

MONDAY



TUESDAY

Sept 1

9:30 Chess
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Body Dynamics
10:00 Blood Pressure (Vincent)
10:15 Beginners Line Dance (Carmen)
11:00 Tai Chi for Energy (V)
1:00 Bookmobile w/ SFPL (BIL) (SP)
1:30 On Lok Always Active (V)
1:30 Healthier Living Workshop
2:00 Peruvian Weaving (SP)



9:30 Chess
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 La Raza Clinics (BIL) (SP)
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Body Dynamics
10:00 Blood Pressure (Vincent)
10:15 Beginners Line Dance (Carmen)
11:00 Tai Chi for Energy (V)
1:30 On Lok Always Active (V)
1:30 Activities Committee (BIL) (SP)
1:30 Healthier Living Workshop
2:00 Cafe con Leche (SP)
2:00 Peruvian Weaving (SP)

WEDNESDAY

2



9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Tai Chi for Fall Prevention & Arthritis
1:00 On Lok Always Active
1:30 BINGO with Youtube (BIL) (SP)
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL) (SP)



9

9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Stress Busters (BIL) (SP)
11:30 Tai Chi for Fall Prevention & Arthritis
1:00 On Lok Always Active
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL)(SP)



THURSDAY

3



10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
10:00 Body Dynamics
11:00 Music in the Garden w/ UCSF (SP)
1:00 Tech Support (Dustin)
1:30 On Lok Always Active (V)
1:30 Chronic Pain Management (SP)
1:30 Karaoke
2:00 Blood Pressure (Laisha) (BIL) (SP)



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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
10:00 Body Dynamics
11:00 Tai Chi for Energy (V)
11:00 Music aLive Musical Presentation: Skillet Licorice
1:00 Tech Support (Dustin)
1:30 On Lok Always Active (V)
1:30 Chronic Pain Management (SP)
1:30 Karaoke
2:00 Blood Pressure (Laisha) (BIL)(SP)
2:00 Conversation Circle



FRIDAY

4



10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Tai Chi for Fall Prevention & Arthritis
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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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Tai Chi for Fall Prevention & Arthritis
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



18



10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:30 Latin Heritage Flag Presentation (BIL) (SP)
11:30 Tai Chi for Fall Prevention & Arthritis
1:00 Tech Support (Sebastian)
1:00 On Lok Always Active
1:30 On Lok Always Active (V)
2:00 Peruvian Weaving (SP)
2:30 Latin Music Dance

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CENTER CLOSED



14

9:00 Tech Support (Yvan) (BIL)(SP)
9:45 Coro de la 30 CMC
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:00 Body Dynamics
12:00 UCSF SunPrinting (BIL) (SP)
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)
2:00 Blood Pressure (Laisha) (BIL) (SP)
2:00 Music in the Garden w/ UCSF (BIL) (SP)
2:45 Chair Yoga

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15



9:30 Chess
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 Blood Pressure (Vincent)
10:15 Beginners Line Dance (Carmen)
11:00 Tai Chi for Energy (V)
11:00 Music aLive Musical Presentation: Sabor a Mi Cuba
1:30 On Lok Always Active (V)
1:30 Diabetes Workshop (DEEP)
2:00 Senior Council (BIL) (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
11:30 Tai Chi for Fall Prevention & Arthritis
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 Health Brain Talks (SP)

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10:00 On Lok Always Active(BIL) (SP)(V)
10:00 Body Dynamics
10:00 Game Room
11:00 Advance Planning: How to Prepare and Protect Our Family
11:00 Tai Chi for Energy (V)
11:30 Garden Volunteer Committee (BIL) (SP)
1:00 Tech Support (Dustin)
1:30 On Lok Always Active (V)

September Registrations!

If you are participating in any activities as of September 2026, you need to re-register your gold card with an ORANGE STICKER

All of September

Stop by the hospitality desk to update your registration

MON -FRI
9:30 am - 11:30 am
1:30 pm - 3:30 pm



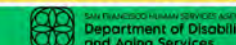
¡Registraziones en Septiembre!

Si participa en alguna actividad en Septiembre de 2026, deberá volver a registrarse y recibir el sello NARANJA.

Todo el mes de Septiembre

Pase a la recepción del 3^{er} piso para registrarse

Lunes a Viernes.
9:30 am - 11:30 am
1:30 pm - 3:30 pm



September 2026 Activities Program Schedule

MONDAY

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**Center Closes
at 2PM**



9:00 Tech Support (Yvan) (BIL)(SP)
9:45 Coro de la 30 CMC
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:00 Body Dynamics
1:30 On Lok Always Active (V)

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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 Body Dynamics
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)
2:45 Chair Yoga

TUESDAY

22

Autumn

9:30 Chess
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 Blood Pressure (Vincent)
10:15 Beginners Line Dance (Carmen)
11:00 Tai Chi for Energy (V)
1:30 On Lok Always Active (V)
1:30 Diabetes Workshop (DEEP)
1:30 Activities Committee (BIL) (SP)
2:00 Cafe Con Leche (SP)
2:00 Peruvian Weaving (SP)

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9:30 Chess
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 Blood Pressure (Vincent)
10:15 Beginners Line Dance (Carmen)
11:00 Tai Chi for Energy (V)
1:30 On Lok Always Active (V)
1:30 Diabetes Workshop (DEEP)
2:00 Peruvian Weaving (SP)

WEDNESDAY

23



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 Tai Chi for Fall Prevention & Arthritis
1:00 On Lok Always Active
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga

30



9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:00 Latin Aerobics (BIL) (SP)
1:00 On Lok Always Active
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga

THURSDAY

24



10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
11:00 Tai Chi for Energy (V)
1:00 Tech Support (Dustin)
1:30 On Lok Always Active (V)
1:30 Healthier Living Workshop (SP)
2:00 Blood Pressure (Laisha) (BIL)(SP)
2:00 Conversation Circle

FRIDAY

25



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 Tai Chi for Fall Prevention & Arthritis
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

on LOK® 30th Street Senior Center
where seniors embrace life

如果你还没有这样做的话,
九月注册!

2026年9月, 您需要使用
橙色贴纸重新注册您的金卡。

整个九月
请到接待处更新
您的注册信息

周一至周五
上午 9:30 - 上午 11:30
下午 1:30 - 下午 3:30

FY 26/27

Department of Disability and Aging Services



CELEBRATING

HISPANIC HERITAGE MONTH

SEPTEMBER 15TH TO OCTOBER 15TH

SPECIAL EVENTS

09/01 - 1:00pm Bookmobile w/ SFPL (BIL) (SP)
09/02 - 1:30pm BINGO with Youtube (BIL) (SP)
09/08 - 10:00am La Raza Clinics (BIL) (SP)
09/08 - 2:00pm Cafe con Leche (SP)
09/08 - 11:30am Stress Busters (BIL) (SP)
09/10 - 11:00am Music aLive Musical Presentation: Skillet
09/10 - 2:00pm Conversation Circle
09/14 - 9:45 Coro de la 30 CMC
09/14 - 1:00pm UCSF SunPrinting (BIL) (SP)
09/14 - 2:00pm Music in the Garden w/ UCSF (BIL) (SP)
09/14 - 2:45pm Chair Yoga
09/15 - 11:00am Music aLive Musical Presentation: Sabor a Mi Cuba
09/18 - 10:30am Latin Heritage Flag Presentation (BIL) (SP)

REGULAR CENTER HOURS

Registration* Monday-Friday :

9:30am-11:30am
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

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.



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

On Lok 30th Street Senior Center is available to all persons age 60 and over.

Classes are funded in part by the Office of Community Partnerships/Department of Disability and Aging Services.