th • The Hunger Games [Action]

Length: 2hr 16m

Netflix

Katniss and Peeta are drafted for a televised event pitting young competitors in a fight to the death.

Sept. 16th • Tortilla Soup [Romantic Comedy]

Length: 1hr 43m

Netflix

Widower Martin is a restaurateur with a booming business and 3 daughters who pursue other destinies.

Sept. 23rd • Speed (1994) [Action/Drama]

Length: 1hr 51m

Netflix

A bomber rigs a Los Angeles bus with a device that will explode if the vehicle's speed dips below 50 mph.

Sept. 30th • Sr. [Candid/Emotional]

Length: 1hr 29m

Netflix

A bittersweet portrait of the final years and loving bond between Robert Downey Jr. and his filmmaker father.