




30TH STREET SENIOR CENTER ACTIVITIES PROGRAM SCHEDULE November 2022


Activities listed in bold and marked with (SP) are in Spanish, (CH) are in Chinese, and (BIL) are Bilingual.

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

All activities are virtual unless marked with an (*) for in-person or (H*) for Hybrid, in-person & virtual.

Activities that are in-person at On Lok 30th Street Senior Center and require proof of full vaccination with booster against Covid-19.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:45am Coro de la 30 CMC Choir (BIL) (H*) 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Fall Prevention 1 11:30 Tai Chi for Arthritis Level 1 (BIL) (*)</p>	<p>2</p> <p>10:00 Always Active 11:30 Stressbusters (BIL) (*) 2:00 Gentle Yoga 2:00-4:00 Dia de Los Muertos Celebración (BIL) (*)</p> 	<p>3</p> <p>10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Tai Chi for Arthritis Level 1 (BIL) (*) 1:30 Fall Prevention Maintenance (*)</p>	<p>4</p> <p>10:00 Always Active 10:00 Drawing & Painting (BIL) (*) 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 11:30 Fall Prevention 1 2:00 Tai Chi Level 2 (*)</p>	<p>5</p> <p>10:00 Body Dynamics(*) 10:00 DEEP Diabetes Workshop (SP) (*)</p>
<p>7</p> <p>10:00 Always Active 1:00 Tomando Control de su Salud (SP) (*) 1:30 Fall Prevention Maintenance 2:00 Tai Chi level 2 (*)</p> <p><i>11/7 is the first workshop in this series for Tomando Control de Su Salud in Spanish. Series will run for 7 weeks through 12/19.</i></p>	<p>8</p> <p>9:45am Coro de la 30 CMC Choir (BIL) (H*) 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Fall Prevention 1 11:30 Tai Chi for Arthritis Level 1 (BIL) (*) 2:30pm Aging Mastery Program – Series #14</p>	<p>9</p> <p>10:00 Always Active 2:00 Chair Yoga 1:30 CTN Affordable Connectivity Program (ACP) and Tech Support Pop-Up Event (BIL) (*) 2:30pm Aging Mastery Program – Series #13</p>	<p>10</p> <p>10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Tai Chi for Arthritis Level 1 (BIL) (*) 1:30 Fall Prevention Maintenance 3:00pm Aging Mastery Program - Info Session</p> <p><i>11/10 is the last day of Tai Chi Level 1 (BIL) (*)</i></p>	<p>11</p> <p>10:00 Always Active 10:00 Drawing & Painting (BIL) (*) 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 11:30 Fall Prevention 1 2:00 Tai Chi level 2 (*)</p> <p><i>11/11/22 is the last day for the current Fall Prevention 1 cohort.</i></p>	<p>12</p> <p>10:00 Body Dynamics(*) 10:00 DEEP Diabetes Workshop (SP) (*)</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>10:00 Always Active 11:00 Psychology Lecture 1:00 Tomando Control de su Salud (SP) (*) 1:30 Fall Prevention Maintenance 2:00 Tai Chi level 2 (*) 2:00 Café Con Leche (SP) (*)</p>	<p>15</p> <p>9:45am Coro de la 30 CMC Choir (BIL) (H*) 10:00 Always Active (BIL) 11:30 Beginners Line Dance 2:30pm Aging Mastery Program – Series #14</p> <p><i>No Body Dynamics class on 11/15, 11/17, and 11/19. Class will return the following week on 11/22 and 11/26. No class on 11/24.</i></p>	<p>16</p> <p>10:00 Always Active 2:00 Gentle Yoga 2:30pm Aging Mastery Program – Series #13</p>	<p>17</p> <p>10:00 Always Active (BIL) 1:30 Fall Prevention Maintenance 2:00 Conversation Circle 3:00pm Aging Mastery Program - Info Session</p> <p><i>No Body Dynamics class on 11/17, and 11/19. Class will return the following week on 11/22 and 11/26. No class on 11/24.</i></p>	<p>18</p> <p>10:00 Always Active 10:00 Drawing&Painting (BIL)(*) 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 2:00 Tai Chi level 2 (*)</p> <p>Synergy School visit 30th St (BIL) (*)</p>	<p>19</p> <p>10:00 DEEP Diabetes Workshop (SP) (*)</p> <p><i>No Body Dynamics class on 11/19. Class will return the following week on 11/22 and 11/26. No class on 11/24.</i></p> <p><i>11/19 is the last day of DEEP classes in Spanish for this series.</i></p>
<p>21</p> <p>10:00 Always Active 1:00 Tomando Control de su Salud (SP) (*) 1:30 Fall Prevention Maintenance 2:00 Tai Chi level 2 (*)</p>	<p>22</p> <p>10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Senior Council (BIL)</p> <p><i>No Beginners Line Dance 11/22 Will return 11/29.</i></p> <p><i>No Coro (Choir) today due to fall break. Coro with CMC will return 11/29</i></p> <p><i>No Aging Mastery Program – Series #14 today. Will return 11/29.</i></p>	<p>23</p> <p>10:00 Always Active 10:00am Thanksgiving Bingo/Gratitude Event (BIL) (*) 1:30pm Thanksgiving Bingo/Gratitude Event (BIL) (*) 2:00 Chair Yoga</p> <p><i>No Aging Mastery Program – Series #13 today. Will return 11/30.</i></p>	<p>24</p> <p>Thanksgiving Holiday 10:00am Movie Matinee (*)</p>  <p><i>No classes on 11/24 in observation of Thanksgiving Holiday.</i></p> <p><i>No Body Dynamics class on 11/24. Class will return 11/26.</i></p>	<p>25</p> <p>Thanksgiving Holiday (Observance) 10:00am Movie Matinee (*)</p> <p><i>No classes on 11/25 in observation of Thanksgiving Holiday.</i></p>	<p>26</p> <p>10:00 Body Dynamics (*)</p>
<p>28</p> <p>10:00 Always Active 1:00 Tomando Control de su Salud (SP) (*) 1:30 Fall Prevention Maintenance 2:00 Tai Chi level 2 (*) 2:00 Café Con Leche (SP)</p>	<p>29</p> <p>9:45am Coro de la 30 CMC Choir (BIL) (H*) 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance 2:30pm Aging Mastery Program – Series #14</p>	<p>30</p> <p>10:00 Always Active 2:00 Gentle Yoga 2:30pm Aging Mastery Program – Series #13</p>	<p>Dec 1</p> <p>10:00 Always Active (BIL) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance 2:00 Conversation Circle</p>	<p>Dec 2</p> <p>10:00 Always Active 10:00 Drawing&Painting (BIL) (*) 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 2:00 Tai Chi level 2 (*)</p>	<p>Dec 3</p> <p>10:00 Body Dynamics (*)</p>

Interested in participating in our scheduled activities?

For more information on our activities program and how to register, please call:
Raul Barraza, *Senior Center Operations Manager*. at 415-550-2257 or email: raul.barraza@onlok.org

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

- **Always Active/ Fall Prevention Maintenance & Basic** - Luz Villanueva, *Always Active Specialist* at 415-550-2206 or email: lvillanueva@onlok.org
- **Tai Chi Arthritis** - Diana Lara, *Health Promotion Program Specialist* at 415-550-2209 or email: dlararodgers@onlok.org
- **Healthier Living** - Ken Wong, *Healthier Living Program Coordinator* at 415-550-6002 or email: kwong@onlok.org
- **DEEP (Diabetes Empowerment Education Program)**- Elizabeth Soberanes, 415-550-2243 email: elizabeth.soberanes@onlok.org
- **Aging Mastery** - Valorie Villela, *Director of WELL Senior Programming* at 415-439-9364 or email: valorie@onlok.org
- **Volunteers** - Michelle Lopez, *Senior Center Program Manager, Volunteers* at 415-550-2205 or email: mlopez1@onlok.org

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.



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

225 30th Street, 3rd Floor | San Francisco, CA 94131 | 415.550.2210 | onlok.org/senior-center | [Find us on Facebook](#)