



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



parkmerced®



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

OCTOBER 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.

Strength and Basic Core

Tuesdays 10:00-11:00 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 10:00-11:00 am

Instructor: Judy Gerber

Meditation that improves balance, flexibility and cardiovascular function.

Open Exercise Class

Fridays 10:00-11:00 am

Instructor: Varied

Until a new class or instructor is identified, class will be taught by a YMCA instructor or LaShall. :)

HALLOWEEN PARTY!

Monday, October 26th:
11:30 am-1:00 pm

Priority Registration:
10/12 at 12:30 pm

General Registration:
10/13 at 12:30 pm

Come dressed to impress and ready for a spooktacular time! Get ready for some music and dancing, fun games, delicious food, and plenty of Halloween fun! Bring your best costume, your biggest smile, and get ready for a night of tricks, treats, and good times!

CONTACT INFO

LaShall Hamlin

Email: lahamlin@ymcasf.org

Cell: (510) 691-3712



SOCIAL PROGRAMS

Watercolor Class

Mondays 1:15-3:15 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 the waitlist.

INSTRUCTOR ABSENT 12TH, 19TH, 26TH

Mahjongg (American Style)

Tuesdays 12:00-2:30 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 3:00-4:30 pm

- Tuesday, October 6th- Craft & Connect **RSVP by September 29th**
- Tuesday, October 13th- Make it Better w/ Butter **RSVP by October 6**
- Tuesday, October 20th- Craft & Connect **RSVP by October 13th**
- Tuesday, October 27th- Birthday Bingo **RSVP by October 20th**

Movie Mania

Thursdays 1:00 pm-end of movie

- Thursday, October 8th- **"The Devil Wears Prada"**- Meryl Streep, Anne Hathaway
- Thursday, October 15th- **"Black Panther"**- Chadwick Boseman, Michael B. Jordan
- Thursday, October 22nd- **"Hocus Pocus"**- Bette Midler, Sarah Parker
- Thursday, October 29th- **"The Nightmare Before Christmas"**- Danny Elfman, Chris Sarandon

Bridge

Fridays 12:30-3:30 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) Digital Literacy and Internet Access Class- **Date TBD 3:30-4:30 pm**
RSVP OPEN NOW

Teaches seniors how to confidently use smartphones, computers, the internet, and digital services in their everyday lives. Helps stay connected with family and friends, access essential services, protect themselves online, and maintain independence.

Cherished Moments

