

April 2026 Activities Program Schedule

MONDAY



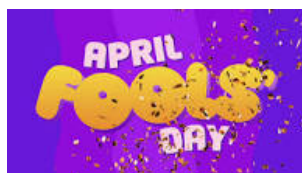
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

April 1



- 9:00 Tech Support (Mario) (BIL) (SP)
- 10:00 On Lok Always Active (V)
- 10:00 On Lok Always Active
- 10:00 Game Room
- 10:00 Drawing & Painting (BIL) (SP)
- 12:00 Tech Support (Danny)
- 1:00 On Lok Always Active
- 1:30 On Lok Always Active (V)
- 2:00 Flower Making Workshop (BIL) (SP)
- 2:30 Gentle Yoga

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- 9:00 LDG Carnaval Practice RSVP (BIL) (SP)
- 9:00 Tech Support (Maisie)
- 10:00 On Lok Always Active (BIL) (SP) (V)
- 10:00 Game Room
- 10:00 Body Dynamics
- 10:00 Tech Support (Jackson)
- 11:30 Tai Chi For Diabetes (V)
- 1:00 Tech Support (Keili) (BIL) (SP)
- 1:00 Gardening 101
- 1:30 Diabetes Workshop (DEEP)
- 1:30 On Lok Always Active (V)
- 2:00 Karaoke

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- 9:00 Tech Support (Genesis) (BIL) (SP)
- 10:00 On Lok Always Active (V)
- 10:00 On Lok Always Active
- 10:00 Drawing & Painting (BIL) (SP)
- 10:00 Game Room
- 11:00 Blood Pressure (Mateo) (BIL)(SP)
- 1:00 Tech Support (Sebastian)
- 1:00 On Lok Always Active
- 1:30 On Lok Always Active (V)
- 2:00 Peruvian Weaving (SP)

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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 Affordable Housing & Rental Finance Basics (BIL) (SP)
- 11:00 Body Dynamics
- 1:30 On Lok Always Active (V)
- 2:00 Blood Pressure (Laisha) (BIL) (SP)
- 2:30 Chair Yoga

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- 9:00 LDG Carnaval Practice RSVP (BIL) (SP)
- 9:45 Coro de la 30 CMC (BIL) (SP)
- 10:00 On Lok Always Active (BIL)(SP)(V)
- 10:00 Body Dynamics
- 10:00 Game Room
- 10:00 Tech Support (John) (BIL)(CA)
- 10:00 Chess
- 10:00 Blood Pressure (Vincent)
- 10:00 Aging Mastery Program Workshop (SP)
- 11:30 Tai Chi For Diabetes (V)
- 12:00 Beginners Line Dance (Carmen)
- 1:00 SFPL Bookmobile (BIL) (SP)
- 1:00 Aging Mastery Program Workshop
- 1:00 Tech Support (Jan)
- 1:30 On Lok Always Active (V)
- 2:00 Peruvian Weaving (SP)

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- 9:00 Tech Support (Mario) (BIL) (SP)
- 10:00 On Lok Always Active (V)
- 10:00 On Lok Always Active
- 10:00 Game Room
- 10:00 Drawing & Painting (BIL) (SP)
- 11:30 Stress Busters (BIL) (SP)
- 12:00 Tech Support (Danny)
- 1:00 On Lok Always Active
- 1:30 On Lok Always Active (V)
- 2:00 Flower Making Workshop (BIL)(SP)
- 2:00 Gentle Yoga

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- 9:00 LDG Carnaval Practice RSVP (BIL)(SP)
- 9:00 Tech Support (Maisie)
- 10:00 On Lok Always Active (BIL)(SP)(V)
- 10:00 Body Dynamics
- 10:00 Game Room
- 10:00 Tech Support (Jackson)
- 11:00 Blood Pressure (Sarai) (BIL) (SP)
- 11:00 Music aLive Musical Presentation
- 11:30 Tai Chi For Diabetes (V)
- 1:00 Tech Support (Keili) (BIL) (SP)
- 1:00 Gardening 101
- 1:30 Diabetes Workshop (DEEP)
- 1:30 On Lok Always Active (V)
- 2:00 Karaoke
- 2:30 Conversation Circle

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- 9:00 Tech Support (Genesis) (BIL) (SP)
- 10:00 On Lok Always Active (V)
- 10:00 On Lok Always Active
- 10:00 Drawing & Painting (BIL) (SP)
- 10:00 Game Room
- 11:00 Blood Pressure (Mateo) (BIL) (SP)
- 1:00 Tech Support (Sebastian)
- 1:00 On Lok Always Active
- 1:30 On Lok Always Active (V)
- 2:00 Peruvian Weaving (SP)
- 2:00 Latin Music Dance

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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
- 10:00 Blood Pressure (Laisha) (BIL) (SP)
- 11:00 Medical Planning/Advance Care Planning Workshop (SP)
- 11:00 Body Dynamics
- 1:30 On Lok Always Active (V)
- 1:30 Volunteer Committee (BIL) (SP)
- 2:45 Chair Yoga

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- 9:00 LDG Carnaval Practice RSVP (BIL) (SP)
- 9:45 Coro de la 30 CMC (BIL) (SP)
- 10:00 On Lok Always Active (BIL)(SP)(V)
- 10:00 Body Dynamics
- 10:00 Game Room
- 10:00 Tech Support (John) (BIL)(CA)
- 10:00 Chess
- 10:00 Blood Pressure (Vincent)
- 10:00 Aging Mastery Program Workshop (SP)
- 11:30 Tai Chi For Diabetes (V)
- 12:00 Beginners Line Dance (Carmen)
- 1:00 Tech Support (Jan)
- 1:30 On Lok Always Active (V)
- 1:30 Activities Committee (BIL) (SP)
- 2:00 Cafe con Leche (SP)

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- 9:00 Tech Support (Mario) (BIL) (SP)
- 10:00 On Lok Always Active (V)
- 10:00 On Lok Always Active
- 10:00 Game Room
- 10:00 Drawing & Painting (BIL) (SP)
- 12:00 Tech Support (Danny)
- 1:00 On Lok Always Active
- 1:30 On Lok Always Active (V)
- 2:00 Flower Making Workshop (BIL) (SP)
- 2:30 Gentle Yoga
- 3:00 UCSF Brain Health Talks (SP)

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- 9:00 LDG Carnaval Practice RSVP (BIL) (SP)
- 9:00 Tech Support (Maisie)
- 10:00 On Lok Always Active (BIL)(SP)(V)
- 10:00 Body Dynamics
- 10:00 Game Room
- 10:00 Tech Support (Jackson)
- 10:00 Garden Volunteer Committee (BIL)(SP)
- 11:30 Tai Chi for Diabetes (V)
- 1:00 Tech Support (Keili) (BIL) (SP)
- 1:00 Gardening 101
- 1:30 Chronic Pain Management Workshop
- 1:30 On Lok Always Active (V)
- 2:00 Karaoke

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- 9:00 Tech Support (Genesis) (BIL) (SP)
- 10:00 On Lok Always Active (V)
- 10:00 On Lok Always Active
- 10:00 Drawing & Painting (BIL) (SP)
- 10:00 Game Room
- 11:00 Blood Pressure (Mateo) (BIL) (SP)
- 1:00 Tech Support (Sebastian)
- 1:00 On Lok Always Active
- 1:00 On Lok Always Active (V)
- 2:00 Blood Pressure (Sarai) (BIL) (SP)
- 2:00 Latin Music Dance

LATIN DANCE & GROOVES

FOR THE 2026 MULTI-CULTURAL SF CARNAVAL PARADE

Carnaval rehearsals with Latin Dance Grooves. Taught by Betty Pazmino. Rehearsals will be EVERY Tuesday & Thursday at 9am-10am.

March: 3/17, 3/19, 3/24, 3/26, 3/31
 April: 4/2, 4/7, 4/9, 4/14, 4/16, 4/21, 4/23, 4/28, 4/30
 May: 5/5, 5/7, 5/12, 5/14, 5/19, 5/21

For Outdoor Rehearsals: 5/3, 5/10, 5/17, 5/23 from 12pm-2pm at Visitation Valley Middle School, 1971 Visitation Ave., SF, CA



April 2026 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
10:00 Blood Pressure (Laisha) (BIL) (SP)
10:30 Chair Yoga
11:00 Medical Planning/Advance Care Planning Workshop (SP)
11:00 Body Dynamics
1:00 Tai Chi for Energy
1:30 On Lok Always Active (V)

CENTER CLOSSES at 2PM

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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
10:00 Blood Pressure (Laisha) (BIL) (SP)
11:00 Body Dynamics
11:00 Medical Planning/Advance Care Planning Workshop (SP)
1:00 Tai Chi for Energy
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)
2:45 Chair Yoga (Marie)

TUESDAY

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NATIONAL VOLUNTEER

9:45 Coro de la 30 CMC (BIL) (SP)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Chess
10:00 Blood Pressure (Vincent)
10:00 Aging Mastery Program Workshop (SP)
11:30 Tai Chi for Diabetes (V)
12:00 Beginners Line Dance (Carmen)
1:00 Tech Support (Jan)
1:30 On Lok Always Active (V)
2:00 Senior Council (BIL) (SP)

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9:45 Coro de la 30 CMC (BIL) (SP)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Chess
10:00 Blood Pressure (Vincent)
10:00 Aging Mastery Program Workshop (SP)
11:30 Tai Chi for Diabetes (V)
12:00 Beginners Line Dance (Carmen)
1:00 Tech Support (Jan)
1:30 On Lok Always Active (V)
1:30 Activities Committee (BIL) (SP)
2:00 Cafe con Leche (SP)
2:00 Peruvian Weaving (SP)
3:00 Blood Pressure (Sarai) (BIL) (SP)

WEDNESDAY

22

9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
11:00 Latin Aerobics (BIL) (SP)
12:00 Tech Support (Danny)
1:00 On Lok Always Active
1:00 Tai Chi for Energy
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga (Marie)

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9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
11:00 Latin Aerobics (BIL) (SP)
12:00 Tech Support (Danny)
1:00 On Lok Always Active
1:00 Tai Chi for Energy
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga (Marie)

THURSDAY

23

9:00 LDG Carnaval Practice RSVP (BIL) (SP)
9:00 Tech Support (Maisie)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Jackson)
11:30 Tai Chi for Diabetes (V)
1:00 Tech Support (Keili) (BIL) (SP)
1:00 Gardening 101
1:30 Chronic Pain Management Workshop
1:30 On Lok Always Active (V)
2:00 Blood Pressure (Sarai) (BIL) (SP)
2:00 Karaoke
2:30 Conversation Circle

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9:00 LDG Carnaval Practice RSVP (BIL) (SP)
9:00 Tech Support (Maisie)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Jackson)
11:00 Tai Chi Fan Performance
11:30 Tai Chi for Diabetes (V)
1:00 Tech Support (Keili) (BIL) (SP)
1:00 Gardening 101
1:30 Chronic Pain Management Workshop
1:30 On Lok Always Active (V)
2:00 Karaoke

FRIDAY

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WEEK

9:00 Tech Support (Genesis) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 Tech Support (Sebastian)
1:00 On Lok Always Active
1:30 On Lok Always Active (V)
2:00 Peruvian Weaving (SP)
2:00 Volunteer Appreciation Dance



SPECIAL EVENTS

4/6 - 11:00am Affordable Housing & Rental Finance Basics (BIL) (SP)
4/8 - 11:30am Stress Busters (BIL) (SP)
4/9 - 11:00am Music aLive Musical Presentation
4/9 - 2:30pm Conversation Circle
4/13 - 11:00am Medical Planning/Advance Care Planning Workshop (SP)
4/13 - 1:30am Volunteer Committee (BIL) (SP)
4/14 - 1:30pm Activities Committee (BIL) (SP)
4/14 - 2:00pm Cafe con Leche (SP)
4/15 - 3:00pm UCSF Brain Health Talks (SP)
4/16 - 1:30pm Chronic Pain Management Workshop
4/20 - 1:00pm Tai Chi for Energy
4/22 - 11:00am Latin Aerobics (BIL) (SP)
4/30 - 11:00am Tai Chi Fan Performance

REGULAR CENTER HOURS

Registration* Monday-Friday :

9:30am-12:00pm
1:30pm-3:30pm

Happy Heart Gym* Monday-Friday:

10:00am-12:00pm
1:00pm-3:00pm

Computer Lab* Monday- Friday:

10:00am-4:00pm

Special Requirements: Please inquire at Office #302

Hours are subject to change without notice

To pre-register for classes please reach the appropriate staff members:

Always Active

(415) 550-2265, alwaysactive@onlok.org

Tai Chi Arthritis:

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

DEEP (Diabetes Empowerment Education Program) and Healthier Living

(415) 550-6002, workshops@onlok.org

Aging Mastery Program
workshops@onlok.org

CALENDAR KEY

Activities marked with:
• (SP) are in Spanish
• (CA) are in Cantonese
• (BIL) are bilingual.

All activities are in-person unless marked with • (V) for virtual

Activities are subject to change without notice.

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

