

# May 2023 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>9:00 Tech Support (BIL) (SP)            10:00 On Lok Always Active (V)            10:00 On Lok Always Active            10:00 Game Room            1:00 Chronic Pain Management (SP)            1:30 Fall Prevention Maintenance (V)            2:00 Tai Chi Arthritis Level 1</p>	<p><b>2</b></p> <p>9:45 Coro de la 30 CMC (BIL)(H) 10:00 On Lok Always Active(BIL)(V) (SP)            10:00 Body Dynamics            10:00 Game Room            10:00 Diabetes Workshop (DEEP)(SP)            10:30 Advance Care Planning Workshop            11:30 Tai Chi Arthritis Level 1 (V)            11:30 Beginner Line Dance (V)            12:00 Tech Support            1:00 Activities Committee (BIL)(SP)            1:30 CTN Digital Equity Event (SP)            2:00 Peruvian Weaving (SP)</p>	<p><b>3</b></p> <p>10:00 On Lok Always Active (V)            10:00 Game Room            10:00 Drawing &amp; Painting (BIL) (SP)            10:00 Tech Support (BIL) (CA)            1:00 Fall Prevention 1            2:00 Tai Chi Arthritis Level 1            2:00 Peruvian Weaving (SP)            2:30 Chair Yoga</p>	<p><b>4</b></p> <p>10:00 On Lok Always Active(BIL)(SP) (V)            10:00 Game Room            10:00 Body Dynamics            10:30 Leah's Pantry (CA)            11:30 Tai Chi Arthritis Level 1 (V)            11:30 Carnival Dance Practice RSVP            1:30 Fall Prevention Maintenance(V)            1:30 Aging Mastery Program (SP)            1:30 CTN Digital Equity Event (SP)            2:00 Conversation Circle</p>	<p><b>5</b></p>  <p>10:00 On Lok Always Active (V)            10:00 On Lok Always Active            10:00 Drawing &amp; Painting (BIL) (SP)            10:00 Tech Support            10:00 Game Room            10:00 Beginners &amp; High Improver Line Dance (V)            10:30 Fall Prevention Level 1 (V)            1:00 Fall Prevention Level 1            2:00 Latin Dance</p>	<p><b>6</b></p> <p>10:00 Body Dynamics</p>
<p><b>8</b></p> <p>9:00 Tech Support (BIL) (SP)            10:00 On Lok Always Active (V)            10:00 On Lok Always Active            10:00 Game Room            11:00 Psychology Lectures (V)            1:00 Senior Disability Act University (SP)            1:00 Chronic Pain Management (SP)            1:30 Fall Prevention Maintenance (V)            1:30 CTN Digital Equity Event (SP)            2:00 Tai Chi Arthritis Level 1            2:30 Cafe con Leche (SP)</p>	<p><b>9</b></p> <p>9:45 Coro de la 30 CMC (BIL)(H)            10:00 On Lok Always Active(BIL)(V) (SP)            10:00 Body Dynamics            10:00 Game Room            10:00 Diabetes Workshop (DEEP)(SP)            11:30 Tai Chi Arthritis Level 1 (V)            11:30 Beginner Line Dance (V)            12:00 Tech Support            1:30 CTN Digital Equity Event (SP)            2:00 Peruvian Weaving (SP)</p> <p><b>CANCELED:</b>            1:00 Activities Committee (BIL)(SP)</p>	<p><b>10</b></p> <p>10:00 On Lok Always Active (V)            10:00 Game Room            10:00 Drawing &amp; Painting (BIL) (SP)            10:00 Tech Support (BIL) (CA)            11:30 Stress Busters (BIL) (SP)            1:00 Fall Prevention 1            1:30 Volunteer Committee (BIL) (SP)            1:30 CTN Digital Equity Event (SP)            2:00 Tai Chi Arthritis Level 1            2:00 Peruvian Weaving (SP)            2:30 Gentle Yoga</p>	<p><b>11</b></p>  <p>10:00 On Lok Always Active (BIL)(SP) (V)            10:00 Game Room            10:00 Body Dynamics            10:30 Leah's Pantry (CA)            11:30 Tai Chi Arthritis Level 1 (V)            11:30 Carnival Dance Practice RSVP            1:30 Fall Prevention Maintenance (V)            1:30 Aging Mastery Program (SP)            2:00 Mother's Day Dance (Levi's)</p>	<p><b>12</b></p> <p>10:00 On Lok Always Active (V)            10:00 On Lok Always Active            10:00 Drawing &amp; Painting (BIL)(SP)            10:00 Tech Support            10:00 Game Room            10:00 Beginners &amp; High Improver Line Dance (V)            10:30 Fall Prevention Level 1 (V)            1:00 Fall Prevention Level 1            1:30 CTN Digital Equity Event (SP)            2:00 Latin Dance</p>	<p><b>13</b></p> <p>10:00 Body Dynamics</p> 
<p><b>15</b></p> <p>9:00 Tech Support (BIL) (SP)            10:00 On Lok Always Active (V)            10:00 On Lok Always Active            10:00 Game Room            1:00 Chronic Pain Management (SP)            1:30 Fall Prevention Maintenance (V)            1:30 CTN: Digital Equity Event</p>	<p><b>16</b></p> <p>9:45 Coro de la 30 CMC (BIL)(H)            10:00 On Lok Always Active (BIL)(SP) (V)            10:00 Body Dynamics            10:00 Game Room            10:00 Diabetes Workshop (DEEP) (SP)            11:30 Tai Chi Arthritis Level 1 (V)            11:30 Beginner Line Dance (V)            12:00 TechSupport            1:00 Activities Committee (BIL)(SP)</p> <p><b>CANCELED:</b>            2:00 Peruvian Weaving (SP)</p>	<p><b>17</b></p> <p>10:00 On Lok Always Active (V)            10:00 Game Room            10:00 Drawing &amp; Painting (BIL) (SP)            11:30 Stress Busters (BIL) (SP)            1:00 Fall Prevention 1            1:30 CTN Digital Equity Event (SP)            2:00 Peruvian Weaving (SP)            2:30 Chair Yoga</p>	<p><b>18</b></p>  <p>10:00 On Lok Always Active (BIL)(SP) (V)            10:00 Game Room            10:00 Body Dynamics            10:00 Domestic Employer Workshop (SP)            10:30 Leah's Pantry (CA)            11:30 Tai Chi Arthritis Level 1 (V)            11:30 Carnival Dance Practice RSVP            1:30 Fall Prevention Maintenance (V)            1:30 Aging Mastery Program (SP)            2:00 Bingo w/ KKR</p>	<p><b>19</b></p> <p>10:00 On Lok Always Active (V)            10:00 On Lok Always Active            10:00 Drawing &amp; Painting (BIL)(SP)            10:00 Tech Support            10:00 Game Room            10:00 Beginners &amp; High Improver Line Dance (V)            10:30 Fall Prevention Level 1 (V)            1:00 Fall Prevention Level 1            1:30 CTN: Digital Equity Event            1:30 Latin Dance</p>	<p><b>20</b></p> <p>10:00 Movie Matinee</p>  <p><b>CANCELED:</b>            10:00 Body Dynamics</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>22</b></p> <p>10:00 On Lok Always Active (V)            10:00 On Lok Always Active            10:00 Game Room            1:00 Chronic Pain Management(SP)            1:30 Fall Prevention Maintenance (V)            1:30 CTN Digital Equity Event            2:30 Cafe con Leche (SP)</p> <p><b>CANCELED:</b>            9:00 Tech Support (BIL) (SP)</p>	<p><b>23</b></p> <p>9:45 Coro de la 30 CMC (BIL) (H)            10:00 On Lok Always Active (BIL)(SP) (V)            10:00 Body Dynamics            10:00 Game Room            11:30 Tai Chi Arthritis Level 1 (V)            12:00 Tech Support            1:00 Activities Committee (BIL)(SP)            2:00 Peruvian Weaving (SP)</p> <p><b>CANCELED:</b>            11:30 Beginner Line Dance (V)</p>	<p><b>24</b></p> <p>10:00 On Lok Always Active (V)            10:00 Game Room            10:00 Drawing &amp; Painting (BIL) (SP)            10:00 Tech Support (BIL) (CA)            12:00 Tech Support (BIL) (SP)            1:00 Fall Prevention 1            1:30 Volunteer Committee (BIL) (SP)            1:30 CTN Digital Equity Event            2:00 Peruvian Weaving (SP)            2:30 Chair Yoga            3:00 UCSF Brain Health Talks (SP)</p>	<p><b>25</b></p> <p>10:00 On Lok Always Active (BIL)(SP) (V)            10:00 Game Room            10:00 Body Dynamics            10:30 Leah's Pantry (CA)            11:30 Tai Chi Arthritis Level 1 (V)            11:30 Carnival Dance Practice RSVP            1:30 Fall Prevention Maintenance (V)            1:30 Tech Support w/ Pei-Pei (BIL) (Mandarin)            1:30 Aging Mastery Program (SP)            2:00 Conversation Circle</p>	<p><b>26</b></p> <p>10:00 On Lok Always Active (V)            10:00 On Lok Always Active            10:00 Drawing &amp; Painting (BIL)(SP)            10:00 Tech Support            10:00 Game Room            10:00 Beginners &amp; High Improver Line Dance (V)            10:00 May Bazaar            10:30 Fall Prevention Level 1 (V)            12:00 Tech Support (BIL) (SP)            1:00 Fall Prevention Level 1            2:00 Latin Dance &amp; Raffle</p>	<p><b>27</b></p> <p>10:00 Movie Matinee</p>  <p><b>CANCELED:</b>            10:00 Body Dynamics</p>
<p><b>29</b> <b>Memorial DAY</b></p> <p><b>No Virtual Activities</b></p> <p>9:00 Tech Support (BIL) (SP)            10:00 Movie Matinee            11:00 Game Room</p> 	<p><b>30</b></p> <p>9:45 Coro de la 30 CMC (BIL) (H)            10:00 On Lok Always Active (BIL)(SP) (V)            10:00 Body Dynamics            10:00 La Raza Clinics (BIL) (SP)            10:00 Game Room            11:30 Tai Chi Arthritis Level 1 (V)            11:30 Beginner Line Dance (V)            12:00 Tech Support            1:00 Activities Committee (BIL)(SP)            2:00 Peruvian Weaving (SP)</p>	<p><b>31</b></p> <p>10:00 On Lok Always Active (V)            10:00 Game Room            10:00 Drawing &amp; Painting (BIL) (SP)            10:00 Tech Support (BIL) (CA)            1:00 Fall Prevention 1            1:30 Aging Mastery Program (SP)            2:30 Chair Yoga</p>	<p><b>June 1</b></p> <p>10:00 On Lok Always Active (BIL)(SP) (V)            10:00 Game Room            10:00 Body Dynamics            10:30 Leah's Pantry (CA)            11:30 Tai Chi Arthritis Level 1 (V)            1:30 Tech Support w/ Pei-Pei (BIL) (Mandarin)            1:30 Fall Prevention Maintenance (V)</p>	<p><b>June 2</b></p> <p>10:00 On Lok Always Active (V)            10:00 On Lok Always Active            10:00 Drawing &amp; Painting (BIL)(SP)            10:00 Tech Support            10:00 Game Room            10:00 Beginners &amp; High Improver Line Dance (V)            10:30 Fall Prevention Level 1 (V)            1:00 Fall Prevention Level 1            2:00 Latin Dance &amp; Raffle</p>	<p><b>June 3</b></p> <p>10:00 Body Dynamics</p> 

**SPECIAL EVENTS**

5/8 - 1:00pm Senior Disability Act University (SP)  
 5/11 - 2:00pm Mother's Day Dance (Levi's)  
 5/15 - 1:30pm CTN: Digital Equity Event  
 5/18 - 2:00pm Bingo w/ KKR  
 5/24 - 3:00pm UCSF Brain Health Talks (SP)  
 5/30 - 10am La Raza Clinics (BIL) (SP)

**REGULAR CENTER HOURS**

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

**Happy Heart Gym\***  
 Monday–Saturday, 10:00am-3:30pm

**Computer Lab\***  
 Monday- Saturday, 11:00am-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

**Healthier Living:**  
 Ken Wong, (415) 550-6002 or kwong@onlok.org

**DEEP(Diabetes Empowerment Education Program)**  
 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.