

REGISTRATION

To register for upcoming trips or events, stop by the Richmond District YMCA front desk and one of our friendly membership staff will be able to assist you.

MEMBERSHIP

To participate in programs at the Y, a membership is required. We offer a Community Participant Membership free of charge which gives you the ability to enroll in programs and trips. We also offer an affordable Active Older Adult Facility Membership which includes access to fitness facilities at all YMCAs nationwide and gives you special rates for programs and trips. Stop by the front desk to get your membership set up today! We believe that cost should not be a barrier which is why we offer financial assistance to the extent possible for membership and programs.

CONTACT



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Active Adult Engagement Coordinator
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Antonio was born and raised in the Richmond District and his journey brought him to the Richmond District Y. He strives to insure that people have a great experience at the Y and encourages them to meet their goals.

the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Richmond District YMCA

ACTIVE OLDER ADULTS

MONTHLY ACTIVITY CALENDAR– **November 2026**

EXPLORE THE POSSIBILITIES

For more info, please contact
P 415 - 666 - 9622

RICHMOND DISTRICT YMCA
360 18th Ave,
San Francisco, CA 94121

RDYMCA
RichmondDistrictYMCA
ymcasf.org/richmond

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

AOA ACTIVITY CALENDAR – November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *Sit & Be Fit (CR) 10:00am Class & 11:00am Class Knitting (SC) 11:00 am - 12:45 pm Mahjong / Adv (SC) (Freeplay) 1:00pm - 4:00pm	3 *Chair Yoga / Studio 1 10:30 am -11:45 am *Senior Strength / Studio 1 12:00 pm -1:00 pm Dia De Los Muertos Community Gathering 1:00pm -3:00pm (SC)	4 *Sit & Be Fit / (CR) 10am–10:45am /11am-11:45am Flower Arranging 12:30pm - 1:30pm Walking Group 1:30 pm - 3:30 pm Beg Bridge1:30pm - 3:30pm (SC)	5 Mindful Meditation (SC) 10:30 am - 11:30 am Mahjong /Beg&Int (SC) 12:00 pm – 3:00 pm *Boomercize (Studio 1) 1:00 pm - 2:00 pm	6 **Movie & Popcorn (SC)** ***(11:00am - 1:00pm)** **Adv Bridge 1:30pm - 4:30pm (SC)** ***Tai Chi** 1:45 pm - 2:45 pm (S1)
9 ***Sit & Be Fit (CR)** 10:00am Class & 11:00am Class **Knitting (SC)** 11:00 am - 12:45 pm Mahjong / Adv (SC)	10 *Chair Yoga / Studio 1 10:30 am -11:45 am *Senior Strength / Studio 1 12:00 pm -1:00 pm	11 (All Y Staff Meeting) AOA Activity's Canceled YMCA Closed	12 **Mindful Meditation (SC)** **10:30am - 11:30am** Mahjong /Beg&Int Freeplay(SC) 12:00 pm – 3:00 pm ***Boomercize (Studio 1)** 1:00 pm - 2:00 pm	13 Coffee Meet Up 8am - 9am Birthday & Bingo (SC) 11:30am - 1:00pm Adv Bridge 1:30pm - 4:30pm (SC) *Tai Chi 1:45 pm - 2:45 pm (S1)
16 ***Sit & Be Fit (CR)** 10:00am Class & 11:00am Class **Knitting** 11:00 am - 12:45 pm Mahjong / Adv (SC) (Freeplay) 1:00pm - 4:00pm	17 ***Chair Yoga / Studio 1** 10:30 am -11:45 am ***Senior Strength / Studio 1** 12:00 pm -1:00 pm Rice Porridge Social Cooking w/ Antonio 1:00pm -2:00pm (SC)	18 *Sit & Be Fit / (CR) 10am–10:45am /11am-11:45am **Flower Arranging** **12:30pm - 1:30pm** **Walking Group** 1:30 pm - 3:30 pm **Beg Bridge1:30pm - 3:30pm (SC)**	19 **Mindful Meditation (SC)** **10:30am - 11:30am** **Mahjong/Beg&Int** 12:00 pm – 3:00 pm ***Boomercize (Studio 1)** 1:00pm - 2:00pm	20 *Thanksgiving Luncheon (CR) 11:30am - 1:00pm Call or Come in Person To RSVP on Tuesday (11.10.2026) Call 415-666-9622 Adv Bridge1:30pm - 4:30pm (SC) ***Tai Chi 1:45 pm - 2:45 pm (S1)**
23 ***Sit & Be Fit (CR)** 10:00am Class & 11:00am Class **Knitting (SC)** 11:00 am - 12:45 pm Mahjong / Adv (SC) 1:00pm - 4:00pm	24 ***Chair Yoga / Studio 1** 10:30 am -11:45 am ***Senior Strength/Studio 1** 12:00 pm -1:00 pm	25 *Sit & Be Fit (CR) 10am–10:45am /11am-11:45am **Flower Arranging (SC)** 12:30pm - 1:30pm **Walking Group** 1:30pm - 3:30pm Beg Bridge 1:30pm - 3:30pm (SC)	26 Thanksgiving Day **Mindful Meditation (SC)** **Canceled** **Mahjong /Beg&Int Freeplay (SC)** **Canceled** ***Boomercize (Studio 1)** **Canceled**	27 **Adv Bridge Canceled (SC)** ***Tai Chi Canceled (S1)**
(Nov 30) *Sit To Be Fit (CR) **10:00am & 11:00am** **Knitting Class** **11:00 am – 12:45 pm** **Mahjong / Adv (SC) (Freeplay)** **1:00pm - 4:00pm**				