



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>22</b></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 1:30 Fall Prevention Maintenance (V)</p>	<p><b>23</b></p> <p>9:00 Tech Support (Jean) (BIL) (SP) 9:45 CMC Coro de la 30 (BIL) (SP) 10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi Arthritis (V) 12:00 Beginner Line Dance (H) 1:30 Activities Committee (BIL)(SP) 2:45 Peruvian Weaving (SP)</p>	<p><b>24</b> UCSF Brain Health Talks</p> <p>10:00 On Lok Always Active (V) 10:00 Drawing &amp; Painting (BIL) (SP) 10:00 Game Room 1:00 Fall Prevention 1 2:00 Volunteer Committee (BIL) (SP) 2:30 Gentle Yoga 3:00 UCSF Brain Health Talks (SP)</p>	<p><b>25</b></p> <p>10:00 On Lok Always Active (BIL) (V) 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi Arthritis (V) 1:30 Fall Prevention Maintenance (V) 2:00 Karaoke</p>	<p><b>26</b></p> <p>9:30 New Year Bazaar 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Drawing &amp; Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 12:00 Tech Support (Jean) (BIL) (SP) 1:00 Fall Prevention Maintenance 2:00 Latin Dance &amp; Raffle</p>	<p><b>27</b></p> <p>10:00 Body Dynamics 2:00 Karaoke</p>

**29** Name Tag Day

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 Name Tag Day  
1:30 Fall Prevention Maintenance (V)

**30** UCSF Creative Minds: Every Body Moves

9:00 Tech Support (Jean) (BIL) (SP)  
9:45 CMC Coro de la 30  
10:00 On Lok Always Active (BIL) (V)  
10:00 Game Room  
12:00 Beginner Line Dance (H)  
1:30 UCSF Creative Minds: Every Body Moves  
2:45 Peruvian Weaving (SP)

**31**

10:00 On Lok Always Active (V)  
10:00 Drawing & Painting (BIL) (SP)  
10:00 Game Room  
1:00 Fall Prevention 1  
2:00 Volunteer Committee (BIL)(SP)  
2:30 Chair Yoga  
2:45 Peruvian Weaving



**SPECIAL EVENTS**

01 01	10:30am Musical Performance
01 02	1:00pm SFPL Bookmobile
01 05	2:00pm Three Kings Celebration Latin Music Dance & Raffle
01 0	10:00am Psychology Lectures
01 0	11:00am SFPL Arts & Crafts
01 10	11:30am Stress Busters
01 15	10:00am Music Performance
01 1	2:00pm Senior Council
01 1	1:00pm Fall Prevention 1
01 24	3:00pm UCSF Brain Health Talks
01 30	1:30pm UCSF Creative Minds: Every Body Moves

**REGULAR CENTER HOURS**

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

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

**Computer Lab\***  
Monday- Saturday, 9:00am-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 by 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

**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.

