AOA ACTIVITY CALENDAR – NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **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. **Taiko 1/L1** 3:00-4:00p.m.	**3** **Cardio Dance** 8:30-9:30a.m. **AWE: Paint and Draw #6** 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.	**4** **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.	**5** **Cardio Dance** 8:30-9:30a.m. **Zumba Gold** 9:45-10:45a.m. **Lunch** 11:30am-12:30p.m. **Ukulele Jam Session #5 (CR)** 11:30-12:30p.m. **Ikebana** 1:00-3:00pm **Principles of Balance (Advanced)** 1:00-1:50p.m. **Principles of Balance (Beginner)** 1:55-2:45p.m.	**6** **Strength and Mobility** 8:00-8:50a.m. **Stretch and Balance** 9:00-9:50a.m. **CHRC Health Screening** 9:00-11:00a.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.
9 **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: Fall paper tapestry** 1:00-3:00p.m. **Mind Body Health** 1:00-2:40p.m. **Taiko 1/L1** 3:00-4:00p.m.	**10** **Cardio Dance** 8:30-9:30a.m. **AWE: Paint and Draw #7** 9:00-11:00a.m. **Zumba Gold** 9:45-10:45a.m. **DL: Digital Coupons** 10:00am-11:00pm **DL: Drop-In Tech Support** 11:00am-12:00pm **Lunch** 11:30am-12:30p.m. **AAM: Clay & Culture** 1:00pm-2:00pm **Taiko 1/Level 2** 1:00-2:00p.m. **Taiko 3** 2:00-3:00p.m. **Taiko 2** 3:00-4:00p.m.	**11** **ANNEX IS CLOSED**	**12** **Cardio Dance** 8:30-9:30a.m. **Zumba Gold** 9:45-10:45a.m. **Medicare Counseling** 10:00-1:00p.m. **Lunch** 11:30am-12:30p.m. **Ukulele Jam Session #6 (CR)** 11:30-12:30p.m. **C&C w/ Shirley: Shoelace Pony Beading & Bubble Gum Bag Charms** 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.	**13** **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 **Cardio Strength** 8:00-8:50a.m. **Dance Fitness** 9:00-9:50a.m. **Autumn Soap Making w/ PM:** 9:00 -11:00a.m. **Chair Yoga** 10:00-10:50a.m. **Lunch** 11:30am-12:30p.m. **Mind Body Health** 1:00-2:40p.m. **MM: Kimono Doll Bookmarker w/ Beverly** 1:00pm-3:00pm **Taiko 1/L1** 3:00-4:00p.m.	**17** **Cardio Dance** 8:30-9:30a.m. **AWE: Paint and Draw #8** 9:00-11:00a.m. **Zumba Gold** 9:45-10:45a.m. **Lunch** 11:30am-12:30p.m. **SDA Healthy Living: Healthy Diet, Spirit, and Movement** 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.	**18** **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. **FIELD TRIP: OAKLAND ZOO** 9:15-3:45 p.m.	**19** **Cardio Dance** 8:30-9:30a.m. **Zumba Gold** 9:45-10:45a.m. **Ukulele Jam Session #7 (CR)** 10:00-11:00a.m. **Thanksgiving Luncheon!** 11:00-1:00p.m. **Workshop: What's New For Medicare in 2027** 1:00-2:00p.m. **Ikebana** 1:00-3:00pm **Principles of Balance (Advanced)** 1:00-1:50p.m. **Principles of Balance (Beginner)** 1:55-2:45p.m.	**20** **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 Tea Party!** 1:00-2:40p.m.
23 **Cardio Strength** 8:00-8:50a.m. **Dance Fitness** 9:00-9:50a.m. **Apple Crumble Making w/ PM** 9:00-11:00a.m. **Chair Yoga** 10:00-10:50a.m. **Lunch** 11:30am-12:30p.m. **Mind Body Health** 1:00-2:40p.m. **EC: Revisiting Matisse** 1:00-3:00p.m. **Taiko 1/L1** 3:00-4:00p.m	**24** **Cardio Dance** 8:30-9:30a.m. **AWE: Paint and Draw #9 (Last class for the quarter)** 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 **Bingo! (CR)** 1:00-2:30p.m. **Taiko 3** 2:00-3:00p.m. **Taiko 2** 3:00-4:00p.m.	**25** **Functional Fitness** 8:00-8:50a.m. **Dance Fitness** 9:00-9:50a.m. **Stretch & Walk at Lake Merced** 9:30-11:30 a.m. **Posture Essentials** 10:00-10:50a.m. **Lunch** 11:30am-12:30p.m. **DL Tech Support (Mitch)** 10:00-12:00pm **Cinema Club** 12:30pm-End of Movie **Mahjong** 1:00-4:00p.m.	**26** **ANNEX IS CLOSED** HAPPY Thanksgiving	**27** **ANNEX IS CLOSED** HAPPY Thanksgiving
30 **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 Tea Party!** 1:00-2:40p.m. **Taiko 1/L1** 3:00-4:00p.m.				

EVENTS & REGISTRATIONS

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

Monday, Nov. 9th • 1:00p.m. - 3:00p.m.
EC: Fall Paper Tapestry (15 spots)
Create an autumn scene using images, and colors with the medium of your choice. We will arrange them on a large background to display as a tapestry.
- Registration: Open Now!

Tuesday, Nov. 10th • 10:00a.m. - 11:00a.m.
DL Workshop: Digital Coupons (25 spots)
Learn the basics of digital coupons with a focus on Safeway for U. Learn to find, clip, and use coupons via the app and website. Sign up for your favorite store's rewards program, and explore tips to save money while protecting your privacy.
- Registration: Open Now!

Tuesday, Nov. 10th • 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.

Tuesday, Nov. 10th • 1:00p.m. - 2:00p.m.
Asian Art Museum Lecture: Clay & Culture (25 seats)
This insightful tour of the museum's collection traces the development of ceramic art from its ancient origins, revealing the wide-ranging influence of Chinese ceramics on ceramic traditions across Asia and worldwide. Lecture will be held in person at the Annex.
- Registration: Open Now!

Thursday, Nov. 12th • 1:00p.m. - 3:00p.m.
Craft & Connect w/ Shirley: Shoelace Pony Beading & Bubble Gum Bag Charms (12 spots)
Learn basics of pony beading using a shoe string then create a chunky bubblegum bag charm. Optional: Bring your own charm with a hole inside.
- Registration: Open Now!

Monday, Nov. 16th • 9:00a.m. - 11:00a.m.
Autumn Soap Making w/ Park Merced YMCA (9 spots)
Learn how to make Autumn themed and scented soap bars with our friends from Park Merced YMCA!
- Registration Opens: Mon, Nov. 2nd (12:30 pm)

Monday, Nov. 16th • 1:00p.m. - 3:00p.m.
MM: Kimono Doll Bookmarker w/ Beverly (15 spots)
Learn how to make Kimono doll bookmarkers!
- Registration Opens: Tues, Nov. 3rd (12:30 pm)

Tuesday, Nov. 17th • 1:00p.m. - 2:00p.m.
SDA Healthy Living: Healthy Diet, Spirit, and Movement (25 spots)
More information coming soon.
- Registration Opens: Wed., Nov. 4th (12:30 pm)

Tuesday, Nov. 18th • 9:15a.m. - 3:45p.m.
Field Trip to Oakland Zoo (33 spots)
More information available on a separate flyer.

Thursday, Nov. 19th • 11:30a.m. - 1:00p.m.
Thanksgiving Luncheon (55 spots)
Gather with us for a festive Thanksgiving luncheon filled with gratitude, good company, and a delicious, classic holiday feast!
- Priority Registration: Tues, Nov. 10th (2:00 pm)
- General Registration: Fri, Nov. 13th (2:00pm)

Thursday, Nov. 19th • 1:00p.m. - 2:00p.m.
Workshop: What's New For Medicare in 2027
This informational session will present Medicare updates for 2027 and pertinent Open Enrollment information.
- Registration Opens: Thu, Nov. 5th (12:30 pm)

Monday, Nov. 23rd • 9:00a.m. - 1:00p.m.
Apple Crumble Making Workshop (10 spots)
Learn how to make Apple Crumble from scratch with our friends from Park Merced YMCA.
- Registration Opens: Thu, Nov. 12th (12:30 pm)

Monday, Nov. 23rd • 1:00p.m. - 3:00p.m.
Exploring Creativity: Revisiting Matisse (15 spots)
Create and embellish shapes and patterns using colored papers, and experimenting with alternative techniques.
- Registration Opens: Mon, Nov. 9th (12:30 pm)

Tuesday, Nov. 24th • 1:00p.m. - 2:30p.m.
Autumn Bingo! (25 spots)
Join us for Autumn bingo to play exciting rounds, connect with friends, and win festive prizes!
- Registration: Tues, Nov. 10th (12:30 pm)

Thursday, Nov. 25th • 9:30a.m.- 11:30a.m.
Stretch & Walk at Lake Merced (12 spots)
Meet up with our friends from the Parkmerced YMCA for an energizing morning stretch before enjoying a group walk along the scenic path around Lake Merced.
- Meeting Point: Lake Merced Park
- Registration Opens: Mon, Nov. 16th (1:00 pm)

FIRST RELEASE

the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services



October Workshops taught by Elaine & Shirley

ANNEX AT HAND
NOVEMBER 2026

Welcome November!

This November, we are excited to share a wonderful lineup of technology and art lectures, more volunteer-led workshops, and special collaborations with the Park Merced YMCA. We also invite you to join us for our Thanksgiving Luncheon as we celebrate the season of gratitude together!

Check inside for the event calendar, the back page for registration info, and note our closures on November 11th, 26th, and 27th.

Warm regards,

Kristy, Danielle, and Corinne

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

Nov. 4th • Swapped [Cartoon/Exciting]
Length: 1hr 41m Netflix
Two best friends who wake up in each other's bodies must navigate the chaotic aftermath of their switch.

Nov. 18th • Voicemails for Isabelle [Heartfelt/Comedy]
Length: 1hr 58m Netflix
A pastry chef leaves emotional phone messages for her deceased sister, and now her reassigned number belongs to a man who listens to her confessions and slowly falls in love with her

Nov. 25th • The Breadwinner [Family/Comedy]
Length: 1hr 39m Netflix
A father of three faces absolute domestic chaos when his wife's business takes off, forcing him to navigate solo parenthood.

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

3150 20th Avenue, San Francisco CA 94132 • (415) 242-7135