

Buchanan YMCA

The Buchanan YMCA is now a community center.
Stop by to learn more about current programs that are offered and available.

AOA PROGRAM

To participate in the Active Older Adult Program at the Buchanan YMCA, registration is required. Qualifying participants need to be: 60+ or 18+ for people with a disability AND current San Francisco resident.
We promote full-person wellness by helping people stay active, connected, engaged, and inspired. From classes to games, outings, language learning, and workshops, there's something for everyone.

CONTACT



CLAUDIA RODAS
Community Engagement Specialist
Contact: Crodas@ymcasf.org

Claudia was born and raised El Salvador she came to the USA in 2004. She has worked as Group Excercise Instructor for the YMCA for more than 10 years. Claudia previously worked as a journalist and news reporter before she started her fitness career.



BUCHANAN YMCA - AOA

ACTIVE OLDER ADULTS

ONLINE SCHEDULE AVAILABLE - SCAN QR CODE

EXPLORE THE POSSIBILITIES

These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.

For more info, please contact
415-292-3032

BUCHANAN YMCA
1530 BUCHANAN ST,
San Francisco, CA

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

Active Older Adults (AOA) Activities Schedule

Buchanan YMCA - OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
the YMCA	**BUCHANAN YMCA** **1530 Buchanan St** FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY	SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services			These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.
			1	2	3
			9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	9-4 SERVICE HOURS	
5	6	7	8	9	10
10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION 2:00PM YOGA FOR ARTHRITIS	9:30 PILATES 11:35 TAI-CHI 12:30PM SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 2:00PM TAI-CHI FOR ARTHRITIS 2:30-4:30PM Tech Help(by appointment only) 2:45PM SALSA with USF	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	9-4 SERVICE HOURS	
12	13	14	15	16	17
10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION 2:00PM YOGA FOR ARTHRITIS FIELD TRIP REGISTRATION START - ($12)	9:30 PILATES 11:35 TAI-CHI 12:30PM SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 2:00PM TAI-CHI FOR ARTHRITIS 2:30-4:30PM Tech Help(by appointment only) 2:45PM SALSA with USF	9:30 SIT AND BE FIT 10:30 ZUMBA 11:35-12:15 QI-GONG	9-4 SERVICE HOURS	
19	20	21	22	23	24
10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION 2:00PM YOGA FOR ARTHRITIS	9:30 PILATES 11:35 TAI-CHI 12:30PM SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 2:00PM TAI-CHI FOR ARTHRITIS 2:30-4:30PM Tech Help(by appointment only) 2:45PM SALSA with USF	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 10AM-4PM SKIN CANCER FOUNDATION 11:35-12:15 QI-GONG 1:30PM HALLOWEEN BINGO WITH VANESSA	FIELD TRIP TO PASTORINOS FARM - REGISTRATION REQUIRED	
26	27	28	29	30	31
10:00 ALWAYS ACTIVE 11:15 GG/MEDITATION 2:00PM YOGA FOR ARTHRITIS	9:30 PILATES 11:35 TAI-CHI 12:30PM SPANISH	9:00 GENTLE YOGA 10:00 ALWAYS ACTIVE 2:00PM TAI-CHI FOR ARTHRITIS 2:30-4:30PM Tech Help(by appointment only) 2:45PM SALSA with USF	9:30 SIT AND BE FIT 10:30 ZUMBA HALLOWEEN 11:35-12:30 QI-GONG	9-4 SERVICE HOURS	

PERFORMING arts & social JUSTICE
25 YEARS OF EDUCATING ARTIST ACTIVISTS

the YMCA

MOVE TOGETHER

Salsa



Wednesdays
09.30 - 12.02
2:45-3:45 pm

Dance Generators presents Salsa dance classes taught by Diana Aburto designed to connect generations. The series will begin with an introduction to intergenerational engagement by Liv Schaffer and culminate in a celebratory community gathering on December 2nd. No class on 11/25.

1530 Buchanan St San Francisco
Free for SF residents ages 60+
ADA Accessible

UNIVERSITY OF SAN FRANCISCO
CHANGE THE WORLD FROM HERE

ABOUT US



Diana Aburto is a Nicaraguan-born dancer and teaching artist rooted in Nicaraguan dance rhythms and trained in Afro-Caribbean styles, modern, jazz, dancehall, reggaeton and Afro-Cuban folklore. She is a teaching artist with InLak'ech Dance Academy and rehearsal director with Arenas Dance Company. She trains and mentorship of dancers through technique classes, repertory, and community-based education to refine their artistry while staying connected to joy and collective power.



Liv Schaffer is a social practice artist + educator whose work centers intergenerational engagement as a tool for social change. She has performed with AXIS Dance Company, DanceWorks Chicago, & Robert Moses' Kin. Liv is a Community Engagement Artist with Jacob's Pillow and is on faculty at University of San Francisco, where she directs Dance Generators, an on-campus intergenerational dance company.



Dance Generators is an intergenerational dance company housed at the University of San Francisco that fosters artistic collaboration between University students and Bay Area older adults. Ranging in age from teens through their nineties, Dance Generators uses dance as a tool for bridging generational divides and catalyzing social change.

UNIVERSITY OF SAN FRANCISCO

CHANGE THE WORLD FROM HERE

SKIN CANCER FOUNDATION

DESTINATION HEALTHY SKIN

FREE SKIN CANCER SCREENINGS & EDUCATION

Buchanan YMCA
1530 Buchanan St
San Francisco CA 94112

Thursday, October 22, 2026

10 AM - 4 PM

Event subject to change. Screenings are subject to volunteer doctor availability.
Visit DestinationHealthySkin.org for updates.

