



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE OLDER ADULTS

## November 2025

| MONDAY                                                                          | TUESDAY                                                                                                                                    | WEDNESDAY                                                                                    | THURSDAY                                                                                   | FRIDAY                                       |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------|
| 3<br><b>AOA Coffee &amp; Board Games</b><br>11:30-1:00PM                        | 4 <b>Ping Pong (Adv.)</b><br>9:30-10:30AM<br><b>Red Cross Blood Drive</b><br>10:00-4:00PM<br><b>Arts &amp; Crafts Club</b><br>9:30-10:30AM | 5<br><b>Sing-Along with Shirley</b><br>11:30-12:30PM                                         | 6 <b>Ping Pong (Int.)</b><br>9:30-10:30AM<br><b>Ping Pong (Beginner)</b><br>10:30-11:30AM  | 7<br><b>AOA Board Games</b><br>12:00-1:30PM  |
| 10<br><b>AOA Financial Workshop- High Yield Savings Account</b><br>11:30-1:00PM | 11 <b>Ping Pong (Adv.)</b><br>9:30-10:30AM<br><b>Arts &amp; Crafts Club</b><br>9:30-10:30AM                                                | 12 <b>AOA Discussions in Aging</b><br>11:30-1:00PM<br><b>AOA Board Games</b><br>12:00-1:30PM | 13 <b>Ping Pong (Int.)</b><br>9:30-10:30AM<br><b>Ping Pong (Beginner)</b><br>10:30-11:30AM | 14<br><b>AOA Board Games</b><br>12:00-1:30PM |
| 17<br><b>AOA Healthy Aging &amp; Resource Fair</b><br>11:30-2:30PM              | 18 <b>Ping Pong (Adv.)</b><br>9:30-10:30AM<br><b>Arts &amp; Crafts Club</b><br>9:30-10:30AM                                                | 19<br><b>AOA Board Games</b><br>12:00-1:30PM                                                 | 20<br><b>AOA Friendsgiving Potluck</b><br>12:00-1:30PM                                     | 21<br><b>AOA Board Games</b><br>12:00-1:30PM |
| 24<br><b>AOA Coffee &amp; Board Games</b><br>11:30-1:00PM                       | 25 <b>Ping Pong (Adv.)</b><br>9:30-10:30AM<br><b>Arts &amp; Crafts Club</b><br>9:30-10:30AM                                                | 26<br><b>AOA Board Games</b><br>12:00-1:30PM                                                 | 27<br><b>Thanksgiving Day</b><br>YMCA CLOSED                                               | 28<br><b>AOA Board Games</b><br>12:00-1:30PM |
|                                                                                 |                                                                                                                                            |                                                                                              |                                                                                            |                                              |

Thanks to Co-opportunity Market & Shake Shack for sponsoring our events



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