



# 30<sup>TH</sup> STREET SENIOR CENTER ACTIVITIES PROGRAM SCHEDULE May 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 (\*).

**Activities marked with an (\*) are in-person at On Lok 30<sup>th</sup> Street Senior Center and require proof of full vaccination against Covid-19.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>  10:00 Always Active 1:30 Fall Prevention Maintenance <b>2:00pm Café con Leche (SP)</b> 3:15pm Conversation Circle	<b>3</b>  <b>9:45 Coro de la 30 (BIL) (*)</b> <b>10:00 Always Active (BIL)</b> 10:00 Body Dynamics 11:30 Beginners Line Dance 1:00 Stress Busters 2:30 Somatic Movement for Spine Mobility	<b>4</b>  10:00 Always Active <b>10:00 Drawing &amp; Painting (BIL) (*)</b> 2:00 Gentle Yoga	<b>5</b>  <b>10:00 Always Active (BIL)</b> 10:00 Body Dynamics 1:30 Fall Prevention Maintenance <b>1:30 Food Smarts Leah's Pantry Nutrition Workshops CH (*)</b> 2:30 Somatic Movement for Spine Mobility	<b>6</b>  10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance <b>10:00 Drawing &amp; Painting (BIL) (*)</b> 1:30 Food Smarts Leah's Pantry Nutrition Workshops (*)	<b>7</b>  <i>Mother's Day is Sunday 5/8 Happy Mother's Day!</i>
<b>9</b>  10:00 Always Active 11:00 Psychology Lectures 1:30 Fall Prevention Maintenance 2:00 Tai Chi Arthritis (*)	<b>10</b>  <b>9:45 Coro de la 30 (BIL) (*)</b> <b>10:00 Always Active (BIL)</b> 10:00 Body Dynamics 11:30 Beginners Line Dance 2:30 Somatic Movement for Spine Mobility	<b>11</b>  10:00 Always Active <b>10:00 Drawing &amp; Painting (BIL) (*)</b> 2:00 Chair Yoga	<b>12</b>  <b>10:00 Always Active (BIL)</b> 10:00 Body Dynamics 1:30 Fall Prevention Maintenance <b>1:30 Food Smarts Leah's Pantry Nutrition Workshops CH (*)</b> <b>1:30 Food Smarts Leah's Pantry Nutrition Workshops SP (*)</b> 2:30 Somatic Movement for Spine Mobility	<b>13</b>  10:00 Always Active <b>10:00 Drawing &amp; Painting (BIL) (*)</b> 1:30 Food Smarts Leah's Pantry Nutrition Workshops (*) 2:00 Tai Chi Arthritis (*)  <i>5/13 No Beginners Line Dance &amp; High Beginner/ Improver Line Dance Class.</i>	<b>14</b>  10:00 Body Dynamics (*)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:00 Always Active 1:30 Fall Prevention Maintenance 2:00 Tai Chi Arthritis (*) <b>2:00pm Café con Leche (SP)</b> 3:15pm Conversation Circle	<b>9:45 Coro de la 30 (BIL) (*)</b> <b>10:00 Always Active (BIL)</b> 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Fall Prevention 1 1:00 Stress Busters 2:30 Somatic Movement for Spine Mobility  <i>5/17 New cohort for Fall Prevention 1 begins.</i>	10:00 Always Active <b>10:00 Drawing &amp; Painting (BIL) (*)</b> 2:00 Gentle Yoga	<b>10:00 Always Active (BIL)</b> 10:00 Body Dynamics 1:30 Fall Prevention Maintenance <b>1:30 Food Smarts Leah's Pantry Nutrition Workshops CH (*)</b> <b>1:30 Food Smarts Leah's Pantry Nutrition Workshops SP (*)</b> 2:30 Somatic Movement for Spine Mobility  <i>5/19 is the last virtual Body Dynamics Class for Spring.            5/19 is the last virtual session for Leah's Pantry in CH.</i>	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance <b>10:00 Drawing &amp; Painting (BIL) (*)</b> 11:30 Fall Prevention 1 1:30 Food Smarts Leah's Pantry Nutrition Workshops (*) 2:00 Tai Chi Arthritis (*)	10:00 Body Dynamics (*)   <i>5/21 is the last in person Body Dynamics Class for Spring.</i>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:00 Always Active 1:30 Fall Prevention Maintenance 2:00 Tai Chi Arthritis (*)	<b>9:45 Coro de la 30 (BIL) (*)</b> <b>10:00 Always Active (BIL)</b> 11:30 Fall Prevention 1 <b>11:30 Senior Council (BIL)</b> 2:30 Somatic Movement for Spine Mobility  <i>On 5/24/22 no Beginners Line Dance.</i>	10:00 Always Active <b>10:00 Drawing &amp; Painting (BIL) (*)</b> 2:00 Chair Yoga	<b>10:00 Always Active (BIL)</b> 1:30 Fall Prevention Maintenance <b>1:30 Food Smarts Leah's Pantry Nutrition Workshops SP (*)</b> 2:30 Somatic Movement for Spine Mobility	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance <b>10:00 Drawing &amp; Painting (BIL) (*)</b> 11:30 Fall Prevention 1 1:30 Food Smarts Leah's Pantry Nutrition Workshops (*) 2:00 Tai Chi Arthritis (*)  <i>5/27 is the last session for Leah's Pantry in ENG.</i>	
<b>30</b>	<b>31</b>	<b>June 1</b>	<b>June 2</b>	<b>June 3</b>	<b>June 4</b>
<b>2:00pm Café con Leche (SP)</b> 3:15pm Conversation Circle  <i>All other Classes or Activities            On 5/30/22 will be canceled            In observance of Memorial Day.</i>	<b>9:45 Coro de la 30 (BIL) (*)</b> <b>10:00 Always Active (BIL)</b> 11:30 Beginners Line Dance 11:30 Fall Prevention 1 2:30 Somatic Movement for Spine Mobility	10:00 Always Active 2:00 Gentle Yoga <b>10:00 Drawing &amp; Painting (BIL) (*)</b>	<b>10:00 Always Active (BIL)</b> 1:30 Fall Prevention Maintenance <b>1:30 Food Smarts Leah's Pantry Nutrition Workshops SP (*)</b> 2:30 Somatic Movement for Spine Mobility  <i>6/2 is the last session for Leah's Pantry in SP</i>	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance <b>10:00 Drawing &amp; Painting (BIL) (*)</b> 11:30 Fall Prevention 1 2:00 Tai Chi Arthritis (*)	

**Interested in participating in our scheduled activities?**

For more information on our activities program and how to register, please call: Lupe Duran, *Hospitality Coordinator* at 415-550-2210 or email: lduran@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 415-550-2265 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)**- Miguel Jimenez, *DEEP Coordinator* at 415-550-2201 or email: mjimenez@onlok.org
- **Aging Mastery** - Valorie Villela, *Director of WELL Senior Programming* at 415-439-9364 or email: valorie@onlok.org
- **Activities & Volunteers** - Michelle Lopez, *Volunteer Program Manager* 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**

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