

May 2026 Activities Program Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



May 1

- 9:00 Tech Support (Genesis) (BIL) (SP)
- 10:00 On Lok Always Active (V)
- 10:00 On Lok Always Active
- 10:00 Drawing & Painting (BIL) (SP)
- 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



- 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)
- 2:30 Chair Yoga



- 9:00 LDG Carnaval Practice RSVP (BIL) (SP)
- 9:45 Coro de la 30 CMC (BIL) (SP)
- 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)
- 10:00 Aging Mastery Program Workshop (SP)
- 1:00 Beginners Line Dance Performance (Carmen)
- 1:00 Tech Support (Jan)
- 1:00 SFPL Bookmobile (BIL) (SP)
- 1:30 On Lok Always Active (V)
- 2:00 Tai Chi Fan Performance
- 2:00 Peruvian Weaving (SP)



- 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 Drawing & Painting (BIL) (SP)
- 10:00 Blood Pressure (Sarai) (BIL) (SP)
- 11:00 Latin Aerobics (BIL) (SP)
- 12:00 Tech Support (Danny)
- 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)
- 2:00 Gentle Yoga



- 9:00 LDG Carnaval Practice RSVP (BIL)(SP)
- 9:00 Tech Support (Maisie)
- 10:00 On Lok Always Active (BIL)(SP)(V)
- 10:00 Body Dynamics
- 10:00 Game Room
- 10:00 Tech Support (Jackson)
- 10:00 Blood Pressure (Laisha) (BIL) (SP)
- 1:00 Gardening 101
- 1:30 Diabetes Workshop (DEEP)
- 1:30 On Lok Always Active (V)
- 1:30 Karaoke



- 9:00 Tech Support (Genesis) (BIL) (SP)
- 10:00 On Lok Always Active (V)
- 10:00 On Lok Always Active
- 10:00 Drawing & Painting (BIL) (SP)
- 10:00 Game Room
- 11:00 Blood Pressure (Mateo) (BIL) (SP)
- 1:00 Tech Support (Sebastian)
- 1:00 On Lok Always Active
- 1:00 Fashion Show (BIL) (SP)
- 1:30 On Lok Always Active (V)
- 2:00 Peruvian Weaving (SP)
- 2:00 Happy's Mother's Day Dance Latin Music Dance

Tai Chi Fan Public Rehearsal



Date: 5/5/2026 Tuesday
Time: 2:00 pm
Location: 30th st Center Garden

Curious about Tai Chi Fan?
Come watch our graceful and energizing public rehearsal!
Experience flowing movements, beautiful fan techniques, and the calming power of Tai Chi.



- 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 Blood Pressure (Laisha) (BIL) (SP)
- 11:00 Body Dynamics
- 1:00 Tai Chi for Energy
- 1:30 On Lok Always Active (V)
- 1:30 Volunteer Committee (BIL) (SP)
- 2:45 Chair Yoga



- 9:00 LDG Carnaval Practice RSVP (BIL) (SP)
- 9:45 Coro de la 30 CMC (BIL) (SP)
- 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)
- 12:00 Beginners Line Dance (Carmen)
- 1:00 Tech Support (Jan)
- 1:30 On Lok Always Active **flL**
- 1:30 Diabetes Workshop (DEEP) (SP)
- 1:30 Activities Committee (BIL) (SP)
- 2:00 Cafe con Leche (SP)



- 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 Drawing & Painting (BIL) (SP)
- 11:00 Latin Aerobics (BIL) (SP)
- 11:30 Stress Busters (BIL) (SP)
- 12:00 Tech Support (Danny)
- 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)
- 2:30 Gentle Yoga



- 9:00 LDG Carnaval Practice RSVP (BIL) (SP)
- 9:00 Tech Support (Maisie)
- 10:00 On Lok Always Active (BIL)(SP)(V)
- 10:00 Body Dynamics
- 10:00 Game Room
- 10:00 Tech Support (Jackson)
- 11:00 Music aLive Musical Performance: Creole Belles
- 1:00 Gardening 101
- 1:30 Chronic Pain Management Workshop
- 1:30 On Lok Always Active (V)
- 1:30 Karaoke
- 2:30 Conversation Circle



- 9:00 Tech Support (Genesis) (BIL) (SP)
- 10:00 On Lok Always Active (V)
- 10:00 On Lok Always Active
- 10:00 Drawing & Painting (BIL) (SP)
- 10:00 Game Room
- 11:00 Blood Pressure (Mateo) (BIL) (SP)
- 1:00 Tech Support (Sebastian)
- 1:00 On Lok Always Active
- 1:00 On Lok Always Active (V)
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- 2:00 Latin Music Dance



CINCO DE MAYO
Tuesday, May 5th, 1:00 pm Social Room
Martes 5 de Mayo, 1:00 pm Salon Social



Please join us on Cinco de Mayo to enjoy our 30th Street Senior Center Line Dance Performance!

¡El Grupo de Baile en Línea de la 30 tendrá una presentación en celebración del Cinco de Mayo!

May 2026 Activities Program Schedule

MONDAY

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CENTER CLOSES 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
10:00 Blood Pressure (Laisha) (BIL) (SP)
11:00 Body Dynamics
1:00 Tai Chi for Energy
1:30 On Lok Always Active (V)



CENTER CLOSED

MEMORIAL DAY

TUESDAY

19 **Senior Council**

9:00 LDG Carnaval Practice RSVP (BIL) (SP)
9:45 Coro de la 30 CMC (BIL) (SP)
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)
12:00 Beginners Line Dance (Carmen)
1:00 Tech Support (Jan)
1:30 Diabetes Workshop (DEEP) (SP)
1:30 On Lok Always Active (V)
2:00 Senior Council (BIL) (SP)



9:45 Coro de la 30 CMC (BIL) (SP)
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)
12:00 Beginners Line Dance (Carmen)
1:00 Tech Support (Jan)
1:30 On Lok Always Active (V)
1:30 Activities Committee (BIL) (SP)
1:30 Diabetes Workshop (DEEP) (SP)
2:00 Peruvian Weaving (SP)
2:00 Blood Pressure (Laisha) (BIL) (SP)

WEDNESDAY

20 **BINGO**

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 BINGO session 1 w/ LEVI's
11:00 Latin Aerobics (BIL) (SP)
1:00 BINGO Session 2 w/ LEVI's
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)
2:00 Blood Pressure (Sarai) (BIL) (SP)
3:00 UCSF Brain Health Talks (SP)



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 Latin Aerobics (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

21 

9:00 LDG Carnaval Practice RSVP (BIL) (SP)
9:00 Tech Support (Maisie)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Jackson)
11:30 Garden Volunteer Committee (BIL) (SP)
1:00 Gardening 101
1:30 Chronic Pain Management Workshop
1:30 On Lok Always Active (V)
1:30 Karaoke



9:00 Tech Support (Maisie)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Jackson)
1:00 Gardening 101
1:00 Blood Pressure (Sarai) (BIL) (SP)
1:30 Chronic Pain Management Workshop
1:30 On Lok Always Active (V)
1:30 Karaoke

FRIDAY

22 

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







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



CMC
NEIGHBORHOOD CHOIRS
AT YERBA BUENA GARDEN FESTIVAL

DATE: Thu, May 28
TIME: 12:30pm - 1:30pm
VENUE: Great Lawn, Yerba Buena Gardens Mission St. between 3rd & 4th Sts
ADMISSION: Free

Join us for an afternoon of popular and folkloric music from the Americas, performed by singers from the **Community Music Center Openhouse LGBTQ+ Choir**, directed by Zahra Rothschild, and the **CMC 30th Street Choir**, directed by Martha Rodriguez Salazar, with pianist Jennifer Peringer.


SPECIAL EVENTS

05/05 - 1:00pm Beginners Line Dance Performance (Carmen)
05/05 - 1:00pm SFPL Bookmobile (BIL) (SP)
05/05 - 2:00pm Tai Chi Fan Performance
05/08 - 1:00pm Fashion Show (BIL) (SP)
05/08 - 2:00pm Happy Mother's Day Latin Music Dance
05/11 - 1:30pm Volunteer Committee (BIL) (SP)
05/12 - 1:30pm Diabetes Workshop (DEEP) (SP)
05/12 - 1:30pm Activities Committee (BIL) (SP)
05/12 - 2:00pm Cafe con Leche (SP)
05/14 - 2:30pm Conversation Circle
05/13 - 11:30am Stress Busters (BIL) (SP)
05/19 - 2:00pm Senior Council (BIL) (SP)
05/20 - 11:00am BINGO Session 1
05/20 - UCSF Brain 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.