

August 2026 Activities Program Schedule

MONDAY

August 3

9:00 Tech Support (Yvan) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
1:30 On Lok Always Active (V)



10 9:00 Tech Support (Yvan) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)



17 **CENTER CLOSSES AT 2PM**

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)

TUESDAY

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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 Blood Pressure (Vincent)
10:15 Beginners Line Dance (Carmen)
11:00 Tai Chi for Diabetes (V)
12:00 Beginners Guitar Jam Sessions (Carmen)
1:00 Bookmobile w/ SFPL (BIL) (SP)
1:30 On Lok Always Active (V)
1:30 Healthier Living Workshop
2:00 Peruvian Weaving (SP)

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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 Blood Pressure (Vincent)
10:15 Beginners Line Dance (Carmen)
12:00 Beginners Guitar Jam Sessions (Carmen)
1:30 On Lok Always Active (V)
1:30 Activities Committee (BIL) (SP)
1:30 Healthier Living Workshop
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)
12:00 Beginners Guitar Jam Sessions (Carmen)
1:30 On Lok Always Active (V)
1:30 Healthier Living Workshop
2:00 Senior Council (BIL) (SP)

WEDNESDAY

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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)

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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 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)

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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)
3:00 UCSF Health Brain Talks (SP)

THURSDAY

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10:00 On Lok Always Active (BIL) (SP)(V)
10:00 Game Room
11:00 Tai Chi for Diabetes (V)
1:00 Tech Support (Danny)
1:30 On Lok Always Active (V)
1:30 Chronic Pain Management (SP)
1:30 Karaoke

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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
11:00 Music aLive Musical Presentation: Diogo Sabre and Friends
1:00 Tech Support (Danny)
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 Body Dynamics
10:00 Game Room
11:30 Garden Volunteer Committee (BIL) (SP)
1:00 Tech Support (Danny)
1:30 On Lok Always Active (V)
1:30 Chronic Pain Management (SP)
1:30 Karaoke
2:00 Blood Pressure (Laisha) (BIL)(SP)

FRIDAY

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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

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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

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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

If you haven't yet,
August Registrations!

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

All of August

Stop by the hospitality desk to update your registration

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



如果你还没有这样做的话,
八月报名!

如果您截至目前参与任何活动
2026年8月,
您需要使用橙色贴纸重
新注册您的金卡。

整个八月

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



August 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
11:00 Body Dynamics
1:00 UCSF SunPrinting (BIL) (SP)
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (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 Body Dynamics
1:00 UCSF SunPrinting (BIL) (SP)
1:30 On Lok Always Active (V)

TUESDAY

25



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)
12:00 Beginner Guitar Jam Sessions (Carmen)
1:30 On Lok Always Active (V)
1:30 Healthier Living Workshop
1:30 Activities Committee (BIL) (SP)
2:00 Peruvian Weaving (SP)

WEDNESDAY

26



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)

THURSDAY

27



10:00 On Lok Always Active (BIL) (SP)(V)
10:00 Body Dynamics
10:00 Game Room
1:00 Tech Support (Danny)
1:30 Chronic Pain Management (SP)
1:30 Karaoke
2:00 Blood Pressure (Laisha) (BIL) (SP)

FRIDAY

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:00 Arts & Crafts w/ SFPL (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



SPECIAL EVENTS

08/04 - 1:00pm Bookmobile w/ SFPL (BIL) (SP)
08/04 - 1:30pm Healthier Living Workshop
08/06 - 1:30 Chronic Pain Management (SP)
08/10 - 10:00am La Raza Clinics (BIL) (SP)
08/11 - 11:30am Stress Busters (BIL) (SP)
08/13 - 11:00am Music aLive Musical Presentation: Diogo Sabre and Friends
08/17 - 11:00am Body Dynamics
08/18 - 2:00pm Senior Council (BIL) (SP)
08/19 - 3:00pm UCSF Health Brain Talks (SP)
08/20 - 11:30 Garden Volunteer Committee (BIL) (SP)
08/24 - 1:00pm UCSF SunPrinting (BIL) (SP)
08/28 - 11:00am Arts & Crafts w/ SFPL (BIL)

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.