the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

parkmerced®

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

DECEMBER 2026

YMCA Community Services Activity Calendar @ Parkmerced

Active Older Adult Programs- CLOSED DECEMBER 24TH- JANUARY 3RD

GROUP EXERCISE CLASSES

Balance, Strength and Posture

Mondays 11:30 am-12:30 pm

Instructor: Ray Hanvey

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

CLOSED DECEMBER 28TH!

Strength and Basic Core

Tuesdays 10:00 am-11:00 am

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.

CLOSED DECEMBER 29TH!

Tai Chi

Thursdays 10:00am-11:00am

Instructor: Judy Gerber

Meditation that improves balance, flexibility and cardiovascular function.

CLOSED DECEMBER 24TH AND 31ST!

Open Exercise Class

Fridays 10:00 am-11:00 am

Instructor: Varied

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

CLOSED DECEMBER 25TH!

HOLIDAY LUNCHEON

Friday, December 18th 11:30am-1:00pm AT ANNEX

Priority Registration: December 8th at 1:30pm

General Registration: December 10th at 11:00am

Join us for a warm and festive holiday luncheon where you can enjoy a delicious meal, connect with friends, and celebrate the season surrounded by a welcoming community. The holidays are all about togetherness, friendship, and creating meaningful memories, and we'd love for you to be part of the celebration!

CONTACT INFO

LaShall Hamlin

Email: lhamlin@ymcasf.org

Phone: 510.691.3712



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.

INSTRUCTOR ABSENT DECEMBER 21ST

CLOSED DECEMBER 28TH!

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.

CLOSED DECEMBER 29TH!

Let's Get Together

Tuesdays 3:00pm-4:30pm

- Tues., December 1st, Craft & Connect
  - RSVP by November 24th
- Tues., December 8th- Holiday Trivia
  - RSVP by December 1st
- Tues., December 15th-Craft&Connect
  - RSVP by December 8th
- Tues., December 22nd-Birthday Bingo
  - RSVP by December 15th
- Tues., December 30th- **CLOSED!**

Movie Mania

Thursdays 1:00pm-end of movie

- Thursday, December 3rd- "Home Alone"- Macaulay Culkin, Joe Pesci
- Thursday, December 10th- "A Dog's Perfect Christmas" Dennis Quaid, Milo Ventimiglia
- Thursday, December 17th- "Nightmare Before Christmas"- Danny Elfman, Chris Sarandon
- Thursday, December 24th and 30th- **CLOSED!**

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 DECEMBER 25TH!

More fun events!

- Soap Making @ ANNEX- Thursday December 3rd, 10:00am- 12:00pm
- Surprise Movie @ Regal- Friday, December 11th,1:00pm- 3:00pm
- SDA Class- Obudsman Monday, December 14th, 3:30pm- 4:30pm
- SDA Graduation- Tuesday, December 15th, 2:15pm- 3:30pm
- Gift Wrapping- Monday, December 21st, 9:45am- 11:15am

CHERISHED MOMENTS





