

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|------------------------------------|
| <p>La a a Legal Clinic</p> <p>each ort an L P n Lo l a s cti e n Lo l a s cti e a e oo ai Chi La a a Legal Clinic L P all Pre ention Maintenance</p> | <p>Coro e la CMC L P n Lo l a s cti e L P a e oo o na ics Chess eginners Line ance ai Chi or rthritis all Pre ention L P cti ities Co ittee L P iabetes or sho P Ca e con Leche P Per ian ea ing ging Master Progra</p> | <p>n Lo l a s cti e a e oo ra ing Painting L P ech ort ohn L C all re ention ai Chi all Pre ention L P Chronic Pain Manage ent P ol nteer Co ittee arao e entle oga C rain Health al s P</p> | <p>n Lo l a s cti e L P o na ics a e oo ai Chi or rthritis all Pre ention L P all Pre ention Maintenance ging Master Progra P loo Press re L P arao e</p> | <p>t n a aar n Lo l a s cti e ra ing Painting L P a e oo ech ort osh L C ech ort era all Pre ention L P Latin M sic ance a le</p> | <p>KDLURD RGDPLFV RYLH</p> |

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SPECIAL EVENTS

REGULAR CENTER HOURS

Registration*
Monday–Saturday, 9:00am-4:00pm

Happy Heart Gym*
Monday–Friday, 10:00am-12:00pm and
1:00pm-3:00pm
Saturday 10:00am-12:00pm

Computer Lab*
Monday- Saturday, 10:00am-4:00pm

Special Requirements. Please inquire at Office #302*
Hours are subject to change without notice

To pre-register and pre-sign up for classes please reach out to the appropriate staff members:

Always Active/ Fall Prevention:
Genny Pinzon, (415) 550-2291 or alwaysactive@onlok.org
Sue Mittelman, (415) 550-2208 or
bysusan.mittelman@onlok.org

Tai Chi Arthritis:
Diana Lara-Rodgers, (415) 550-2209 or
dlararodgers@onlok.org

DEEP(Diabetes Empowerment Education Program) / Healthier Living
Miguel Martinez, (415) 550-2201 or
miguel.martinez@onlok.org

ANNOUNCEMENTS

Activities marked with **(SP)** are in Spanish, **(CA)** are in Cantonese, and **(BIL)** are bilingual.

Activities are subject to change without notice.

All activities require a pre-registration or pre-sign-up process.

All activities are in-person unless marked with (V) for virtual or (H) for hybrid, in-person & virtual.