the YMCA

FOR YOUTH DEVELOPMENT* FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

BUCHANAN YMCA
UNITY CENTER

1530 Buchanan Street
San Francisco, CA 94115



Move
Learn
Connect
Belong

INTERGENERATIONAL WELLNESS PROGRAM

ONE COMMUNITY. ONE CALENDAR. MORE OPPORTUNITIES TO CONNECT.

At the YMCA, we believe wellness is stronger when it is shared. Our Intergenerational Wellness Program brings our together adults of different ages, abilities, and backgrounds—through fitness, movement, mindfulness, creative activities, and community engagement.

UNDERSTANDING YOUR MONTHLY CALENDAR

Our calendar uses **three colors** to help you identify programs, eligibility requirements, and participation options.

GREEN FREE ELIGIBLE PROGRAMS

These classes are available at no cost to qualifying participants who are:

- Adults ages 60 and older
- Adults ages 18 and older living with a disability
- Current San Francisco residents

Eligibility verification and program registration required.

RED PUNCH PASS PROGRAMS

These classes are open to adults ages 18 and older and currently require a Buchanan Punch Pass to participate.

$50 for 10 classes

A great way to explore different fitness and wellness activities while connecting with community.

BLACK FAMILY RESOURCE CENTER PROGRAMS

These activities are offered in collaboration with our Western Addition Family Resource Center (FRC) team.

To participate, connect with an FRC staff member for program information, eligibility details, and registration assistance.

Registration may be required.

Please refer to the opposite side of this flyer to accompanying monthly calendar for current class offerings, dates, and times.

FIND YOUR PLACE IN OUR COMMUNITY

All generations are welcome to explore, participate, and connect!

CONTACT OUR TEAM

We're here to help with program information, registration, and eligibility.

Buchanan YMCA
1530 Buchanan St
(D) 415-931-9622
buchanany@ymcaf.org

Claudia Rodas
Community Engagement Specialist
Crodas@ymcaf.org

Edgardo Hernandez
Client Service Coordinator
Western Addition FRC
(D) 415-430-5919
(P) 415-202-9770
(E) EHernandez@ymcaf.org

Alexis Landaverde
Family Advocate
Western Addition FRC
(D) 415-531-1482
ALandaverde@ymcaf.org

Dorothy Evans
Family Advocate
Western Addition FRC
(D) 415-425-5038
(E) DEvans@ymcaf.org

Please note: Program details, dates, times, and activities are subject to change. Contact the center for the most up-to-date information.

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.

INTERGENERATIONAL WELLNESS CALENDAR

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
the YMCA FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY	1530 BUCHANAN ST. SAN FRANCISCO, CA 94115 (415) 931-9622				
2 10AM ALWAYS ACTIVE 11:15AM GOLDEN GOALS/MEDITATION 11AM LATINA & GRANDPARENT'S GROUP 11AM - 1PM CELEBRACION DE DIA DE MUERTOS 2PM YOGA FOR ARTHRITIS	**3** 9:30AM PILATES 10:45AM ZUMBA ($) 11:45 TAI CHI ~~12:30PM SPANISH~~ CANCELED	**4** 9AM GENTLE YOGA* SUB 10AM ALWAYS ACTIVE 11:05AM BELLY DANCE ($) 2PM TAI CHI FOR ARTHRITIS 2:45PM SALSA WITH USF	**5** 9:30AM SIT & BE FIT 10:30AM ZUMBA 11:35AM QI GONG 12:30PM TAI CHI RULER ($)	**6** 10:30AM-11:30AM FOOD PANTRY 1-4PM OFFICE HOURS	**7** ~~11AM INTERMEDIATE TAI CHI ($)~~ CANCELED ~~12:05PM NEI GUNG ARTS ($)~~ CANCELED
9 10AM ALWAYS ACTIVE 11:15AM GOLDEN GOALS/MEDITATION 11AM LATINA & GRANDPARENT'S GROUP 2PM YOGA FOR ARTHRITIS	**10** 9:30AM PILATES 10:45AM ZUMBA ($) 11:45 TAI CHI 12:30PM SPANISH	**11** BRANCH CLOSED	**12** 9:30AM SIT & BE FIT 10:30AM ZUMBA 11:35AM QI GONG 12:30PM TAI CHI RULER ($) 1PM DIGITAL LIFT WORKSHOP: CYBERSECURITY CLINIC 1PM FRC MEN'S GROUP	**13** 10:30AM-11:30AM FOOD PANTRY 1-4PM OFFICE HOURS 1PM FRC MEN'S GROUP	**14** 11AM INTERMEDIATE TAI CHI ($) 12:05PM NEI GUNG ARTS ($)
16 10AM ALWAYS ACTIVE 11:15AM GOLDEN GOALS/MEDITATION 11AM LATINA & GRANDPARENT'S GROUP 2PM YOGA FOR ARTHRITIS	**17** 9:30AM PILATES 10:45AM ZUMBA ($) 11:45 TAI CHI 12:30PM SPANISH	**18** 9AM GENTLE YOGA 10AM ALWAYS ACTIVE 11:05AM BELLY DANCE ($) 2PM TAI CHI FOR ARTHRITIS 2:45PM SALSA WITH USF	**19** 9:30AM SIT & BE FIT 10:30AM ZUMBA 11:30AM QI GONG 12:30PM TAI CHI RULER ($) 1:30PM FLOWER ARRANGEMENT WITH LAURA	**20** 10:30AM - 11:30AM FOOD PANTRY 1-4PM OFFICE HOURS 12:30PM-4PM TURKEY GIVEAWAY* 4-5:30PM FRC MOVIE & DINNER @ HAMILTON PARK & REC	**21** 11AM INTERMEDIATE TAI CHI ($) 12:05PM NEI GUNG ARTS ($)
23 10AM ALWAYS ACTIVE 11:15AM GOLDEN GOALS/MEDITATION 11AM LATINA & GRANDPARENT'S GROUP 2PM YOGA FOR ARTHRITIS	**24** 9:30AM PILATES 10:45AM ZUMBA ($) 11:45 TAI CHI ~~12:30PM SPANISH~~ (CANCELED) 1:30-3:30PM AOA THANKSGIVING LUNCH	**25** 9AM GENTLE YOGA 10AM ALWAYS ACTIVE 11:05AM BELLY DANCE ($) 2PM TAI CHI FOR ARTHRITIS 2:45PM NO SALSA; RESUME ON DEC. 2	**26** BRANCH CLOSED THANKSGIVING	**27** BRANCH CLOSED THANKSGIVING	**28** 11AM INTERMEDIATE TAI CHI ($) 12:05PM NEI GUNG ARTS ($)
30 10AM ALWAYS ACTIVE 11:15AM GOLDEN GOALS/MEDITATION 11AM LATINA & GRANDPARENT'S GROUP 2PM YOGA FOR ARTHRITIS		TURKEY GIVEAWAY - REGISTER WITH THE FAMILY RESOURCE CENTER	COLOR KEY: *AOA PROGRAM (60+ & S.F. RESIDENT) *CLASS PASS (18+ PAID CLASSES) *WESTERN ADDITION FAMILY RESOURCE CENTER (FREE COMMUNITY PROGRAMS)		