

## MONDAY



## TUESDAY



## WEDNESDAY

## THURSDAY

## FRIDAY



**5**

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)  
2:30 Chair Yoga



**12**

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



**6**

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 Latin Aerobics (BIL) (SP)  
11:00 Tai Chi for Energy (V)  
1:00 Bookmobile w/ SFPL (BIL) (SP)  
1:30 On Lok Always Active (V)  
1:30 Diabetes Workshop (DEEP)  
2:00 Peruvian Weaving (SP)



**13**

9:30 Chess  
10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 La Raza Legal Clinics (BIL) (SP)  
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 Latin Aerobics (BIL) (SP)  
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)



**7**

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)  
11:00 Stress Busters (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



**14**

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)  
1:00 On Lok Always Active  
1:30 On Lok Always Active (V)  
2:00 Flower Making Workshop (BIL) (SP)  
2:30 Gentle Yoga

## OCTOBER 1



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)  
1:30 On Lok Always Active (V)  
1:30 Healthier Living Workshop (SP)  
1:30 Karaoke  
2:00 Blood Pressure (Laisha) (BIL)(SP)



**8**

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: Duo Pizzicato  
1:30 On Lok Always Active (V)  
1:30 Healthier Living Workshop (SP)  
1:30 Karaoke  
2:00 Blood Pressure (Laisha) (BIL)(SP)



**15**

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)  
1:30 On Lok Always Active (V)  
1:30 Healthier Living Workshop (SP)  
1:30 Karaoke  
2:00 Conversation Circle



**2**

10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Drawing & Painting (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



**9**

10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Drawing & Painting (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



**16**

**Center Closes at 2:00PM**

10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Blood Pressure (Laisha) (BIL)(SP)  
10:00 Game Room  
10:00 Drawing & Painting (BIL) (SP)  
1:00 Tech Support (Sebastian)  
1:00 On Lok Always Active  
1:30 On Lok Always Active (V)

# OCTOBER 2026 Activities Program Schedule

## MONDAY

**19** 

**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 (BIL) (SP)  
1:30 On Lok Always Active (V)

**26**



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)  
2:45 Chair Yoga

## TUESDAY

**20** 

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 Latin Aerobics (BIL) (SP)  
11:00 Tai Chi for Energy (V)  
1:30 On Lok Always Active (V)  
1:30 Diabetes Workshop (DEEP)  
2:00 Senior Council (BIL) (SP)  
2:00 Peruvian Weaving (SP)  
2:00 Blood Pressure (Laisha) (BIL) (SP)

**27**



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)  
11:00 Latin Aerobics (BIL) (SP)  
11:00 Beginners Line Dance **HALLOWEEN Performance**  
11:00 Tai Chi for Energy (V)  
1:30 On Lok Always Active (V)  
1:30 Activities Committee (BIL) (SP)  
2:00 Cafe Con Leche (SP)  
2:00 Peruvian Weaving (SP)

## WEDNESDAY

**21** 

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)  
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)

**28**



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)  
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

**22** 

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)  
1:30 On Lok Always Active (V)  
1:30 Healthier Living Workshop (SP)  
1:30 Karaoke  
2:00 Conversation Circle

**29**



10:00 On Lok Always Active (BIL)(SP) (V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (Dustin)  
11:00 Arts & Crafts w/ SFPL (BIL) (SP)  
11:00 Tai Chi for Energy (V)  
1:30 On Lok Always Active (V)  
1:30 Healthier Living Workshop (SP)  
1:30 Karaoke  
2:00 Blood Pressure (Laisha) (BIL) (SP)

## FRIDAY

**23** 

10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Drawing & Painting (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

**30**



10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Drawing & Painting (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 **Halloween Latin Music Dance**





### SPECIAL EVENTS

10/05 - 12:30pm Music in the Garden w/ UCSF (BIL) (SP)  
10/06 - 11:00am Latin Aerobics (BIL) (SP)  
10/06 - 1:00pm Bookmobile w/ SFPL (BIL) (SP)  
10/07 - 11:00am Stress Busters (BIL) (SP)  
10/08 - 11:00am Music aLive Musical Presentation: Duo Pizzicato  
10/13 - 10:00am La Raza Legal Clinics (BIL) (SP)  
10/15 - 11:30am Garden Volunteer Committee (BIL) (SP)  
10/16 - 2:00pm Senior Council (BIL) (SP)  
10/17 - 3:00pm UCSF Health Brain Talks (SP)  
10/27 - 2:00pm Building the Day of Dead Altar (BIL) (SP)  
10/29 - 11:00am Arts & Crafts w/ SFPL  
10/30 - 2:00pm Halloween Latin Music Dance





### 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](mailto:alwaysactive@onlok.org)

**Tai Chi Arthritis:**  
Diana Lara-Rodgers, (415) 550-2209 & [dlararodgers@onlok.org](mailto:dlararodgers@onlok.org)

**DEEP (Diabetes Empowerment Education Program) and Healthier Living**  
(415) 550-6002, [workshops@onlok.org](mailto: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.