the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

parkmerced®

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

NOVEMBER 2026

YMCA Community Services Activity Calendar @ Parkmerced

Active Older Adult Programs

GROUP EXERCISE CLASSES

Balance, Strength and Posture

Mondays 11:30am-12:30pm

Instructor: Ray Hanvey

Exercises to support your core and help with posture and balance.

Exercise OUTDOOR on November 9th at Juan Bautista Circle

Strength and Basic Core

Tuesdays 10:00am-11:00am

Instructor: Ray Hanvey

A fun filled workout. Warm up with a short cardio and then you will engage in exercises that will help support your core.

Tai Chi

Thursdays 10:00am-11:00am

Instructor: Judy Gerber

Meditation that improves balance, flexibility and cardiovascular function.

CLOSED Nov. 26th Happy Thanksgiving!

Open Exercise Class

Fridays 10:00am-11:00am

Instructor: Varied

Until a new class or instructor is identified, class will be taught by a YMCA instructor or LaShall.

Closed November 27th Happy Thanksgiving

THANKSGIVIING LUNCHEON

Thursday, November 19th: 11:30AM- 1:00PM AT ANNEX

Priority Registration: November 10th at 2:00pm

General Registration: November 13th at 2:00pm

Join us for a Thanksgiving Luncheon filled with delicious food, warm company, and grateful hearts. Let's share good food, laughter, and the blessings of the season together! Come celebrate the spirit of Thanksgiving with us. We look forward to sharing this special time with you!

CONTACT INFO

LaShall Hamlin

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SOCIAL PROGRAMS

Watercolor Class

Mondays 1:15pm-3:15pm

Instructor: Sergio Giovine from Art with Elders

This isn't fine art, it's fun art! This class is a pre-registered class and is currently full. Please call or email LaShall Hamlin at 510.691.3712/ lhamlin@ymcasf.org to be placed on waitlist.

Mahjongg (American Style)

Tuesdays 12:00pm-2:30pm

Mahjongg is a tile-based game which originated form China during the Qing dynasty. It's a game of skill strategy, calculation and a degree of chance.

Let's Get Together

Tuesdays 3:00pm-4:30pm

- Tues., Nov. 3rd-Flower Paints
  - RSVP by October 27th
- Tues., Nov. 10th- Cooking w/ Antonio
  - RSVP by November 3rd
- Tues., Nov. 17th-Felt Pumpkin Stitching
  - RSVP by November 10th
- Tues, Nov. 24th-Birthday Bingo
  - RSVP by November 17th

Movie Mania

Thursdays 1:00pm-end of movie

- Thursday, November 5th- "Coco"-Anthony Gonzales, Gael Garcia Bernal
- Thursday, November 12th-"The Woman King"- Viola Davis, Thuso Mbedu
- Thursday, November 19th- "Hocus Pocus" -Bette Midler, Sarah Parker
- Thursday, November 26th- CLOSED HAPPY THANKSGIVING!!!

Bridge

Fridays 12:30pm-3:30pm

Open to All! Bridge is a trick-taking card game for 4 players and involves bidding, playing cards and scoring.

Closed Nov. 27th Happy Thanksgiving

More Fun Programs!

- Soap Making Workshop- AT ANNEX November 16th 9:30am-11:30am
- SDA- Healthy Living Class- November 16th 3:30pm- 4:30pm
- Field trip to Oakland Zoo- November 18th 9:15am- 3:45pm
- Apple Crumble Making- AT ANNEX November 23rd 9:30am- 11:30am
- Walking Club- Lake Merced November 25th 9:30am- 11:30am

CHERISHED MOMENTS



