












January 2025 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>January 1</p>  <p>10:00 Game Room 11:00 New Years Musical Presentation 12:30 Movie *No Virtual Activities* Center Closed at 2 pm</p>	<p>2</p> <p>10:00 On Lok Always Active(BIL)(SP)(V) 10:00 Game Room 11:00 Tech Support (Denise) 1:30 Fall Prevention Maintenance (V) 2:00 Karaoke</p>	<p>3</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 2:00 2025 New Years Celebration Dance</p> 	<p>4</p> <p>9:00 Chair Yoga 1:00 Movie</p> 
<p>6</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 10:00 Three Kings Day Celebration 1:00 Tai Chi for Arthritis & Fall Prevention (V) 1:30 Fall Prevention Maintenance (V)</p>	<p>7</p> <p>G: D@' 6cc_a cV]Y</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 Chess 10:30 Beginners Line Dance 12:00 Tech Support (Denise) 1:00 SFPL Bookmobile 1:30 Activities Committee (BIL)(SP) 2:00 Peruvian Weaving</p> 	<p>8</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) 11:00 Stress Busters (BIL)(SP) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 2:00 Karaoke 2:30 Volunteer Committee (BIL)(SP) 2:30 Gentle Yoga</p>	<p>9</p> <p>Music aLive Presentation</p> <p>10:00 On Lok Always Active(BIL)(SP)(V) 10:00 Game Room 11:00 Tech Support (Denise) 11:00 Music aLive Presentation 11:30 Fall Prevention Maintenance (V) 2:00 Karaoke</p> 	<p>10</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 12:00 Tech Support (Vera) 2:00 Latin Music Dance & Raffle</p>	<p>11</p> <p>9:00 Chair Yoga 10:30 Beginners Line Dance 1:00 Movie</p> 
<p>13</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 Arts & Crafts w SFPL 1:00 ZSFG Age Friendly Emergency Department 1:00 Tai Chi for Arthritis & Fall Prevention (V) 1:30 Fall Prevention Maintenance (V)</p>	<p>14</p> <p>Body Dynamics Returns</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 12:00 Tech Support (Denise) 2:00 Cafe con Leche (SP)</p>	<p>15</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) 11:00 Alzheimer's Association (SP) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 2:00 Karaoke 2:30 Gentle Yoga</p>	<p>16</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 Fall Prevention Maintenance (V) 12:30 Gardening 101: Rose Gardening 2:00 Chronic Pain Management (SP) 2:00 Karaoke 2:00 Conversation Circle</p> 	<p>17</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 12:00 Tech Support (Vera) 2:00 Latin Music Dance & Raffle</p>	<p>18</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 1:00 Movie</p> 

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>20 Martin Luther King Jr Day</p> <p>"I have a dream."</p> <p>"I have decided to stick with love. Hate is too great a burden to bear."</p> <p>"In the end, we will remember not the words of our enemies, but the silence of our friends."</p> <p>"only in the darkness CAN YOU SEE THE STARS."</p> <p>"Life's most persistent and urgent question is, 'THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.'"</p> <p>9:00 Tech Support(Yvan)(BIL)(SP) 10:00 Game Room 11:00 Musical Presentation 12:00 Movie *No Virtual Activities* Center Closed at 2 pm</p>	<p>21</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 12:00 Beginners Line Dance 12:00 Tech Support (Denise) 2:00 Senior Council (BIL) (SP)</p>	<p>22</p> <p>Fall Prevention 1</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 Tai Chi for Arthritis & Fall Prevention (V) 2:00 Karaoke 2:30 Gentle Yoga</p>	<p>23</p> <p>10:00 On Lok Always Active(BIL)(SP)(V) 10:00 Game Room 10:00 Body Dynamics 11:00 Tech Support (Denise) 1:30 Fall Prevention Maintenance (V) 2:00 Chronic Pain Management (SP) 2:00 Karaoke</p>	<p>24</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 12:00 Tech Support (Vera) 2:00 Latin Music Dance & Raffle</p>	<p>25</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 10:30 Larry's Beginners Line Dance 1:00 Movie</p>
<p>27</p> <p>10:00 On Lok Always Active (V) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 1:30 Fall Prevention Maintenance (V)</p> <p>No In Person Activities Center Closed Dining Room Open for Lunch</p>	<p>28</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 Fall Prevention (V) 12:00 Beginners Line Dance 12:00 Tech Support (Denise) 1:30 Activities Committee (BIL)(SP) 2:00 Cafe con Leche (SP) 2:00 Peruvian Weaving</p>	<p>29</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 Tai Chi for Arthritis & Fall Prevention (V) 2:00 Karaoke 2:30 Volunteer Committee (BIL)(SP) 2:30 Gentle Yoga</p>	<p>30</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 Fall Prevention (V) 1:30 Fall Prevention Maintenance(V) 2:00 Karaoke 2:00 Chronic Pain Management (SP) 2:00 Conversation Circle</p>	<p>31</p> <p>New Years Bazaar</p> <p>9:30 New Years Bazaar 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 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>	

SPECIAL EVENTS

- 01/01 - 11:00 New Years Musical Presentation
- 01/03 - 2:00 2025 New Years Celebration Dance
- 01/06 - 10:00 Three Kings Day Celebration
- 01/07 - 1:00 SFPL Bookmobile
- 01/08 - 11:00 Stress Busters (BIL)(SP)
- 01/09 - 11:00 Music aLive Presentation
- 01/13 - 11:00 Arts & Crafts w SFPL
- 01/13 - 1:00 ZSFG Age Friendly EmergencyDepartment
- 01/14 - 10:00 Body Dynamics Returns
- 01/16 - 12:30 Gardening 101: Rose Gardening
- 01/20 - 11:00 Musical Presentation
- 01/21 - 2:00 Senior Council (BIL) (SP)
- 01/27 - 3rd Floor Center Closed. Still open for Lunch
- 01/31 - 9:30 New Years Bazaar

REGULAR CENTER HOURS

Registration*
Monday–Saturday,
10:00am-12:00pm, 2:00pm-3:30pm

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 for classes please reach the appropriate staff members:

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

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

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

Aging Mastery Program
Nicole Malik, (415)550-2211 & nicole.malik@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

