







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>October 1</p> <p>9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active (BIL)(SP) (V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention (BIL) (SP) 12:00 Beginners Line Dance 1:00 SFPL Bookmobile 1:30 Blood Pressure 1:30 Diabetes Workshop (DEEP)(SP) 2:00 Cafe con Leche (SP) 2:00 Peruvian Weaving 2:30 Aging Mastery Program (V)</p>	<p>2</p>  <p>9:00 Tech Support (Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Latin Aerobics (BIL)(SP) 11:30 Fall prevention 1 1:00 Fall Prevention 1 (BIL) (SP) 1:00 Chronic Pain Management (V) 2:30 Gentle Yoga</p>	<p>3</p> <p>Conversation Circle</p> <p>10:00 On Lok Always Active(BIL)(SP)(V) 10:00 Body Dynamics 10:00 Game Room 11:00 Tech Support (Denise) 11:30 Tai Chi for Arthritis & Fall Prevention (BIL) (SP) 11:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP) 2:00 Blood Pressure (BIL)(SP) 2:00 Conversation Circle</p>	<p>4</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) 11:30 Fall prevention 1 12:00 Tech Support (Vera) 1:00 Fall Prevention 1 (BIL) (SP) 2:00 Latin Music Dance & Raffle</p>	<p>5</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 10:00 UCSF Brain Health Toolkit (BIL)(SP) 1:00 Halloween Movies</p> 	
<p>7</p> <p>Health Promotion Talks</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 11:00 Tech Support (Denise) 1:00 Health Promotion Talks(BIL)(SP) 1:30 Fall Prevention Maintenance (V)</p>	<p>8</p>  <p>9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 12:00 Beginners Line Dance 1:30 Activites Committee (BIL)(SP) 1:30 Blood Pressure 1:30 Diabetes Workshop (DEEP)(SP) 2:00 Peruvian Weaving 2:30 Aging Mastery Program (V)</p>	<p>9</p> <p>Stress Busters</p> <p>9:00 Tech Support (Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Latin Aerobics (BIL)(SP) 11:30 Stress Busters (BIL) (SP) 11:30 Fall prevention 1 1:00 Fall Prevention 1 (BIL) (SP) 1:00 Chronic Pain Management (V) 2:00 Volunteer Committee (BIL)(SP) 2:00 Karaoke 2:30 Gentle Yoga</p>	<p>10</p> <p>Music aLive Presentation</p> <p>10:00 On Lok Always Active(BIL)(SP) (V) 10:00 Game Room 10:00 Body Dynamics 11:00 Tech Support (Denise) 11:00 Music aLive Presentaation 11:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP) 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke</p>	<p>11</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) 11:30 Fall prevention 1 12:00 Tech Support (Vera) 1:00 Fall Prevention 1 (BIL) (SP) 2:00 Latin Music Dance & Raffle</p>	<p>12</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 1:00 Halloween Movies</p> 
<p>14</p> <p>Arts & Crafts w/ SFPL</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 11:00 Tech Support (Denise) 11:00 Arts & Crafts w/ SFPL 11:00 Alzheimer's Association (SP) 1:30 La Mentira (SP) 1:30 Fall Prevention Maintenance (V)</p>	<p>15</p> <p>Senior Council</p> <p>9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active(BIL)(SP) (V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance 1:30 Blood Pressure 2:00 Senior Council (BIL) (SP) 2:00 Cafe con Leche (SP) 2:30 Aging Mastery Program (V)</p>	<p>16</p>  <p>9:00 Tech Support (Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:30 Fall prevention 1 1:00 Fall Prevention 1 (BIL) (SP) 1:00 Chronic Pain Management (V) 2:00 Karaoke 2:30 Gentle Yoga</p>	<p>17</p> <p>10:00 On Lok Always Active(BIL)(SP) (V) 10:00 Game Room 10:00 Body Dynamics 11:00 Tech Support (Denise) 11:30 Garden Volunteer Committee (BIL)(SP) 11:30 Tai Chi for Arthritis & Fall Prevention 11:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP) 2:00 Conversation Circle 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke</p>	<p>18</p> <p>Spooky BAZAAR</p> <p>9:30 SPOOKY BAZAAR 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 (Vera) 1:00 Fall Prevention 1 (BIL) (SP) 2:00 Latin Music Dance & Raffle</p>	<p>19</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 1:00 Halloween Movies</p> 

October 2024 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>21</p>  <p>10:00 On Lok Always Active (V)</p> <p>No In Person Activities Center Closed</p> <p>Dining Room Open for Lunch</p>	<p>22</p> <p>Activities Committee</p> <p>9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance 1:30 Activities Committee (BIL)(SP) 1:30 Blood Pressure 2:00 Peruvian Weaving 2:30 Aging Mastery Program (V)</p>	<p>23</p> <p>Volunteer Committee</p> <p>9:00 Tech Support (Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 11:30 Fall prevention 1 1:00 Fall Prevention 1 (BIL) (SP) 1:00 Chronic Pain Management (V) 2:00 Volunteer Committee (BIL)(SP) 2:00 Karaoke 2:30 Gentle Yoga 3:00 UCSF Brain Health Talks (SP)</p>	<p>24</p>  <p>10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Body Dynamics 10:00 Game Room 11:00 Tech Support (Denise) 11:30 Tai Chi for Arthritis & Fall Prevention 11:30 Fall Prevention Maintenance (V) 1:00 Healthier Living (SP) 1:30 Aging Mastery Program (SP) 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke</p>	<p>25</p> <p>Halloween Dance & Costume Contest</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) 11:30 Fall prevention 1 12:00 Tech Support (Vera) 1:00 Fall Prevention 1 (BIL) (SP) 1:30 Halloween Dance & Costume Contest</p>	<p>26</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 1:00 Halloween Movies</p> 

<p>28</p> <p>Build day of the Dead Altar</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 11:00 Tech Support (Denise) 1:30 Fall Prevention Maintenance (V) 2:00 Build day of the Dead Altar</p> 	<p>29</p> <p>9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active(BIL)(SP) (V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance 1:30 Blood Pressure 2:00 Cafe con Leche (SP) 2:00 Peruvian Weaving 2:30 Aging Mastery Program (V)</p>	<p>30</p>  <p>9:00 Tech Support(Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:00 Virtual Reality with UCSF (RSVP) 11:30 Fall prevention 1 1:00 Fall Prevention 1 (BIL) (SP) 1:00 Chronic Pain Management (V) 2:00 Karaoke 2:30 Gentle Yoga</p>	<p>31</p>  <p>10:00 On Lok Always Active(BIL)(SP)(V) 10:00 Body Dynamics 10:00 Game Room 11:00 Tech Support (Denise) 11:30 Tai Chi for Arthritis & Fall Prevention 11:30 Fall Prevention Maintenance(V) 1:00 Healthier Living (SP) 1:30 Halloween Bingo with BanCal 1:30 Aging Mastery Program (SP) 2:00 Blood Pressure (BIL)(SP) 2:00 Conversation Circle 2:00 Karaoke</p>
--	--	--	---



SPECIAL EVENTS

10/01 - 1:00 SFPL Bookmobile
10/07 - 1:00 **Health Promotion Talks (BIL)(SP)**
10/09 - 11:30 Stress Busters (BIL) (SP)
10/10 - 11:00 **Music aLive Presentation**
10/14 - 11:00 Arts & Crafts w/ SFPL
10/15 - 2:00 **Senior Council (BIL) (SP)**
10/17 - 11:30 Garden Volunteer Committee (BIL)(SP)
10/18 - 9:30 **SPOOKY BAZAAR**
10/25 - 1:30 Halloween Dance & Costume Contest
10/28 - 2:00 **Build day of the Dead Altar**
10/30 - 10:00 Virtual Reality with UCSF (RSVP)
10/31 - 1:30 **Halloween Bingo with BanCal**

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 susan.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

CALENDAR KEY

Activities marked with:

- (SP) are in Spanish
- (CA) are in Cantonese
- (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