

APRIL 2024 Activities Program Schedule

MONDAY

1 

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 Arts & Crafts w/ SFPL (BIL) (SP)
 11:30 LDG Carnival Dance Practice RSVP (BIL) (SP)
 1:00 Alzheimer Association Presentation
 1:00 Leah's Pantry (SP)
 1:00 Tai Chi (V)
 1:30 Fall Prevention Maintenance (V)
 1:30 Aging Mastery Program Information Session (SP)
 2:00 Flower Making Workshop
 2:30 Yoga with Jennifer Kirkley

TUESDAY

2 **Cafe con Leche**

9:00 Tech Support (Jean) (BIL) (SP)
 9:45 Coro de la 30 CMC (BIL) (SP) (H)
 10:00 On Lok Always Active (BIL) (SP) (V)
 10:00 Game Room
 10:00 Chess
 10:00 Body Dynamics
 11:30 Tai Chi Arthritis
 11:30 Fall Prevention 1 (V)
 12:00 Beginner Line Dance (H)
 1:00 SFPL Bookmobile
 1:30 Healthier Living Workshop
 2:00 Flower Making Workshop
 2:30 Cafe con Leche (SP)

WEDNESDAY

3 

10:00 On Lok Always Active (BIL) (SP) (V)
 10:00 Game Room
 10:00 Tech Support (John) (BIL) (CA)
 10:00 Drawing & Painting (BIL) (SP)
 11:30 Fall Prevention 1
 12:00 Tech Support (Josh) (BIL) (CA)
 1:00 Tai Chi (V)
 1:00 Fall Prevention 1 (BIL) (SP)
 2:00 Volunteer Committee (BIL) (SP)
 2:30 Gentle Yoga

THURSDAY

4 **Conversation Circle**

9:00 Tech Support (Jean) (BIL) (SP)
 10:00 On Lok Always Active (BIL)(V)
 10:00 Game Room
 10:00 Body Dynamics
 11:30 Tai Chi Arthritis
 11:30 Fall Prevention 1 (V)
 1:30 Fall Prevention Maintenance (V)
 2:00 Conversation Circle
 2:00 Blood Pressure (BIL)(SP)
 2:00 Karaoke

FRIDAY

5


10:00 On Lok Always Active (V)
 10:00 On Lok Always Active
 10:00 Game Room
 10:00 Tech Support (Josh) (BIL) (CA)
 11:30 Fall Prevention 1
 12:00 Tech Support (Jean) (BIL) (SP)
 1:00 Fall Prevention 1 (BIL) (SP)
 2:00 Latin Dance & Raffle

SATURDAY

6

10:00 Body Dynamics
 2:00 Karaoke



8 

9:00 Tech Support (Yvan)(BIL)(SP)
 10:00 On Lok Always Active (V)
 10:00 On Lok Always Active
 10:00 Game Room
 11:30 LDG Carnival Dance Practice RSVP (BIL) (SP)
 1:00 Leah's Pantry (SP)
 1:00 Tai Chi (V)
 1:30 Fall Prevention Maintenance (V)
 1:30 Aging Mastery Program Information Session (SP)
 2:00 Flower Making Workshop
 2:30 Yoga with Jennifer Kirkley

9 

9:00 Tech Support (Jean) (BIL) (SP)
 9:45 Coro de la 30 CMC (BIL) (SP) (H)
 10:00 On Lok Always Active (BIL) (SP) (V)
 10:00 Game Room
 10:00 Chess
 10:00 Body Dynamics
 11:30 Tai Chi Arthritis
 12:00 Beginner Line Dance (H)
 1:30 Activities Committee (BIL) (SP)
 1:30 Healthier Living Workshop
 2:00 Flower Making Workshop
 2:00 Health Promotion Talks (BIL) (SP)

10 **Stress Busters**

10:00 On Lok Always Active (V)
 10:00 Game Room
 10:00 Tech Support (John) (BIL) (CA)
 10:00 Drawing & Painting (BIL) (SP)
 11:30 Stress Busters (BIL) (SP)
 12:00 Tech Support (Josh) (BIL) (CA)
 1:00 Tai Chi (V)
 2:00 Volunteer Committee (BIL) (SP)
 2:30 Chair Yoga

11 **Pledge Donor Event RSVP**

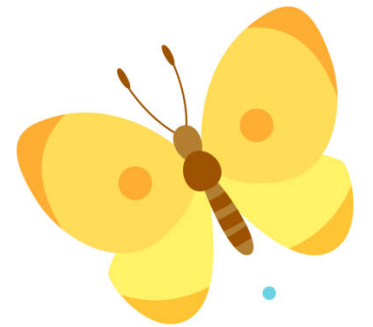
9:00 Tech Support (Jean) (BIL) (SP)
 10:00 On Lok Always Active (BIL) (SP)(V)
 10:00 Game Room
 10:00 Body Dynamics
 11:00 Musical Performance
 11:30 Tai Chi Arthritis
 1:30 Fall Prevention Maintenance (V)
 1:30 Diabetes Workshop (DEEP) (SP)
 2:00 Pledge Donor Event RSVP (BIL) (SP)

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10:00 On Lok Always Active (V)
 10:00 On Lok Always Active
 10:00 Game Room
 10:00 Tech Support (Josh) (BIL) (CA)
 12:00 Tech Support (Jean) (BIL) (SP)
 1:00 Fall Prevention 1 (BIL) (SP)
 2:00 Latin Dance & Raffle

13

10:00 Body Dynamics
 2:00 Karaoke



15 

9:00 Tech Support (Yvan)(BIL)(SP)
 10:00 On Lok Always Active (V)
 10:00 On Lok Always Active
 10:00 Game Room
 11:30 LDG Carnival Dance Practice RSVP (BIL) (SP)
 1:00 Tai Chi (V)
 1:30 Fall Prevention Maintenance (V)
 1:30 Aging Mastery Program Information Session (SP)
 2:00 Flower Making Workshop
 2:30 Yoga with Jennifer Kirkley

16 **Senior Council**

9:00 Tech Support (Jean) (BIL) (SP)
 9:45 Coro de la 30 CMC (BIL) (SP) (H)
 10:00 On Lok Always Active (BIL) (SP) (V)
 10:00 Game Room
 10:00 Chess
 10:00 Body Dynamics
 12:00 Beginner Line Dance (H)
 1:30 Healthier Living Workshop
 2:00 Senior Council (BIL) (SP)
 2:00 Flower Making Workshop
 2:30 Cafe con Leche (SP)

17 **Palliative Care Workshop**

10:00 On Lok Always Active (V)
 10:00 Palliative Care Workshop (SP)
 10:00 Game Room
 10:00 Tech Support (John) (BIL)(CA)
 10:00 Drawing & Painting (BIL) (SP)
 12:00 Tech Support (Josh) (BIL) (CA)
 1:00 Tai Chi (V)
 2:00 Volunteer Committee (BIL)(SP)
 2:30 Gentle Yoga
 3:00 UCSF Brain Health Talks

18 **AMP Workshop**

9:00 Tech Support (Jean) (BIL) (SP)
 10:00 On Lok Always Active (BIL) (SP)(V)
 10:00 Game Room
 10:00 Body Dynamics
 11:30 Garden Volunteer Committee (BIL) (SP)
 1:30 Aging Mastery Program Workshop (SP)
 1:30 Fall Prevention Maintenance (V)
 1:30 Diabetes Workshop (DEEP) (SP)
 2:00 Blood Pressure (BIL) (SP)
 2:00 Karaoke

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10:00 On Lok Always Active (V)
 10:00 On Lok Always Active
 10:00 Palliative Care Workshop
 10:00 Game Room
 10:00 Tech Support (Josh) (BIL)(CA)
 12:00 Tech Support (Jean) (BIL)(SP)
 2:00 Latin Dance & Raffle

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10:00 Body Dynamics
 2:00 Karaoke



APRIL 2024 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>22</p>  <p>9:00 Tech Support (Yvan)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 11:30 LDG Carnival Dance Practice RSVP (BIL) (SP) 1:00 Tai Chi (V) 1:30 Fall Prevention Maintenance (V) 2:00 Flower Making Workshop</p>	<p>23</p> <p>9:00 Tech Support (Jean) (BIL) (SP) 9:45 Coro de la 30 CMC (BIL) (SP) (H) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 10:00 Chess 10:00 Body Dynamics 12:00 Beginner Line Dance (H) 1:30 Activities Committee (BIL) (SP) 1:30 Healthier Living Workshop</p>	<p>24</p>  <p>10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (John) (BIL) (CA) 10:00 Drawing & Painting (BIL) (SP) 1:00 Tai Chi (V) 2:00 Volunteer Committee (BIL)(SP) 2:30 Chair Yoga 3:00 UCSF Brain Health Talks (SP)</p>	<p>25</p>  <p>9:00 Tech Support (Jean) (BIL) (SP) 10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 10:00 Body Dynamics 11:00 Leah's Pantry Everyone Loves Line Dancing 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program Workshop (SP) 1:30 Diabetes Workshop (DEEP) (SP) 2:00 Blood Pressure (BIL) (SP) 2:00 Conversation Circle 2:00 Karaoke</p>	<p>26</p>  <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Tech Support (Josh) (BIL)(CA) 12:00 Tech Support (Jean) (BIL)(SP)</p>	<p>27</p> <p>10:00 Body Dynamics 2:00 Karaoke</p> 
<p>29</p>  <p>9:00 Tech Support (Yvan)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 11:30 LDG Carnival Dance Practice RSVP (BIL) (SP) 1:30 Fall Prevention Maintenance (V) 1:00 Tai Chi (V) 2:00 Flower Making Workshop</p>	<p>30</p>  <p>9:00 Tech Support (Jean) (BIL) (SP) 9:45 Coro de la 30 CMC (BIL) (SP) (H) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 10:00 Chess 10:00 Body Dynamics 11:30 Tai Chi Arthritis 12:00 Beginner Line Dance (H) 1:30 Healthier Living Workshop 2:00 Cafe con Leche (SP)</p>			<p>WE ♥ VOLUNTEERS!</p> 	

SPECIAL EVENTS

04/01 - 11:00am Arts & Crafts w/ SFPL
 04/01 - 11:30am LDG Carnival Dance Practice RSVP
 04/02 - 1:00pm SFPL Bookmobile
 04/02 - 2:30pm Cafe con Leche
 04/03 - 1:30pm Diabetes Workshop (DEEP)
 04/03 - 2:00pm Conversation Circle
 04/09 - 1:30pm Activities Committee
 04/10 - 11:30am Stress Busters
 04/11 - 11:00am Musical Performance
 04/11 - 2:00pm Pledge Donor Event RSVP
 04/22 - Volunteer Week

REGULAR CENTER HOURS

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

Happy Heart Gym*
Monday–Saturday, 9:00am-3:00pm

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:
 Luz Ibarra, (415) 550-2265 or luz.ibarra@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

Aging Mastery Program
 Valorie Villela, (415) 439-9364 or valorie@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).