Chinatown YMCA AOA Calendar – November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am m	2 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	3 Ping Pong 10-12pm Digital Literacy Course 1-3pm Tech Support 3-4pm	4 Ping Pong 10-12pm Stress Busters (in-person) 1:30-2pm	5 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	6 Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:40-2:35pm
8 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am m	9 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	10 Ping Pong 10-12pm CHI Senior Nature Club: Litter workshop & neighborhood cleanup 1-2pm Digital Literacy Course 1-3pm Tech Support 3-4pm	11 Facility Closed Due to Staff Training	12 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-4pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	13 Ping Pong 10-12pm Cooking Together 10-1pm (Birthday) Chair Essentials 1:40-2:35pm
15 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am m	16 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	17 Ping Pong 10-12pm PKS Bonding 10-1pm Tech Support 3-4pm	18 Ping Pong 10-12pm New Participant Orientation 11-12pm	19 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	20 Ping Pong 10-12pm Holiday Lunch #1 10-1pm Chair Essentials 1:40-2:35pm
22 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	23 TBD Tenants Rights Workshop Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	24 Livermore Outlet Field Trip 9-2pm Ping Pong 10-12pm Tech Support 3-4pm	25 Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm	26 Thanksgiving Holiday	27 Thanksgiving Holiday
29 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	30 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm		**Registration required for activities in blue!**	For more information, contact **Jie Liu** at **415-748-3569** or **Jason Huang** at **415-652-7995.**	**Funders:** Metta Fund San Francisco Human Services Agency Department of Disability and Aging Services

華埠青年會共同年長計劃活動月曆 —十一月 2026

週日	週一	週二	週三	週四	週五
1 初級太極 9:05-9:55am 高級太極 10:05-10:55am	2 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	3 乒乓球 10-12pm 平板電腦培訓班（十一）1-3pm 科技協助 3-4pm	4 乒乓球 10-12pm 減壓班（ 現場） 1:30-2pm	5 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-4pm 平板電腦培訓班（十一）1-3pm 長者瑜伽 2:05-3pm	6 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:40-2:35pm
8 初級太極 9:05-9:55am 高級太極 10:05-10:55am	9 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	10 乒乓球 10-12pm 園藝俱樂部社區清潔活動 1-2pm 平板電腦培訓班（十一）1-3pm 科技協助 3-4pm	11 因員工培訓，YMCA 設施關閉一天！	12 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-4pm 平板電腦培訓班（十一）1-3pm 長者瑜伽 2:05-3pm	13 乒乓球 10-12pm 近廚得食 10-1pm （生日會） 椅子運動 1:40-2:35pm
15 初級太極 9:05-9:55am 高級太極 10:05-10:55am	16 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	17 乒乓球 10-12pm 老少同歡樂 10-1pm 科技協助 3-4pm	乒乓球 10-12pm 新人介紹會 11-12pm	19 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	20 乒乓球 10-12pm 節日特殊午餐第一組 10-1pm 椅子運動 1:40-2:35pm
22 初級太極 9:05-9:55am 高級太極 10:05-10:55am	23 待定租戶權益講座 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	24 舊金山名牌折扣購物中心 9-2pm 乒乓球 10-12pm 科技協助 3-4pm	25 乒乓球 10-12pm 減壓班（ Zoom） 1:30-2pm	26 感恩節假期	27 感恩節假期
29 初級太極 9:05-9:55am 高級太極 10:05-10:55am	30 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm		藍色字的活動是需要報名才能參加！	如有任何以疑問，請致電 415-748-3569（劉潔） 或者 415-652-7995 Jason（阿斌）Huang。	資助： Metta Fund SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services