

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)



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)



CENTER CLOSSES AT 2PM

15
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
9:30 Chess
9:45 Coro de la 30 CMC (BIL) (SP)
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 Bookmoblie (BIL) (SP)
1:30 On Lok Always Active (V)
1:30 Diabetes Workshop (DEEP) (SP)
2:00 Peruvian Weaving (SP)



9
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 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
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
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 Brian Health Talks (SP)

THURSDAY



4
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)
1:00 Gardening 101
1:30 On Lok Always Active (V)
1:30 Karaoke



11
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)
11:00 Music aLive Musical Presentation: Jimbo Trout
1:00 Gardening 101
1:30 On Lok Always Active (V)
1:30 Karaoke



18
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)
1:00 Gardening 101
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
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



CENTER CLOSED



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 JUNETEENTH

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

WEDNESDAY

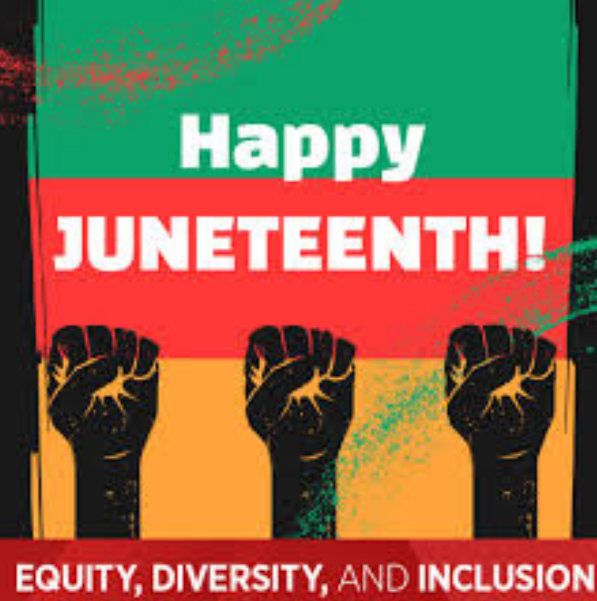
24 
9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:00 Blood Pressure (Laisha) (BIL) (SP)
1:00 On Lok Always Active
1:00 Tai Chi for Energy
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL) (SP)

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)
1:00 Gardening 101
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.