



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 New Year's Day YMCA Closed	2 AOA Board Games 12:00-1:30PM
5 AOA Coffee & Board Games 11:30-1:00PM	6 Ping Pong (Adv.) 9:30-10:30AM Arts & Crafts Club 11:30-1:00PM	7 Sing-Along w/Shirley 11:30-12:30PM Mah Jongg Club 11:45-1:00PM	8 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	9 AOA Board Games 12:00-1:30PM
12 AOA Coffee & Board Games 11:30-1:00PM	13 Ping Pong (Adv.) 9:30-10:30AM Arts & Crafts Club 11:30-1:00PM	14 OATS "Intro to AI" Presentation 11:00-12:30PM TEC Day: 1-on-1 Digital Coaching 12:30-3:30PM	15 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	16 AOA Board Games 12:00-1:30PM
19 AOA Coffee & Board Games 11:30-1:00PM	20 Ping Pong (Adv.) 9:30-10:30AM Arts & Crafts Club 11:30-1:00PM	21 Mah Jongg Club 11:45-1:00PM	22 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	23 AOA Board Games & Birthday Celebrations 12:00-1:30PM
26 AOA Coffee & Board Games 11:30-1:00PM	27 Ping Pong (Adv.) 9:30-10:30AM Arts & Crafts Club 11:30-1:00PM	28 Mah Jongg Club 11:45-1:00PM Cervical Health Awareness Workshop 3:00-6:00PM	29 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	30 AOA Board Games 12:00-1:30PM

All activities take place in the Senior Center (2nd Floor) unless otherwise noted. For more information, contact: Matthew Takahashi | matthew@ymcasm.org | 310 393-2721 ext 116