Chinatown YMCA AOA Calendar – December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
For more information, contact **Jie Liu** at **415-748-3569** or **Jason Huang** at **415-652-7995.**	**Registration required for activities in blue!**	1 Ping Pong 10-12pm	2 Tai Chi 9:05-10am Ping Pong 10-12pm Stress Busters ((in-person) 1:30-2pm	3 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-3pm Senior Yoga 2:05-3pm	4 Ping Pong 10-12pm Cooking Together 10-1pm Chair Essentials 1:35-2:30pm
6 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am m	7 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	8 Ping Pong 10-12pm Digital Literacy Course 1-3pm Tech Support 3-4pm	9 Tai Chi 9:05-10am Ping Pong 10-12pm Stress Busters (Zoom) 1:30-2pm New Participant Orientation 11-12pm	10 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-4pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	11 Ping Pong 10-12pm Cooking Together 10-1pm (Birthday) Chair Essentials 1:35-2:30pm
13 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	14 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	15 Ping Pong 10-12pm Digital Literacy Course 1-3pm Tech Support 3-4pm	16 Tai Chi 9:05-10am Ping Pong 10-12pm Christmas Gift Give Away 10-11:30am & 1-2:30pm Stress Busters (Zoom) 1:30-2pm	17 Ping Pong 10-12pm Karaoke 10-12pm Tech Support 1-4pm Digital Literacy Course 1-3pm Senior Yoga 2:05-3pm	18 Ping Pong 10-12pm Holiday Lunch #2 10-1pm Chair Essentials 1:35-2:30pm
20 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	21 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	22 Ping Pong 10-12pm	23 Tai Chi 9:05-10am Ping Pong 10-12pm	24 Christmas Holiday 	25 Christmas Holiday 
27 Beginner Tai Chi 9:05-9:55am Advanced Tai Chi 10:05-10:55am	28 Ping Pong 10-12pm Aqua Zumba 11:10-11:55am Tech Support 1-3pm	29 Ping Pong 10-12pm	30 Tai Chi 9:05-10am Ping Pong 10-12pm	31 Ping Pong 10-12pm Bingo 10-11am Social Time 11-12pm Tech Support 1-3pm	**Funders:** Metta Fund SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services

華埠青年會共同年長計劃活動月曆 —十二月 2026

週日	週一	週二	週三	週四	週五
如有任何以疑問，請致電 415-748-3569（劉潔） 或者 415-652-7995 Jason（阿斌）Huang。	藍色字的活動是需要報名才能參加！	1 乒乓球 10-12pm	2 太極 9:05-10am 乒乓球 10-12pm 減壓班（ 現場） 1:30-2pm	3 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	4 乒乓球 10-12pm 近廚得食 10-1pm 椅子運動 1:35-2:30pm
6 初級太極 9:05-9:55am 高級太極 10:05-10:55am	7 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	8 乒乓球 10-12pm 平板電腦培訓班（十二）1-3pm 科技協助 3-4pm	9 太極 9:05-10am 乒乓球 10-12pm 新人介紹會 11-12pm	10 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-4pm 平板電腦培訓班（十二）1-3pm 長者瑜伽 2:05-3pm	11 乒乓球 10-12pm 近廚得食 10-1pm （生日會） 椅子運動 1:35-2:30m
13 初級太極 9:05-9:55am 高級太極 10:05-10:55am	14 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	15 乒乓球 10-12pm 平板電腦培訓班（十二）1-3pm 科技協助 3-4pm	16 太極 9:05-10am 乒乓球 10-12pm 聖誕禮物派發 10-11:30am & 1-2:30pm 減壓班（ Zoom） 1:30-2pm	17 乒乓球 10-12pm 卡拉 OK 10-12pm 科技協助 1-4pm 平板電腦培訓班（十二）1-3pm 長者瑜伽 2:05-3pm	18 乒乓球 10-12pm 節日特殊午餐第二組 10-1pm 椅子運動 1:35-2:30pm
20 初級太極 9:05-9:55am 高級太極 10:05-10:55am	21 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	22 乒乓球 10-12pm	23 太極 9:05-10am 乒乓球 10-12pm	24 聖誕假期 	25 聖誕假期 
27 初級太極 9:05-9:55am 高級太極 10:05-10:55am	28 乒乓球 10-12pm 水上尊巴 11:10-11:55am 科技協助 1-3pm	29 乒乓球 10-12pm	30 太極 9:05-10am 乒乓球 10-12pm	31 乒乓球 10-12pm 賓果 10-11am 悠閒時光 11-12pm 科技協助 1-3pm 長者瑜伽 2:05-3pm	資助： Metta Fund SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services