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

November 2026 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 2 **9:00** Tech Support (Yvan) (BIL)(SP) **10:00** 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)** **2:30** Chair Yoga	**3** **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 Tech Support (Gary)** **1:00 Bookmobile w/ SFPL (BIL) (SP)** **1:30** On Lok Always Active **(V)** **1:30 Diabetes (DEEP) Workshop (SP)** **2:00** Peruvian Weaving (SP)	**4** **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** 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	**5** **9:00 Invigorating Latin dance class (BIL) (SP)** **10:00** On Lok Always Active (BIL)(SP) **(V)** **10:00** Game Room **10:00** Body Dynamics **10:00** Tech Support (Dustin) **11:00** Tai Chi For Energy **(V)** **1:30** On Lok Always Active **(V)** **1:30** Karaoke **2:00** Blood Pressure (Laisha) (BIL) (SP) **2:00 Conversation Circle**	**6** **10:00** On Lok Always Active **(V)** **10:00** On Lok Always Active **10:00** Game Room **10:00** Blood Pressure (Trinity) **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
9 **9:00** Tech Support (Yvan) (BIL)(SP) **10:00** 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 **12:30 Music in the Garden w/ UCSF (BIL) (SP)** **1:30** On Lok Always Active **(V)** **1:30 Volunteer Committee (BIL) (SP)** **2:45** Chair Yoga	**10** **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)** **1:00 Tech Support (Gary)** **1:30** On Lok Always Active **(V)** **1:30 Activities Committee (BIL) (SP)** **1:30** Diabetes (DEEP) Workshop (SP) **2:00 Cafe con Leche (SP)** **2:00** Peruvian Weaving (SP)	**11** **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** Drawing & Painting (BIL) (SP) **10:00 Blood Pressure (Laisha) (BIL) (SP)** **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) **2:30** Gentle Yoga	**12** **9:00 Invigorating Latin dance class (BIL) (SP)** **10:00** On Lok Always Active (BIL) (SP)**(V)** **10:00** Game Room **10:00** Body Dynamcis **10:00** Tech Support (Dustin) **11:00** Tai Chi For Energy **(V)** **11:00 Music aLive Musical Presentation: Creole Belles** **1:30** On Lok Always Active **(V)** **1:30** Karaoke	**13** LUCKY FRIDAY 13th **10:00** On Lok Always Active **(V)** **10:00** On Lok Always Active **10:00** Game Room **10:00** Blood Pressure (Trinity) **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**
16 **Center Closes at 2:00PM** **9:00** Tech Support (Yvan) (BIL)(SP) **10:00 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 **12:30 Music in the Garden w/ UCSF (BIL) (SP)** **1:30** On Lok Always Active **(V)**	**17** **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)** **1:00 Tech Support (Gary)** **1:30** On Lok Always Active **(V)** **1:30** Diabetes Workshop (DEEP) (SP) **2:00 Senior Council (BIL) (SP)**	**18** **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** 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** **3:00 UCSF Health Brain Talks (SP)**	**19** **9:00 Invigorating Latin dance class (BIL) (SP)** **10:00** On Lok Always Active(BIL) (SP)**(V)** **10:00** Body Dynamics **10:00** Game Room **10:00** Tech Support (Dustin) **11:00** Tai Chi For Energy **(V)** **11:30 Garden Volunteer Committee (BIL) (SP)** **12:30 Music in the Garden w/ UCSF (BIL) (SP)** **1:30** On Lok Always Active (V) **1:30** Karaoke **2:00** Blood Pressure (Laisha) (BIL)(SP) **2:00 Conversation Circle**	**20** **10:00** On Lok Always Active **(V)** **10:00** On Lok Always Active **10:00** Game Room **10:00** Blood Pressure (Trinity) **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® where seniors embrace life | 30th Street Senior Center

November 2026 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 **9:00** Tech Support (Yvan) (BIL)(SP) **10:00** 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)** **1:30 Volunteer Committee (BIL) (SP)**	**24** **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) **1:00 Tech Support (Gary)** **1:30** On Lok Always Active **(V)** **1:30** Diabetes (DEEP) Workshop (SP) **1:30 Activities Committee (BIL) (SP)** **2:00 Cafe Con Leche (SP)** **2:00** Peruvian Weaving (SP)	**25** **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** 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	**26** **CENTER CLOSED** **Happy Thanksgiving Day**	**27** **CENTER CLOSED**
30 **9:00** Tech Support (Yvan) (BIL)(SP) **10:00** 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)** **2:30** Chair Yoga				





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

The Center will be closed November 26th (Thursday) and 27th (Friday).

Have a save wonderful Thanksgving Weekend!

El Centro permanecerá cerrado el 26 de Noviembre (Jueves) y el 27 de Noviembre (Viernes).

¡Que tengan un fin de semana de Acción de Gracias maravilloso y seguro!

SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services

SPECIAL EVENTS

11/03 - 1:00pm Bookmobile w/ SFPL (BIL) (SP)
11/03 - 1:30pm Diabetes (DEEP) Workshop (SP)
11/04 - 11:30am Tai Chi For Fall Prevention & Arthritis
11/05 - 9:00am Invigorating Latin dance class (BIL) (SP)
11/05 - 2:00pm Conversation Circle
11/09 - 12:30pm Music in the Garden w/ UCSF(BIL) (SP)
11/09 - 1:30pm Volunteer Committee (BIL) (SP)
11/10 - 1:30pm Activities Committee (BIL) (SP)
11/10 - 2:00pm Cafe con Leche (SP)
11/11 - 11:30am Stress Busters (BIL) (SP)
11/12 - 11:00am Music aLive Musical Presentation: Creole Belles
11/17 - 2:00pm Senior Council (BIL) (SP)
11/18 - 3:00pm UCSF Health Brain Talks (SP)
11/19 - 2:00pm Conversation Circle
11/24 - 2:00pm Cafe con Leche (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.