

AOA ACTIVITY CALENDAR – OCTOBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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.
Mind Body Health 1:00–2:40p.m.
MM: Hand Knit Pumpkins w/ Elaine
1:00pm–2:30pm
Taiko 1/L1 3:00–4:00p.m.

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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.
EC: Foam Plate Relief Printing 1:00–3:00p.m.
Mind Body Health 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.

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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.
Mind Body Health 1:00–2:40p.m.
MM: Autumn Candle Making
1:00pm–3:30pm
Taiko 1/L1 3:00–4:00p.m.

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Cardio Strength 8:00–8:50a.m.
Dance Fitness 9:00–9:50a.m.
Chair Yoga 10:00–10:50a.m.
Halloween Luncheon 11:30am–1:00pm
EC: Tin Foil Sculptures 1:00–3:00p.m.
Mind Body Health (CR) 1:00–2:40p.m.
Taiko 1/L1 3:00–4:00p.m.

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Cardio Dance 8:30–9:30a.m.
AWE: Paint and Draw #2 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.

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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.
Taiko 1/Level 2 1:00–2:00pm
Taiko 3 2:00–3:00p.m.
Taiko 2 3:00–4:00p.m.

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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.
SDA Workshop: Hoarding and Organizing
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.

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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.

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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
DL California Drop Program 10:00–11:00 am
DL Tech Support 11:00–12:00 pm
Lunch 11:30am–12:30p.m.
Cinema Club 12:30pm–End of Movie
MahJong 1:00–4:00p.m.

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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.

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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.

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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.

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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.

1

Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Jam Session #1 (CR) 11:30–12:30p.m.
Craft and Connect w/ Shirley: Felted Mini Witch Hats & Pumpkin Decorating 1:00–3:00p.m.
Stroke Communications Class 1:00–2:45p.m.
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Better w/ Butter with Danielle: 9:30am – 11:00am
Lunch 11:30am–12:30p.m.
Ukulele Jam Session #2 (CR) 11:30–12:30p.m.
Ikebana 1:00–3:00pm
Origami Mandala Flower w/ Grace 1:00pm – 2:30pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Jam Session #3 (CR) 11:30–12:30p.m.
Stroke Community Game Day 1:00–2:45pm
Craft & Connect w/ Shirley: Pipe Cleaner Pumpkins 1:00pm – 2:30pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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Cardio Dance 8:30–9:30a.m.
Zumba Gold 9:45–10:45a.m.
Lunch 11:30am–12:30p.m.
Ukulele Jam Session #4 (CR) 11:30–12:30p.m.
Stroke Community Game Day 1:00–2:45pm
Principles of Balance (Advanced) 1:00–1:50p.m.
Principles of Balance (Beginner) 1:55–2:45p.m.

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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.

2

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.

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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.

16

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.
Folk, Line, Social Dance 1:00–2:40p.m.

23

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.
Folk, Line, Social Dance 1:00–2:40p.m.

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EVENTS & REGISTRATIONS

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

Monday, Oct. 5th • 1:00p.m. – 2:30p.m.
Mingle Monday w/ Elaine: Hand Knit Pumpkins (12 spots)
Create an adorable hand knit pumpkin to celebrate the Autumn season with Elaine.
• Registration: Open Now!

Wednesday, Oct. 7th • 10:00a.m. – 11:00p.m.
DL Workshop: California Drop Program (25 spots)
Discover California's Data Removal and Opt-Out Platform (DROP), a new tool designed to help protect your personal information online. A USF professor and students will explain how the program works and provide step-by-step, hands-on help with signing up. Bring your questions and get the support you need to get started!
• Registration: Open Now!

Wednesday, Oct. 7th • 11:00a.m. – 12:00p.m.
Digitallift: Tech Support Workshop
Have any questions about technology? Drop by for tech support and additional workshop assistance.
• No registration required.

Thursday, Oct. 8th • 1:00p.m. – 3:00p.m.
Craft & Connect w/ Shirley: Felted Mini Witch Hats & Pumpkin Decorating (16 spots)
Join us for a fun, hands-on workshop with Shirley to craft charming felted witch hats styled for mini pumpkins. Fresh succulents will also be available to decorate your pumpkin top! (special thanks to Phyllis).
• Registration: Open Now!

Monday, Oct. 12th • 1:00p.m. – 3:00p.m.
Exploring Creativity: Foam Plate Relief Printing (15 spots)
Design and carve your own foam printing block to replicate your artwork across multiple prints.
• Registration: Open Now!

Thursday, Oct. 15th • 9:30a.m. – 11:00a.m.
Better with Butter with Danielle (15 spots)
Join Danielle for a fun, hands-on class where you will shake your own fresh, creamy butter from scratch in a shatterproof jar! We will use light arm movements and cheerful music to turn heavy cream into delicious butter, then customize it before packing it up to enjoy at home. 15 participants per class.
• Registration Opens: Thur, Oct 1st (12:30pm)

Thursday, Oct. 15th • 1:00p.m. – 2:30p.m.
Origami Mandala Flower w/ Grace (16 spots)
Learn how to transform simple sheets of paper into a stunning, symmetrical geomtric floral mandalas.
• Registration Opens: Fri, Oct. 2nd (12:30 pm)

Monday, Oct. 19th • 1:00p.m.– 3:30p.m.
Mingle Monday: Autumn Candle Making (16 spots)
Learn how to blend autumn fragrances and create your own candle with customized autumn toppers!
• Registration Opens: Mon, Oct. 5th (12:30 pm)

Tuesday, Oct. 20th • 1:00p.m.– 2:00p.m.
Senior Disability Action: Hoarding and Organizing (25 spots)
Transform overwhelm into action in our Hoarding and Organizing Workshop. Explore the common reasons behind item accumulation and look at structured, step-by-step methods used to sort living spaces. This session focuses on universal principles for organizing environments and reducing the stress often associated with downsizing.
• Registration: Tues, Oct. 6th (12:30 p.m.)

Thursday, Oct. 22nd • 1:00p.m. – 3:00p.m.
Craft & Connect w/ Shirley: Pipe Cleaner Pumpkins (16 spots)
Learn how to twist and shape ordinary chenille stems into adorable, vibrant pumpkins that make the perfect autumn decorations
• Registration: Thurs, Oct. 8th (12:30 p.m.)

Monday, Oct. 26th • 11:30a.m. – 1:00p.m.
Halloween Luncheon! (40 spots)
Celebrate Halloween and community spirit at our festive Halloween Luncheon, hosted in collaboration with Self-Help for the Elderly. Enjoy a lively afternoon filled with seasonal activities, delicious Halloween treats, and a full, comforting lunch. Let's gather, connect, and enjoy the holiday together!
• Priority Registration: Mon, Oct.12th (12:30 pm)
• General Registration: Tues, Oct.13th (12:30 pm)

Monday, Oct. 26th • 1:00p.m. – 3:00p.m.
Exploring Creativity: Tin Foil Sculptures (16 spots)
Explore the iconic, elongated style of Alberto Giacometti by learning about his life's work and sculpting your own figures using aluminum foil.
• Registration Opens: Wed, Oct. 14th (12:30 pm)



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**



Origami Basket Making w/ Grace

ANNEX AT HAND October 2026

Autumn is Here!

As we welcome the crisp autumn breeze, we are excited to introduce a vibrant lineup of arts and crafts workshops led by our volunteers. This month's highlights include a Halloween luncheon, butter making, candle making, tin foil sculptures, and more!

Flip inside to discover all of our autumn-themed events, and check the back page for registration details.

Warmly,

Kristy, Corinne, Danielle



Cinema Club (Wednesdays at 12:30P.M.)

Oct. 7th • Sleepless in Seattle [Romantic/Comedy]
Length: 1hr 45m
Destiny Brings together a widower and a journalist in Nora Ephron's classic rom-com starring Tom Hanks and Meg Ryan. [Netflix](#)

Oct. 14th • Puss in Boots: The Last Wish [Cartoon]
Length: 1hr 42m
When his legendary feats bring his nine lives down to one, Puss in Boots sets out to find a magical Wishing Star in his most daring adventure yet. [Netflix](#)

Oct. 21st • People We Meet on Vacation [Romantic]
Length: 1hr 57m
Total opposites Poppy & Alex grow closer over years of summer travels until one trip changes everything. [Netflix](#)

Oct. 28th • Hubie Halloween [Comedy/Mystery]
Length: 1hr 43m
A good natured volunteer must save his hometown when a real mystery and disappearances happen on Halloween night. [Netflix](#)

The Annex Program Flyer is subject to change and will be updated periodically. Check in regularly to get the latest updates!