



REGISTRATION

To register for upcoming trips or events, stop by the Richmond District YMCA front desk and one of our friendly membership staff will be able to assist you.

MEMBERSHIP

To participate in programs at the Y, a membership is required. We offer a Community Participant Membership free of charge which gives you the ability to enroll in programs and trips. We also offer an affordable Active Older Adult Facility Membership which includes access to fitness facilities at all YMCAs nationwide and gives you special rates for programs and trips. Stop by the front desk to get your membership set up today! We believe that cost should not be a barrier which is why we offer financial assistance to the extent possible for membership and programs.

CONTACT



ANTONIO ORTIZ

Active Adult Engagement Coordinator

P 415 666 9614 • E aortiz@ymcasf.org

Antonio was born and raised in the Richmond District and his journey brought him to the Richmond District Y. He strives to insure that people have a great experience at the Y and encourages them to meet their goals.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Richmond District YMCA

ACTIVE OLDER ADULTS

MONTHLY ACTIVITY CALENDAR- October 2026

EXPLORE THE POSSIBILITIES

For more info, please contact
P 415 - 666 - 9622

RICHMOND DISTRICT YMCA
360 18th Ave,
San Francisco, CA 94121

RDYMCA
RichmondDistrictYMCA
ymcasf.org/richmond



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

AOA ACTIVITY CALENDAR – October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mindful Meditation (SC) 10:30 am – 11:30 am Mahjong /Beg&Int (SC) 12:00 pm – 3:00 pm *Boomercize (Studio 1) 1:00 pm – 2:00 pm	2 Movie & Popcorn (SC) ***[11:00am – 1:00pm] Adv Bridge 1:30pm – 4:30pm (SC) *Tai Chi 1:45 pm – 2:45 pm (S1)
5 *Sit & Be Fit (CR) 10:00am Class & 11:00am Class Knitting (SC) 11:00 am – 12:45 pm Mahjong / Adv (SC) (Freeplay)	6 *Chair Yoga / Studio 1 10:30 am – 11:45 am *Senior Strength / Studio 1 12:00 pm – 1:00 pm (SC) Chicken Broth Social Cooking w/ Antonio 1:00pm – 2:00pm (SC)	7 *Sit & Be Fit / (CR) 10am–10:45am / 11am–11:45am Flower Arranging 12:30pm–1:30pm Walking Group 1:30pm – 3:30pm Beg Bridge 1:30pm – 3:30pm(SC)	8 Mindful Meditation (SC) 10:30am – 11:30am Mahjong /Beg&Int Freeplay(SC) 12:00 pm – 3:00 pm *Boomercize (Studio 1) 1:00 pm – 2:00 pm	9 Coffee Meet Up 8am – 9am Social Canceled Adv Bridge 1:30pm – 4:30pm (SC) *Tai Chi 1:45 pm – 2:45 pm (S1)
12 *Sit & Be Fit (CR) 10:00am Class & 11:00am Class Knitting 11:00 am – 12:45 pm Mahjong / Adv (SC) 1:00pm – 4:00pm	13 *Chair Yoga / Studio 1 10:30 am – 11:45 am *Senior Strength / Studio 1 12:00 pm – 1:00 pm	14 *Sit & Be Fit / (CR) 10am–10:45am / 11am–11:45am Flower Arranging 12:30pm – 1:30pm Walking Group 1:30 pm – 3:30 pm Beg Bridge 1:30pm – 3:30pm (SC)	15 Mindful Meditation (SC) 10:30am – 11:30am Mahjong/Beg&Int 12:00 pm – 3:00 pm *Boomercize (Studio 1) 1:00pm – 2:00pm	16 *Brunch Potluck (SC) 10:00am – 11:30am Call To RSVP by Wed (10.14.2026) Bring Brunch Food for 10 people Call 415-666-9614 or E-mail aortiz@ymcasf.org Adv Bridge 1:30pm – 4:30pm (SC) *Tai Chi 1:45 pm – 2:45 pm (S1)
19 *Sit & Be Fit (CR) 10:00am Class & 11:00am Class Knitting (SC) 11:00 am – 12:45 pm Mahjong / Adv (SC) (Freeplay) 1:00pm – 4:00pm	20 *Chair Yoga / Studio 1 10:30 am – 11:45 am *Senior Strength/Studio 1 12:00 pm – 1:00 pm	21 *Sit & Be Fit (CR) 10am–10:45am / 11am–11:45am Flower Arranging (SC) 12:30pm – 1:30pm Walking Group 1:30pm – 3:30pm Beg Bridge 1:30pm – 3:30pm (SC)	22 Mindful Meditation (SC) Canceled Mahjong /Beg&Int Freeplay (SC) 12:00pm – 3:00pm *Boomercize (Studio 1) 1:00pm – 2:00pm	23 Birthday & Bingo (SC) 11:30am – 1:00pm Adv Bridge 1:30pm – 4:30pm (SC) *Tai Chi 1:45 pm – 2:45 pm (S1)
(Oct 26) *Sit To Be Fit (CR) 10:00am & 11:00am Knitting Class 11:00 am – 12:45 pm Mahjong / Adv (SC) 1:00pm – 4:00pm	27 *Chair Yoga / Studio 1 10:30 am – 11:45 am *Senior Strength/Studio 1 12:00 pm – 1:00 pm ***Presentation: (Understanding Assisted Living) 1:00PM – 2:00PM (SC)	28 *Sit & Be Fit (CR) 10am–10:45am / 11am–11:45am Flower Arranging (SC) 12:30pm – 1:30pm Walking Group 1:30pm – 3:30pm	29 Mindful Meditation (SC) Canceled Mahjong/Beg&Int Freeplay (SC) 12:00 pm – 3:00 pm *Boomercize (Studio 1) 1:00pm – 2:00pm	30 Coffee Meet Up 8am – 9am Halloween Painting Social (SC) 11:30am – 1:00pm Adv Bridge 1:30pm – 4:30pm (SC) *Tai Chi 1:45 pm – 2:45 pm (S1)