

May 2024 Activities Program Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



May 1



9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Tech Support (John) (BIL) (CA)
10:00 Drawing & Painting (BIL) (SP)
11:30 Fall Prevention 1
12:00 Tech Support (Josh) (BIL) (CA)
1:00 Fall Prevention 1 (BIL) (SP)
2:00 Volunteer Committee (BIL) (SP)
2:30 Gentle Yoga

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9:00 Tech Support (Jean) (BIL) (SP)
10:00 On Lok Always Active (BIL)(V)
10:00 Game Room
10:00 Body Dynamics
11:00 Leah's Pantry: Everybody Loves Line Dance
11:30 Fall Prevention 1 (V)
11:30 Tai Chi
1:30 Aging Mastery Program Workshop (SP)
1:30 Fall Prevention Maintenance (V)
1:30 Diabetes Workshop (DEEP) (SP)
2:00 Blood Pressure (BIL)(SP)
2:00 Karaoke

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Fall Prevention 1
12:00 Tech Support (Jean) (BIL) (SP)
1:00 Fall Prevention 1 (BIL) (SP)
2:00 Cinco de Mayo Latin Dance & Raffle



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10:00 Movie
2:00 Karaoke



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9:00 Tech Support (Yvan)(BIL)(SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 LDG Carnical Dance Practice RSVP(BIL) (SP)
1:30 Fall Prevention Maintenance (V)
2:00 Flower Making Workshop
2:30 Yoga with Jennifer Kirkley

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SFPL BookMobile

9:00 Tech Support (Jean) (BIL) (SP)
9:45 Coro de la 30 CMC (BIL) (SP) (H)
10:00 On Lok Always Active (BIL) (SP) (V)
10:00 Game Room
10:00 Chess
10:00 Body Dynamics
11:30 Fall Prevention 1 (V)
11:30 Tai Chi
12:00 Beginner Line Dance (H)
1:00 SFPL BookMobile
1:30 Activities Committee (BIL) (SP)
2:00 Health Promotion Talks (BIL) (SP)
2:00 Flower Making Workshop

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Stress Busters

9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Drawing & Painting (BIL) (SP)
11:30 Fall Prevention 1
11:30 Stress Busters (BIL) (SP)
12:00 Tech Support (Josh) (BIL) (CA)
1:00 Fall Prevention 1 (BIL) (SP)
2:30 Chair Yoga

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Musical Performance

9:00 Tech Support (Jean) (BIL) (SP)
10:00 On Lok Always Active (BIL)(V)
10:00 Game Room
10:00 Body Dynamics
11:00 Music aLIVE Musical Performance
11:30 Fall Prevention 1 (V)
11:30 Tai Chi
1:30 Fall Prevention Maintenance (V)
1:30 Aging Mastery Program Workshop (SP)
2:00 Blood Pressure (BIL) (SP)
2:00 Karaoke
2:00 Conversation Circle

10



10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Fall Prevention 1
12:00 Tech Support (Jean) (BIL) (SP)
1:00 Fall Prevention 1 (BIL) (SP)
2:00 Mother's Day Latin Dance & Raffle

11

10:00 Body Dynamics
2:00 Karaoke



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9:00 Tech Support (Yvan)(BIL)(SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:00 Beginners English Class
11:00 Arts and Crafts with SFPL
11:30 LDG Carnival Dance Practice RSVP (BIL) (SP)
1:30 Fall Prevention Maintenance (V)
2:00 Flower Making Workshop
2:30 Yoga with Jennifer Kirkley

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Cafe con Leche

9:00 Tech Support (Jean) (BIL) (SP)
9:45 Coro de la 30 CMC (BIL) (SP) (H)
10:00 On Lok Always Active (BIL) (SP) (V)
10:00 Game Room
10:00 Chess
10:00 Body Dynamics
11:30 Fall Prevention 1 (V)
11:30 Tai Chi
12:00 Beginner Line Dance (H)
1:30 Activities Committee (BIL) (SP)
1:30 Diabetes (DEEP) Workshop
2:00 Flower Making Workshop
2:00 Cafe con Leche (SP)

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UCSF Brain Health Talks

9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP)
10:00 On Lok Always Active (BIL) (SP) (V)
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Drawing & Painting (BIL) (SP)
11:30 Fall Prevention 1
12:00 Tech Support (Josh) (BIL) (CA)
1:00 Fall Prevention 1 (BIL) (SP)
2:30 Gentle Yoga
3:00 UCSF Brain Health Talks

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Garden Volunteer Committee

9:00 Tech Support (Jean) (BIL) (SP)
10:00 On Lok Always Active (BIL) (SP) (V)
10:00 Game Room
10:00 Body Dynamics
11:30 Fall Prevention 1 (V)
11:30 Tai Chi
11:30 Garden Volunteer Committee (BIL) (SP)
1:30 Fall Prevention Maintenance (V)
2:00 Blood Pressure (BIL) (SP)
2:00 Karaoke

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Fall Prevention 1
12:00 Tech Support (Jean) (BIL) (SP)
1:00 Fall Prevention 1 (BIL) (SP)
2:00 Latin Dance & Raffle

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10:00 Movie
2:00 Karaoke



May 2024 Activities Program Schedule

MONDAY

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9:00 Tech Support (Yvan)(BIL)(SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:00 Beginners English Class
11:30 LDG Carnical Dance Practice
RSVP (BIL) (SP)
1:30 Fall Prevention Maintenance (V)
2:00 Flower Making Workshop
2:30 Yoga with Jennifer Kirkley

TUESDAY

21 **Elder Abuse Scams Red Flags**

9:00 Tech Support (Jean) (BIL) (SP)
9:45 Coro de la 30 CMC (BIL) (SP) (H)
10:00 On Lok Always Active (BIL) (SP)(V)
11:00 Elder Abuse Scams Red Flags Presentation
11:30 Fall Prevention 1 (V)
11:30 Tai Chi
10:00 Game Room
10:00 Chess
12:00 Beginner Line Dance (H)
1:30 Diabetes (DEEP) Workshop
2:00 Senior Council (BIL) (SP)

WEDNESDAY

22 

9:00 Consumer Tech Support (Urban Equity Group)
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Drawing & Painting (BIL) (SP)
11:30 Fall Prevention 1
12:00 Tech Support (Josh) (BIL) (CA)
1:00 Fall Prevention 1 (BIL) (SP)
2:30 Chair Yoga
3:00 UCSF Brain Health Talks (SP)

THURSDAY

23 

9:00 Tech Support (Jean) (BIL) (SP)
10:00 On Lok Always Active (BIL) (SP) (V)
10:00 Game Room
11:00 Leah's Pantry: Everyone Loves Line Dancing
11:30 Fall Prevention 1 (V)
11:30 Tai Chi
1:30 Aging Mastery Program Workshop(SP)
1:30 Fall Prevention Maintenance (V)
2:00 Blood Pressure (BIL) (SP)
2:00 Karaoke

FRIDAY

24

10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Fall Prevention 1
12:00 Tech Support (Jean) (BIL) (SP)
1:00 Fall Prevention 1 (BIL) (SP)
2:00 Latin Dance & Raffle



SATURDAY

25 

10:00 Movie
2:00 Karaoke



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No Virtual Activities

9:00 Tech Support (Yvan)
10:00 Game Room
10:00 Flower Making Workshop
10:30 Musical Performance

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Café con Leche

9:00 Tech Support (Jean) (BIL) (SP)
9:45 Coro de la 30 CMC (BIL) (SP) (H)
10:00 On Lok Always Active (BIL) (SP) (V)
10:00 Game Room
10:00 Chess
11:30 Fall Prevention 1 (V)
11:30 Tai Chi
12:00 Beginner Line Dance (H)
1:30 Activities Committee (BIL) (SP)
1:30 Diabetes (DEEP) Workshop
2:00 Flower Making Workshop
2:00 Cafe con Leche (SP)

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9:00 Consumer Tech Support (Urban Equity Group)
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Drawing & Painting (BIL) (SP)
11:30 Fall Prevention 1
12:00 Tech Support (Josh) (BIL) (CA)
1:30 Fall Prevention 1 (BIL) (SP)
2:00 Volunteer Committee (BIL)(SP)
2:30 Gentle Yoga

30

Conversation Circle

9:00 Tech Support (Jean) (BIL) (SP)
10:00 On Lok Always Active (BIL) (SP)(V)
10:00 Game Room
11:00 Leah's Pantry: Everyone Loves Line Dancing
11:30 Fall Prevention 1 (V)
11:30 Tai Chi
1:30 Aging Mastery Program Workshop(SP)
1:30 Fall Prevention Maintenance V
2:00 Blood Pressure (BIL) (SP)
2:00 Karaoke
2:00 Conversation Circle

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Fall Prevention 1
12:00 Tech Support (Jean) (BIL) (SP)
1:00 Fall Prevention 1(BIL) (SP)
2:00 Latin Dance & Raffle



SPECIAL EVENTS

05/01 - 11:30am Fall Prevention 1
05/03 - 2pm Cinco de Mayo Latin Dance & Raffle
05/07 - 1pm BookMobile
05/07 - 1:30pm Activities Committee
05/07 - 2pm Health Promotion Talks
05/08 - 11:30am Stress Busters
05/09 - 11am Music Performance
05/09 - 2pm Conversation Circle
05/10 - 2pm Mother's Day Latin Dance & Raffle

Body Dynamics will go on break starting May 18

REGULAR CENTER HOURS

Registration*

Monday–Saturday, 9:00am-4:00pm

Happy Heart Gym*

Monday–Saturday, 9:00am-3:00pm

Computer Lab*

Monday- Saturday, 10:00am-4:00pm

Special Requirements. Please inquire at Office #302*

Hours are subject to change without notice

To pre-register and pre-sign up for classes please

reach out to the appropriate staff members:

Always Active/ Fall Prevention:

Luz Ibarra, (415) 550-2265 or luz.ibarra@onlok.org

Sue Mittelman, (415) 550-2208 or bysusan.mittelman@onlok.org

Tai Chi Arthritis:

Diana Lara-Rodgers, (415) 550-2209 or dlararodgers@onlok.org

DEEP(Diabetes Empowerment Education Program)/

Healthier Living

Miguel Martinez, (415) 550-2201 or miguel.martinez@onlok.org

Aging Mastery Program

Valorie Villela, (415) 439-9364 or valorie@onlok.org

ANNOUNCEMENTS

Activities marked with (SP) are in Spanish, (CA) are in Cantonese, and (BIL) are bilingual.

Activities are subject to change without notice.

All activities require a pre-registration or pre-sign-up process.

All activities are in-person unless marked with (V) for virtual or (H) for hybrid (in-person & virtual).

