

Chinatown YMCA AOA Calendar – October 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Funders:   SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	For more information, contact Jie Liu at 415-748-3569 or Jason Huang at 415-652-7995 .	Registration required for activities in blue!		¹ Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	² Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:40-2:35pm
⁴ Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	⁵ Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	⁶ Ping Pong 10-12pm Digital Literacy Course 1-3pm Tech Support 3-4pm	⁷ Ping Pong 10-12pm Stress Busters (in-person) 1:30-2pm	⁸ Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-4pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	⁹ Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:40-2:35pm
¹¹ Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	¹² Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	¹³ Ping Pong 10-12pm Digital Literacy Course 1-3pm Tech Support 3-4pm	¹⁴ Ping Pong 10-12pm New Participant Orientation 11-12pm Stress Busters (Zoom) 1:30-2pm	¹⁵ Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-4pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	¹⁶ Ping Pong 10-12pm Cooking Together 10-1pm (Birthday) Chair Essentials 1:40-2:35pm
¹⁸ Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	¹⁹ Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	²⁰ Ping Pong 10-12pm	²¹ Ping Pong 10-12pm	²² Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	²³ Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:40-2:35pm
²⁵ Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	²⁶ Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	²⁷ Ping Pong 10-12pm	²⁸ Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm	²⁹ Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	³⁰ Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:40-2:35pm

華埠青年會共同年長計劃活動月曆 ——十月 2026



週日	週一	週二	週三	週四	週五
資助: Metta Fund SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	如有任何以疑問，請致電 415-748-3569（劉潔）或者 415-652-7995 Jason（阿斌）Huang。	藍色字的活動是需要報名才能參加！		1 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 平板電腦培訓班（九）1-3pm 長者瑜伽 2:05-3pm	2 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
4 初級太極 9:05-9:55am 高級太極 10:05-10:55am	5 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	6 乒乓球 10-12pm 平板電腦培訓班（十）1-3pm 科技協助 3-4pm	7 乒乓球 10-12pm 減壓班（現場）1:30-2pm	8 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（十）1-3pm 長者瑜伽 2:05-3pm	9 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
11 初級太極 9:05-9:55am 高級太極 10:05-10:55am	12 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	13 乒乓球 10-12pm 平板電腦培訓班（十）1-3pm 科技協助 3-4pm	14 乒乓球 10-12pm 新人介紹會 11-12pm 減壓班（Zoom）1:30-2pm	15 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-4pm 平板電腦培訓班（十）1-3pm 長者瑜伽 2:05-3pm	16 乒乓球 10-12pm 近廚得食 10-1pm（生日會） 椅子運動 1:40-2:35pm
18 初級太極 9:05-9:55am 高級太極 10:05-10:55am	19 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	20 乒乓球 10-12pm	21 乒乓球 10-12pm	22 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	23 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
25 初級太極 9:05-9:55am 高級太極 10:05-10:55am	26 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	27 乒乓球 10-12pm	28 乒乓球 10-12pm 減壓班（Zoom）1:30-2pm	29 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	30 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm