

June 2026 Activities Program Schedule

MONDAY

June 1

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

PRIDE

8
9:00 Tech Support (Yvan) (BIL)(SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
1:00 Tai Chi for Energy
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)
2:00 Blood Pressure (Laisha) (BIL) (SP)

15

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
1:00 Tai Chi for Energy
1:30 On Lok Always Active (V)

TUESDAY

2

PRIDE

9:30 Chess
9:45 Coro de la 30 CMC (BIL) (SP)
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)
11:00 Tai Chi for Diabetes (V)
12:00 Beginners Line Dance (Carmen)
1:00 SFPL Bookmobile (BIL) (SP)
1:30 On Lok Always Active (V)
1:30 Diabetes Workshop (DEEP) (SP)
2:00 Peruvian Weaving (SP)

9

PRIDE

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)
10:30 Coro de la 30 CMC Spring Performance
11:00 Tai Chi for Diabetes (V)
12:30 Beginners Line Dance (Carmen)
1:30 On Lok Always Active (V)
1:30 Diabetes Workshop (DEEP) (SP)
1:30 Activities Committee (BIL) (SP)
2:00 Peruvian Weaving (SP)

16

9:30 Chess
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 La Raza Clinics (BIL) (SP)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Blood Pressure (Vincent)
10:30 Beginners Line Dance (Carmen)
11:00 Tai Chi for Diabetes (V)
1:30 On Lok Always Active (V)
1:30 Diabetes Workshop (DEEP) (SP)
2:00 Senior Council (BIL) (SP)

WEDNESDAY

3

NO FRAUD

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 Protect Yourself From Fraud Presentation (SP)
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)

10

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)
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)

17

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 Blood Pressure (Laisha) (BIL) (SP)
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)
3:00 UCSF Brain Health Talks (SP)

THURSDAY

4

PRIDE

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

11

PRIDE

10:00 On Lok Always Active (BIL) (SP)(V)
10:00 Game Room
10:00 Tech Support (Jackson)
11:00 Tai Chi for Diabetes (V)
11:00 Music aLive Musical Presentation: Jimbo Trout
1:30 On Lok Always Active (V)
1:30 Karaoke

18

JUNETEENTH
Celebrate Freedom
JUNE 19th

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 for Diabetes (V)
11:30 Garden Volunteer Committee (BIL) (SP)
1:30 On Lok Always Active (V)
1:30 Karaoke

FRIDAY

5

9:00 Tech Support (Genesis) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:00 Arts & Crafts w/ SFPL
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

12

HAPPY Father's Day

9:00 Tech Support (Genesis) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
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 Happy's Father's Day Dance Latin Music Dance

19

CENTER CLOSED

HAPPY JUNETEENTH
freedom day

Please join the Special Presentation for
30th Street Choir's Quinceañera

Celebrating 15 years of Choir at 30th Street Senior Center with Martha and Jennifer

Tuesday | June 9th | 10:30 am | 3rd Floor

ON LOK | 30th Street Senior Center
where seniors embrace life

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

COMMUNITY MUSIC CENTER
MUSIC FOR EVERYONE SINCE 1912

Crafting Hour
With the San Francisco Public Library

FRIDAY, JUNE 5TH
10:00 AM, 3RD FLOOR
SOCIAL ROOM

VIERENES, 5 DE JUNIO
10:00 AM, 3^{ER} PISO
SALÓN SOCIAL

Hora de Manualidades
Con la Biblioteca Pública de San Francisco

ON LOK | 30th Street Senior Center
where seniors embrace life

IN PARTNERSHIP WITH: / EN ASOCIACIÓN CON:

MUSIC ALIVE
GOOD-TIME GUMBO OF BLUEGRASS, ROCK+ROLL, , BLUES, JAZZ, SWING,
THURSDAY, JUNE 11TH, 2026
11 AM, SOCIAL ROOM

JIMBO TROU
MUSICA ALEGRE DE, SWING
ROCK AND ROLL, BLUES, Y JAZZ
JUEVES, 11 DE JUNIO, 2026
11 AM, SALÓN SOCIAL

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services


June 2026 Activities Program Schedule


MONDAY

22 
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 Tai Chi for Energy
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)

29 
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 Tai Chi for Energy
1:30 On Lok Always Active (V)

TUESDAY

23 
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)
10:30 Beginners Line Dance (Carmen)
11:00 Tai Chi for Diabetes (V)
1:30 On Lok Always Active (V)
1:30 Activities Committee (BIL) (SP)
2:00 Peruvian Weaving (SP)

30 
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)
10:30 Beginners Line Dance (Carmen)
11:00 Tai Chi for Diabetes (V)
1:30 On Lok Always Active (V)
2:00 Peruvian Weaving (SP)

WEDNESDAY

24 
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 Blood Pressure (Laisha) (BIL) (SP)
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)

THURSDAY

25 
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 for Diabetes (V)
1:30 On Lok Always Active (V)
1:30 Karaoke

FRIDAY

26 
9:00 Tech Support (Genesis) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
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



SPECIAL EVENTS

06/02 - 11:00am Tai Chi for Diabetes (V)
 06/02 - 1:00pm SFPL Bookmobile (BIL) (SP)
 06/03 - 11:00am Protect Yourself From Fraud Presentation
 06/05 - 10:00am Arts & Crafts w/ SFPL
 06/08 - 1:30pm Volunteer Committee (BIL)(SP)
 06/09 - 10:30am Coro de la 30 CMC Spring Performance
 06/09 - 1:30pm Activities Committee (BIL) (SP)
 06/10 - 11:30pm Stress Busters (BIL) (SP)
 06/11 - 11:00am Music aLive Musical Presentation: Jimbo Trout
 06/12 - 2:00 Happy's Father's Day Dance Latin Music Dance
 06/15 - 11:00am Body Dynamics is back
 06/16 - 2:00pm Senior Council (BIL) (SP)
 06/17 - 3:00 UCSF Brian Health Talks (SP)

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.