

July 2026 Activities Program Schedule

MONDAY



- 6**
- 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
 - 1:30 On Lok Always Active (V)



- 13**
- 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 Save Energy & Water Presentation w/ Rising Sun (BIL) (SP)
 - 11:00 Body Dynamics
 - 1:30 On Lok Always Active (V)
 - 1:30 Volunteer Committee (BIL) (SP)

TUESDAY



- 7**
- 9:30 Chess
 - 10:00 On Lok Always Active (BIL)(SP)(V)
 - 10:00 Game Room
 - 10:00 Body Dynamics
 - 10:00 Tech Support (John) (BIL)(CA)
 - 10:00 Blood Pressure (Vincent)
 - 11:00 4th of July Beginners Line Dance Performance (Carmen)
 - 11:00 Tai Chi for Diabetes (V)
 - 12:00 Beginners Guitar Jam Sessions (Carmen)
 - 1:00 Bookmobile w/ SFPL (BIL) (SP)
 - 1:30 On Lok Always Active (V)
 - 1:30 Activities Committee (BIL) (SP)
 - 2:00 Peruvian Weaving (SP)



- 14**
- 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)
 - 10:15 Beginners Line Dance (Carmen)
 - 11:00 Tai Chi for Diabetes (V)
 - 12:00 Beginners Guitar Jam Sessions (Carmen)
 - 1:30 On Lok Always Active (V)
 - 1:30 Activities Committee (BIL) (SP)
 - 2:00 Peruvian Weaving (SP)

WEDNESDAY



- July 1**
- 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
 - 1:30 On Lok Always Active (V)
 - 2:00 Flower Making Workshop (BIL) (SP)



- 8**
- 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)
 - 11:00 StopScams SF (BIL) (SP)
 - 11:30 Stress Busters (BIL) (SP)
 - 1:00 On Lok Always Active
 - 1:30 On Lok Always Active (V)
 - 2:00 Flower Making Workshop (BIL)(SP)



- 15**
- 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)
 - 11:00 San Francisco Fire Department Presentation (BIL) (SP)
 - 1:00 On Lok Always Active
 - 1:30 On Lok Always Active (V)
 - 2:00 Flower Making Workshop (BIL) (SP)
 - 3:00 UCSF Health Brain Talks (SP)

THURSDAY



- 2**
- 10:00 On Lok Always Active (BIL)(SP)(V)
 - 10:00 Game Room
 - 10:00 Body Dynamics
 - 11:00 Tai Chi for Diabetes (V)
 - 1:30 On Lok Always Active (V)
 - 1:30 Karaoke



- 9**
- 10:00 On Lok Always Active (BIL) (SP)(V)
 - 10:00 Game Room
 - 10:00 Body Dynamics
 - 11:00 Tai Chi for Diabetes (V)
 - 11:00 Music aLive Musical Presentation: Crooked Jades
 - 1:30 On Lok Always Active (V)
 - 1:30 Karaoke



- 16**
- 10:00 On Lok Always Active(BIL) (SP)(V)
 - 10:00 Body Dynamics
 - 10:00 Game Room
 - 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



- 10**
- 9:00 Tech Support (Genesis) (BIL) (SP)
 - 10:00 On Lok Always Active (V)
 - 10:00 On Lok Always Active
 - 10:00 Game Room
 - 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



- 17**
- 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 Breast Cancer Presentation (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

NOW IS THE
Time to Register!

If you are participating in any activities as of July 2026, you need to re-register your gold card with an ORANGE STICKER

Starting July 1st.

Stop by the hospitality desk to update your registration

MON -FRI
9:30 am - 11:30 am
1:30 pm - 3:30 pm



現在是時候
登記了!

從2026年7月起, 如果您參加任何活動, 您需要重新註冊並獲得 ORANGE 印章。

從7月1日起

請於週一至週五到前台辦理登記手續。

上午9:30 - 上午11:30
下午1:30 - 下午3:30



July 2026 Activities Program Schedule

MONDAY

20  **CENTER CLOSING 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
1:30 On Lok Always Active (V)

27 

9:00 Tech Support (Yvan) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
1:30 On Lok Always Active (V)
2:00 Volunteer Committee (BIL) (SP)

TUESDAY


21 

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 Diabetes (V)
1:30 On Lok Always Active (V)
2:00 Senior Council (BIL) (SP)

28 

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)
10:15 Beginners Line Dance (Carmen)
11:00 Tai Chi for Diabetes (V)
12:00 Beginners Guitar Jam Sessions (Carmen)
1:30 On Lok Always Active (V)
2:00 Peruvian Weaving (SP)

WEDNESDAY

22 

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)
11:00 Emergency Preparedness Presentation
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)

29 

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)
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)

THURSDAY

23 

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


30 

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

FRIDAY

24 

9:00 Tech Support (Genesis) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Tai Chi for Fall Prevention & Arthritis
1:00 Tech Support (Sebastian)
1:00 On Lok Always Active
1:30 On Lok Always Active (V)
1:30 Peruvian Independence Day Celebration Latin Music Dance

31 

9:00 Tech Support (Genesis) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:30 Tai Chi for Fall Prevention & Arthritis
1:00 Tech Support (Sebastian)
1:00 On Lok Always Active
1:30 On Lok Always Active (V)

CENTER CLOSING AT 2:30PM



SPECIAL EVENTS

07/07 - 11:00am 4th of July Beginners Line Dance Performance (Carmen)
07/08 - 11:00am StopScams SF (BIL) (SP)
07/09 - 11:00am Music aLive Musical Presentation: Crooked Jades
07/13 - 1:30pm Volunteer Committee (BIL)(SP)
07/14 - 10:00am La Raza Clinics (BIL) (SP)
07/14 - Activities Committee (BIL) (SP)
07/15 - 11:00am San Francisco Fire Department Presentation (BIL) (SP)
07/15 - 3:00pm UCSF Health Brain Talks (SP)
07/17 - 11:00am Breast Cancer Presentation (SP)
07/22 - 11:00am Emergency Preparedness Presentation
07/24 - 2:00pm Peruvian Independence Day Celebration 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

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.