

January 2026 Activities Program Schedule

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



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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 (BIL) (SP)
1:30 On Lok Always Active (V)



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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 Body Dynamics
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)
2:45 Chair Yoga

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9:45 Coro de la 30 CMC (BIL) (SP)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 San Francisco Life Line Education (BIL) (SP)
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Chess
10:00 Blood Pressure (Vincent)
12:00 Beginners Line Dance (Carmen)
1:00 SFPL Bookmobile (BIL) (SP)
1:00 Tech Support (Jan)
1:30 Activities Committee (BIL) (SP)
2:00 Peruvian Weaving (SP)

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9:45 Coro de la 30 CMC (BIL) (SP)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Chess
10:00 Blood Pressure (Vincent)
12:00 Beginners Line Dance (Carmen)
1:00 Tech Support (Jan)
2:00 Cafe con Leche (SP)
2:00 Peruvian Weaving (SP)

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9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
1:00 On Lok Always Active
2:00 Peruvian Weaving (SP)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga

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9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
11:30 Stress Busters (BIL) (SP)
1:00 On Lok Always Active
2:00 Peruvian Weaving (SP)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga

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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
10:00 Tech Support (Tom)
11:00 Music aLive Musical Performance
12:00 Blood Pressure (Anita)
1:00 Gardening 101
1:00 Tech Support (Keili)
1:30 On Lok Always Active (V)
2:00 Karaoke

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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Tom)
11:30 Garden Volunteer Committee (BIL) (SP)
12:00 Blood Pressure (Anita)
1:00 Gardening 101
1:00 Tech Support (Keili)
1:30 On Lok Always Active (V)
2:00 Karaoke
2:30 Conversation Circle
3:00 Blood Pressure (Sarai)

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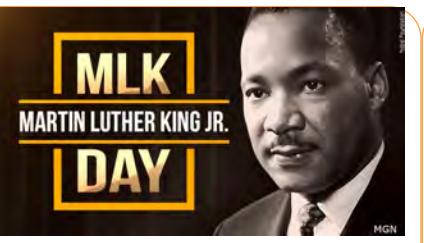
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 On Lok Always Active
2:00 Latin Music Dance

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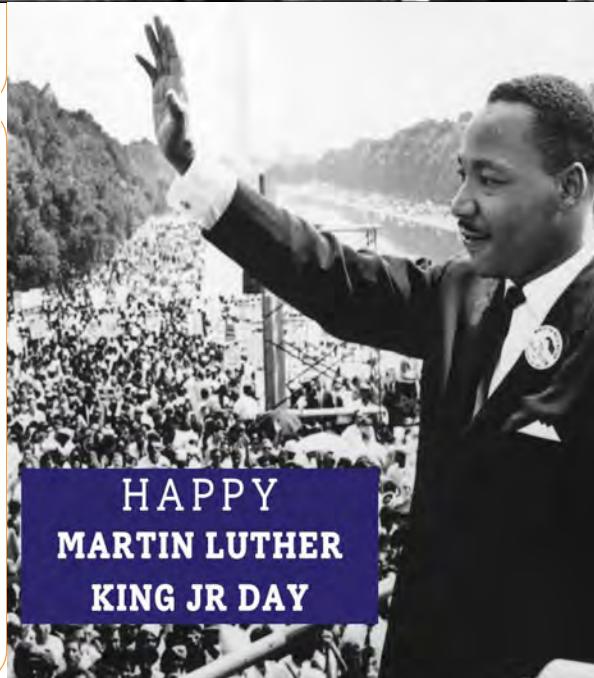


9:00 Tech Support (Marina) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 On Lok Always Active
2:00 Latin Music Dance

January 2026 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19  CENTER CLOSED MLK Holiday 	20  9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Body Dynamics 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Chess 10:00 Blood Pressure (Vincent) 10:00 Beginners Line Dance (Carmen) 1:00 Tech Support (Jan) 1:00 Aging Mastery Program Information Session 2:00 Senior Council (BIL) (SP)	21  9:00 Tech Support (Mario) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 1:00 On Lok Always Active 1:00 Tai Chi for Fall Prevention & Arthritis 1:00 On Lok Always Active 2:00 Flower Making Workshop (BIL) (SP) 2:00 Peruvian Weaving (SP) 2:30 Gentle Yoga	22  10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Body Dynamics 10:00 Game Room 10:00 Tech Support (Tom) 12:00 Blood Pressure (Anita) 1:00 Gardening 101 1:00 Tech Support (Keili) 1:30 Healthier Living Workshop 1:30 On Lok Always Active (V) 2:00 Karaoke	23  10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 11:00 Blood Pressure (Mateo) (BIL) (SP) 1:00 On Lok Always Active 2:00 Latin Music Dance
26  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 Body Dynamics 1:00 Tai Chi for Fall Prevention & Arthritis 1:30 On Lok Always Active (V) 1:30 Volunteer Committee (BIL) (SP) 2:45 Chair Yoga	27  9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Body Dynamics 10:00 Game Room 10:00 Chess 10:00 Tech Support (John) (BIL)(CA) 10:00 Blood Pressure (Vincent) 12:00 Beginners Line Dance (Carmen) 1:00 Tech Support (Jan) 1:30 Activities Committee (BIL) (SP) 2:00 Cafe con Leche (SP) 2:00 Peruvian Weaving (SP)	28  9:00 Tech Support (Mario) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 UCSF Fall Risk Screening (BIL) (SP) RSVP 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 1:00 On Lok Always Active 1:00 Tai Chi for Fall Prevention & Arthritis 2:00 Peruvian Weaving (SP) 2:00 Flower Making Workshop	29  10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Body Dynamics 10:00 Game Room 10:00 Tech Support (Tom) 12:00 Blood Pressure (Anita) 1:00 Gardening 101 1:00 Tech Support (Keili) 1:30 Healthier Living Workshop 1:30 On Lok Always Active (V) 2:00 Karaoke 2:30 Conversation Circle 3:00 Blood Pressure (Sarai)	30  10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 11:00 Blood Pressure (Mateo) (BIL) (SP) 1:00 On Lok Always Active 2:00 Latin Music Dance

Happy Martin Luther King Jr. Day!



HAPPY
MARTIN LUTHER
KING JR DAY

SPECIAL EVENTS

01/06 - 10:00am San Francisco Life Line Education
01/06 - 1:00pm SFPL Bookmobile (BIL) (SP)
01/08 - 11:00am Music aLive Musical Performance
01/13 - 2:00pm Cafe con Leche (SP)
01/14 - 11:30am Stress Busters (BIL) (SP)
01/15 - 2:30pm Conversation Circle
01/15 - 3:00pm Blood Pressure (Sarai)
01/20 - 1:00pm Aging Mastery Program Information Session
01/20 - 2:00pm Senior Council (BIL) (SP)
01/21 - 1:00pm Tai Chi for Diabetes
01/22 - 1:30pm Healthier Living Workshop
1/28 - 10:00am UCSF Fall Risk Screening (BIL) (SP) RSVP

REGULAR CENTER HOURS

Registration* Monday–Friday :

9:30am-12:00pm
1:30pm-3:30pm

Happy Heart Gym* Monday–Friday:

10:00am-12:00pm
1:00pm-3:00pm

Computer Lab* Monday- Friday:

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:

(415) 550-2265, alwaysactive@onlok.org

Tai Chi Arthritis:

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

DEEP (Diabetes Empowerment Education

Program) and Healthier Living

(415) 550-6002, workshops@onlok.org

Aging Mastery Program

workshops@onlok.org

CALENDAR KEY

Activities marked with:

- (SP) are in Spanish
- (CA) are in Cantonese
- (BIL) are bilingual.

All activities are in-person unless marked with

- (V) for virtual

Activities are subject to change without notice.

All activities require a pre-registration or presign-up process.



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

On Lok 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.