



# January 2025 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>20 Martin Luther King Jr Day</b></p> <p><b>"I have a dream."</b></p>  <p>9:00 Tech Support(Yvan)(BIL)(SP) 10:00 Game Room 11:00 Musical Presentation 12:00 Movie <b>*No Virtual Activities*</b> <b>Center Closed at 2 pm</b></p>	<p><b>21 Senior Council</b></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><b>22 Fall Prevention 1</b></p> <p>9:00 Tech Support(Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing &amp; Painting (BIL)(SP) 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 1:00 Tai Chi for Arthritis &amp; Fall Prevention (V) 2:00 Karaoke 2:30 Gentle Yoga</p>	<p><b>23</b></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><b>24</b></p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing &amp; 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 &amp; Raffle</p> 	<p><b>25</b></p> <p>9:00 Chair Yoga 10:00 Body Dynamics 10:30 Beginners Line Dance 1:00 Movie</p>
<p><b>27</b></p> <p>10:00 On Lok Always Active (V) 1:00 Tai Chi for Arthritis &amp; Fall Prevention (V) 1:30 Fall Prevention Maintenance (V) <b>No In Person Activities</b> <b>Center Closed</b> <b>Dining Room Open for Lunch</b></p>	<p><b>28</b></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)</p> 	<p><b>28</b></p> <p>9:00 Tech Support(Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing &amp; Painting (BIL)(SP) 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 1:00 Tai Chi for Arthritis &amp; Fall Prevention (V) 2:00 Karaoke 2:30 Volunteer Committee (BIL)(SP) 2:30 Gentle Yoga</p>	<p><b>29</b></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 Karaoke 2:00 Chronic Pain Management (SP) 2:00 Conversation Circle</p>	<p><b>31 New Years Bazaar</b></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 &amp; Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 11:30 Fall Prevention 1 12:00 Tech Support (Vera) 2:00 Fall Prevention 1 (BIL)(SP) 2:00 Latin Music Dance &amp; 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