AOA ACTIVITY CALENDAR – DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY HOLIDAYS	1 **Cardio Dance** 8:30-9:30a.m. **Zumba Gold** 9:45-10:45a.m. **Lunch** 11:30-12:30p.m. **Taiko 1/Level 2** 1:00-2:00p.m. **Taiko 3** 2:00-3:00p.m. **Taiko 2** 3:00-4:00p.m.	2 **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** 11:30-12:30p.m. **Cinema Club** 12:30-End of Movie **Mahjong** 1:00-4:00p.m.	3 **Cardio Dance** 8:30-9:30a.m. **Zumba Gold** 9:45-10:45a.m. **Holiday Soap Making** 10:00-12:00p.m. **Lunch** 11:30-12:30p.m. **Beginner Ukulele Jam #1** 11:30-12:30p.m. **Principles of Balance (Advanced)** 1:00-1:50p.m. **Principles of Balance (Beginner)** 1:55-2:45p.m. **Ikebana Canceled Today. Class Resumes on December 17th.**	4 **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** 11:30-12:30p.m. **Tai Chi Practice** 1:00-2:00p.m. **Folk, Line, Social Dance** 1:00-2:40p.m.
7 **Cardio Strength** 8:00-8:50a.m. **Dance Fitness** 9:00-9:50a.m. **Chair Yoga** 10:00-10:50a.m. **DL: Online Health Tools** 10:00-11:00p.m. **DL: Drop-In Tech Support** 11:00-12:00p.m. **Lunch** 11:30-12:30p.m. **MM: Holiday Tea Light Houses** 1:00-3:00p.m. **Mind Body Health** 1:00-2:40p.m. **Taiko 1/L1** 3:00-4:00p.m.	8 **Cardio Dance** 8:30-9:30a.m. **AWE: Paint and Draw #1** 9:00-11:00a.m. **Zumba Gold** 9:45-10:45a.m. **Lunch** 11:30-12:30p.m. **Holiday Trivia @ Parkmerced YMCA:** 3:00 - 4:30 p.m. **Taiko 1/L2, 3, and 2 Resumes January 26th**	9 **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** 11:30-12:30p.m. **Cinema Club** 12:30-End of Movie **Mahjong** 1:00-4:00p.m.	10 **Cardio Dance** 8:30-9:30a.m. **Zumba Gold** 9:45-10:45a.m. **Lunch** 11:30-12:30p.m. **Beginner Ukulele Jam #2** 11:30-12:30p.m. **Stroke Communications Class** 1:00-2:45p.m. **Craft & Connect w/ Shirley: Beaded Snowflakes** 1:00-3:00p.m. **Principles of Balance (Advanced)** 1:00-1:50p.m. **Principles of Balance (Beginner)** 1:55-2:45p.m.	11 **Strength and Mobility** 8:00-8:50a.m. **Stretch and Balance** 9:00-9:50a.m. **Chair Yoga** 10:00-10:50a.m. **Lunch** 11:30-12:30p.m. **Surprise Movie @ Regal** 1:00 - End of Movie **Tai Chi Practice** 1:00-2:00p.m. **Folk, Line, Social Dance** 1:00-2:40p.m.
14 **Cardio Strength** 8:00-8:50a.m. **Dance Fitness** 9:00-9:50a.m. **Chair Yoga** 10:00-10:50a.m. **Lunch** 11:30-12:30p.m. **Mind Body Health** 1:00-2:40p.m. **EC: Personality Colors & Fingerprint Labrynth** 1:00-3:00p.m. **Taiko T1/L1 Resumes January 25th**	15 **Cardio Dance** 8:30-9:30a.m. **AWE: Paint and Draw #2** 9:00-11:00a.m. **Zumba Gold** 9:45-10:45a.m. **Lunch** 11:30am-12:30p.m. **SDA: Ombudsman Presentation** 1:00-2:00pm **SDA: Graduation!** 2:15-3:30pm	16 **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** 11:30-12:30p.m. **Cinema Club** 12:30-End of Movie **Finger Knit Tree w/ Elaine:** 1:00-3:00p.m. **Mahjong** 1:00-4:00p.m.	17 **Cardio Dance** 8:30-9:30a.m. **Zumba Gold** 9:45-10:45a.m. **Beginner Ukulele Jam #2** 11:30-12:30p.m. **Ikebana** 1:00-3:00p.m **Holiday Origami Wreath w/ Grace** 1:00-3:00p.m. **Principles of Balance (Advanced)** 1:00-1:50p.m. **Principles of Balance (Beginner)** 1:55-2:45p.m.	18 **Strength and Mobility** 8:00-8:50a.m. **Stretch and Balance** 9:00-9:50a.m. **Chair Yoga** 10:00-10:50a.m. **Holiday Luncheon!** 11:30 -1:00p.m. **Tai Chi Practice** 1:00-2:00p.m. **Folk, Line, Social Dance Tea Party! (CR)** 1:00-2:40p.m. **Craft & Connect w/ Shirley: Beaded Holiday Wreaths** 1:30-3:30p.m.
21 **Cardio Strength** 8:00-8:50a.m. **Dance Fitness** 9:00-9:50a.m. **Gift Wrapping Workshop at Parkmerced!** 9:45-11:15am **Chair Yoga** 10:00-10:50a.m. **Lunch** 11:30-12:30p.m. **Mind Body Health Tea Party!** 1:00-2:40p.m.	22 **Cardio Dance** 8:30-9:30a.m. **AWE: Paint and Draw #3** 9:00-11:00a.m. **Zumba Gold** 9:45-10:45a.m. **Lunch** 11:30-12:30p.m. **Holiday Bingo!** 1:00-3:00pm	23 **Functional Fitness** 8:00-8:50a.m. **Dance Fitness** 9:00-9:50a.m. **Posture Essentials** 10:00-10:50a.m. **Lunch** 11:30-12:30p.m. **DL Tech Support (Mitch)** 10:00-12:00pm **EARLY CLOSURE: 1:00 p.m.**	24 **ANNEX HOLIDAY CLOSURE DEC 24 – JAN 1.** **We will reopen Monday, January 4th, 2027.**	25



EVENTS & REGISTRATIONS

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

Thursday, Dec. 3rd • 10:00 a.m. - 12:00 p.m.
Holiday Soap Making w/ PM (9 spots)
Celebrate the season with our friends from Parkmerced YMCA as we blend festive fragrances and craft hand-poured, holiday-shaped soaps!
- Registration Opens Now!

Monday, Dec. 7th • 10:00a.m. - 11:00a.m.
DL Workshop: Online Health Tools (25 spots)
This workshop introduces adults and older adults to everyday digital tools that support health and wellness. Participants will learn how to find reliable health information, track personal health data, explore fitness and mental wellness apps, and stay connected with healthcare providers online.
- Registration: Open Now!

Monday, Dec. 7th • 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.

Monday, Dec. 7th • 1:00p.m. - 3:00p.m.
MM: Holiday Tea House Decorating (30 spots)
Join Jingle Mingle—a community arts and crafts group spreading cheer through handmade seasonal creations—for a charming holiday tea house decorating workshop with festive music and warm conversations.
- Registration Opens Now!

Tuesday, Dec. 8th • 3:00p.m. - 4:30p.m.
Holiday Trivia at Parkmerced YMCA (15 spots)
Test your festive knowledge and join us for a fun-filled game of Holiday Trivia at Parkmerced YMCA!
- Registration Opens: Open Now!

Thursday, Dec. 10th • 1:00p.m. - 3:00p.m.
Craft & Connect w/ Shirley: Beaded Snowflakes (12 spots)
Mix, match, and assemble crystal beads to create your own dazzling snowflakes this holiday season.
- Registration: Tues, Dec. 1st (12:30 pm)

Monday, Dec. 14th • 1:00p.m. - 3:00p.m.
EC: Personality Colors & Fingerprint Labyrinths (15 spots)
Take a fun quiz to discover your personality color, learn about the fun meanings behind it, and how to create and embellish your own fingerprint Labyrinths.
- Registration: Wed, Dec. 2nd (12:30 pm)

Tuesday, Dec. 15th • 1:00p.m. - 2:00p.m.
SDA Ombudsman Presentation (35 spots)
Learn about how the Long-Term Care Ombudsman Program protects the rights, dignity, and well-being of residents in nursing homes and assisted living facilities. They offer free, confidential support by listening to concerns, investigating complaints, and resolving issues about care and living conditions.
- Registration Opens: Thur., Dec. 3rd (12:30pm)

Tuesday, Dec. 15th • 2:15p.m. - 3:30p.m.
SDA Survival School Graduation (35 spots)
Join us for a celebration of our participants who completed at least 3 workshops with SDA!
- Registration Opens: Thur., Dec. 3rd (12:30pm)

Wednesday, Dec. 16th • 1:00p.m. - 3:00p.m.
Finger Knit Tree w/ Elaine: (12 spots)
Create a whimsical chunky yarn Holiday tree to celebrate the holiday season. Intermediate experience recommended.
- Registration Opens: Fri., Dec. 4th (12:30 pm)

Thursday, Dec. 17th • 1:00p.m. - 3:00p.m.
Holiday Origami Wreath w/ Grace: (12 spots)
Learn how to fold your own festive holiday wreaths with Grace! Basic origami experience recommended.
- Registration Opens: Mon., Dec. 7th (12:30 pm)

Friday, Dec. 18th • 11:30 a.m. - 1:00p.m.
Holiday Luncheon! (55 spots)
Join us for an afternoon of festive fun, a delicious holiday meal and sing along to your favorite carols with as we celebrate the holiday season together.
- Priority Registration: Tues, Dec. 8th (1:30 p.m.)
- General Registration: Thu., Dec.10th (11:00 am)

Monday, Dec. 21st • 1:30 p.m. - 3:30 p.m.
Craft & Connect: Beaded Holiday Wreaths (12 spots)
Bead colorful holiday beads into a beautiful holiday piece. Intermediate experience recommended.
- Registration Opens: Mon, Dec. 7th (12:30 pm)

Monday, Dec. 21st • 9:45 a.m. - 11:15a.m.
Gift Wrapping Workshop at Parkmerced Y! (15 spots)
Learn how to wrap your own gifts for this holiday season with multiple wraps. Bring gifts of your choice.
- Registration Opens: Wed, Dec. 9th (12:30 pm)

Tuesday, Dec. 22nd • 1:00 p.m. - 2:30p.m.
Holiday Bingo! (30 spots)
Get ready for a festive game of Holiday Bingo!
- Registration Opens: Thu, Dec. 10th (12:15 pm)

FIRST RELEASE

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services



Craft & Connect w/ Shirley: Bubble Gum Bag Charms & Pony Beading

ANNEX AT HAND
DECEMBER 2026

Happy Holidays!

Join us for a month of learning, creating, and celebrating together through cozy ukulele jams, seasonal crafting, a personality color workshop, and a surprise movie at Regal.

We'll also gather for a special holiday luncheon, celebrate our graduation with Senior Disability Action, and enjoy exciting collaborations with our friends from Parkmerced YMCA

Warm Regards,

Kristy, Danielle, and Corinne

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

Dec. 2nd • About Time [Romantic/Drama]
Length: 2hr 3m Netflix
When Tim learns that the men in his family can travel in time and change their own lives, he decides to go back and win the woman of his dreams.

Dec. 9th • Guiding Stars [Heartfelt/Comedy]
Length: 1hr 47m Netflix
A bodyguard heads to a Montan ranch with the famous actor she's protecting. But posing as a couple for Christmas soon sparks a real romance.

Dec. 16th • Champagne Problem [Family/Comedy]
Length: 1hr 39m Netflix
A driven American executive heads to Paris determined to acquire a champagne brand by Christmas, and accidentally falls for the heir to the bubbly empire.

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