

MEMBERSHIP

We love seeing our Active Older Adults come together to stay healthy and build meaningful connections. From daily exercise classes to community events, there's always something happening and we're glad you're part of it!

There is no fee to participate in the Mission YMCA Active Older Adults programs and trips; however, registration is required. This is accomplished by signing up for our Community Participant Membership, which is free of charge and allows you to enroll.

REGISTRATION

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

CONTACT



JANET BRONSON
ACTIVE ADULT ENGAGEMENT COORDINATOR

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Janet Bronson a proud San Francisco native is the new Program Coordinator for the Active Older Adults Program. Dedicated to creating meaningful connections and uplifting experiences for seniors in her community.

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MISSION YMCA - ACTIVE OLDER ADULTS

EXPLORE THE POSSIBILITIES

MONTHLY ACTIVITY CALENDAR -**December 2026**

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

4080 Mission ST, SF, CA 94112 • 415.586.6900 •

AOA ACTIVITY CALENDAR – DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
	1 **Coffee & Chit Chat** 9:00 am - 10:00 am **NIA** 10:30 am - 11:30 am	2 **Always Active** 9:15 am - 10:15 am **Tai Chi** 10:30 am - 11:30 am Sewing 11:30-1:30 INTERGEN W/ THE ACHIEVERS QUILT MAKING 3-5 pm	3 **Coffee & Chit Chat** 9:00 am - 10:00 am Tai Chi 10:30 am -11:30 am **Art Class & Table Games** 12:00 pm - 2:00 pm **Ping Pong** 2:00 pm - 4:00 pm	4 **Field Trip to** **GRATON CASINO** **Bus Leaves at** **8:30 AM SHARP**	5	6
7 **Always Active** 9:15 am - 10:15 am **Line Dance** 10:30 am - 11:30 am **Bingo** 12:45 pm - 2:00 pm **Tango** 2:15 pm - 4:00 pm	8 **Coffee & Chit Chat** 9:00 am - 10:00 am **NIA** 10:30 am - 11:30 am	9 **Always Active** 9:15 am - 10:15 am **Tai Chi** 10:30 am - 11:30 am **Bingo** 12:30 pm - 1:30 pm Waves of Wisdom 3:00 - 5:00 pm	10 **Coffee & Chit Chat** 9:00 am - 10:00 am Tai Chi 10:30 am -11:30 am **Art Class & Table Games** 12:00 pm - 2:00 pm **Ping Pong** 2:00 pm - 4:00 pm	11 **Coffee & Chit Chat** 9:00 am - 10:00 am **Zumba** 10:00 am -11:00 am **Bingo** 12:30 pm - 1:30 pm	12 Waves of Wisdom Field trip - Time TBD	13
14 **Always Active** 9:15 am - 10:15 am **Line Dance** 10:30 am - 11:30 am **Bingo** 12:45 pm - 2:00 pm **Tango** 2:15 pm - 4:00 pm	15 **Coffee & Chit Chat** 9:00 am - 10:00 am **NIA** 10:30 am - 11:30 am	16 **Always Active** 9:15 am - 10:15 am **Tai Chi** 10:30 am - 11:30 am **Sewing class** 12:30 pm - 1:30 pm	17 **Coffee & Chit Chat** 9:00 am - 10:00 am Tai Chi 10:30 am -11:30 am **Art Class & Table Games** 12:00 pm - 2:00 pm **Ping Pong** 2:00 pm - 4:00 pm	18 **Coffee & Chit Chat** 9:00 am - 10:00 am **Zumba** 10:00 am -11:00 am **Bingo** 12:30 pm - 1:30 pm	19	20
21 **Always Active** 9:15 am - 10:15 am **Line Dance** 10:30 am - 11:30 am **Bingo** 12:45 pm - 2:00 pm **Tango** 2:15 pm - 4:00 pm	22 **NIA** 10:30 am - 11:30 am	23 **AOA Program is Closed**	24 **AOA Program is Closed**	25  Happy Holidays to you and your loved ones AOA Program is closed	26	27
28 **Always Active** 9:15 am - 10:15 am **Line Dance** 10:30 am - 11:30 am **Bingo** 12:45 pm - 2:00 pm **Tango** 2:15 pm - 4:00 pm	29 **NIA** 10:30 am - 11:30 am	30 **AOA Program is Closed**	31 **AOA Program is Closed**			