

# January 2026 Activities Program Schedule

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| <div></div> <div><div>5</div><div></div><div><p>9:00 Tech Support (Yvan) (BIL)(SP)<br/>10:00 On Lok Always Active (V)<br/>10:00 On Lok Always Active<br/>10:00 Game Room<br/>11:00 Arts &amp; Crafts w/ SFPL (BIL) (SP)<br/>1:30 On Lok Always Active(V)</p><p>HAPPY<br/>NEW YEAR</p></div><div><div>12</div><div></div><div><p>9:00 Tech Support (Yvan) (BIL)(SP)<br/>10:00 On Lok Always Active (V)<br/>10:00 On Lok Always Active<br/>10:00 Game Room<br/>11:00 Body Dynamics<br/>1:30 On Lok Always Active (V)<br/>1:30 Volunteer Committee (BIL) (SP)<br/>2:45 Chair Yoga</p></div></div></div> | <div></div> <div><div>6</div><div></div><div><p>9:45 Coro de la 30 CMC (BIL) (SP)<br/>10:00 On Lok Always Active (BIL)(SP)(V)<br/>10:00 San Francisco Life Line Education (BIL) (SP)<br/>10:00 Game Room<br/>10:00 Tech Support (John) (BIL)(CA)<br/>10:00 Chess<br/>10:00 Blood Pressure (Vincent)<br/>12:00 Beginners Line Dance (Carmen)<br/>1:00 SFPL Bookmobile (BIL) (SP)<br/>1:00 Tech Support (Jan)<br/>1:30 Activities Committee (BIL) (SP)<br/>2:00 Peruvian Weaving (SP)</p></div><div><div>13</div><div></div><div><p>9:45 Coro de la 30 CMC (BIL) (SP)<br/>10:00 On Lok Always Active (BIL)(SP)(V)<br/>10:00 Body Dynamics<br/>10:00 Game Room<br/>10:00 Tech Support (John) (BIL)(CA)<br/>10:00 Chess<br/>10:00 Blood Pressure (Vincent)<br/>12:00 Beginners Line Dance (Carmen)<br/>1:00 Tech Support (Jan)<br/>2:00 Cafe con Leche (SP)<br/>2:00 Peruvian Weaving (SP)</p></div></div></div> | <div></div> <div><div>7</div><div></div><div><p>9:00 Tech Support (Mario) (BIL) (SP)<br/>10:00 On Lok Always Active (V)<br/>10:00 Game Room<br/>10:00 Drawing &amp; Painting (BIL) (SP)<br/>1:00 On Lok Always Active<br/>2:00 Peruvian Weaving (SP)<br/>2:00 Flower Making Workshop (BIL) (SP)<br/>2:30 Gentle Yoga</p></div><div><div>14</div><div></div><div><p>9:00 Tech Support (Mario) (BIL) (SP)<br/>10:00 On Lok Always Active (V)<br/>10:00 Game Room<br/>10:00 Drawing &amp; Painting (BIL) (SP)<br/>11:30 Stress Busters (BIL) (SP)<br/>1:00 On Lok Always Active<br/>2:00 Peruvian Weaving (SP)<br/>2:00 Flower Making Workshop (BIL) (SP)<br/>2:30 Gentle Yoga</p></div></div></div> | <div></div> <div><div>8</div><div></div><div><p>10:00 On Lok Always Active (BIL)(SP)(V)<br/>10:00 Game Room<br/>10:00 Tech Support (Tom)<br/>11:00 Music aLive Musical Performance<br/>12:00 Blood Pressure (Anita)<br/>1:00 Gardening 101<br/>1:00 Tech Support (Keili)<br/>1:30 On Lok Always Active (V)<br/>2:00 Karaoke</p></div><div><div>15</div><div></div><div><p>10:00 On Lok Always Active (BIL)(SP)(V)<br/>10:00 Body Dynamics<br/>10:00 Game Room<br/>10:00 Tech Support (Tom)<br/>11:30 Garden Volunteer Committee (BIL) (SP)<br/>12:00 Blood Pressure (Anita)<br/>1:00 Gardening 101<br/>1:00 Tech Support (Keili)<br/>1:30 On Lok Always Active (V)<br/>2:00 Karaoke<br/>2:30 Conversation Circle<br/>3:00 Blood Pressure (Sarai)</p></div></div></div> | <div></div> <div><div>2</div><div></div><div><p>10:00 On Lok Always Active (V)<br/>10:00 On Lok Always Active<br/>10:00 Drawing &amp; Painting (BIL) (SP)<br/>10:00 Game Room<br/>11:00 Blood Pressure (Mateo) (BIL) (SP)<br/>1:00 On Lok Always Active</p><p>Center Closes at 2pm</p></div><div><div>9</div><div></div><div><p>10:00 On Lok Always Active (V)<br/>10:00 On Lok Always Active<br/>10:00 Drawing &amp; Painting (BIL) (SP)<br/>10:00 Game Room<br/>11:00 Blood Pressure (Mateo) (BIL) (SP)<br/>1:00 On Lok Always Active<br/>2:00 Latin Music Dance</p></div><div><div>16</div><div></div><div><p>9:00 Tech Support (Marina) (BIL) (SP)<br/>10:00 On Lok Always Active (V)<br/>10:00 On Lok Always Active<br/>10:00 Drawing &amp; Painting (BIL) (SP)<br/>10:00 Game Room<br/>11:00 Blood Pressure (Mateo) (BIL) (SP)<br/>1:00 On Lok Always Active<br/>2:00 Latin Music Dance</p></div></div></div></div> |





# January 2026 Activities Program Schedule

## MONDAY



**CENTER  
CLOSED  
MLK Holiday**



**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

## TUESDAY



**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)



**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)

## WEDNESDAY



**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



**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

## THURSDAY



**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



**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)

## FRIDAY

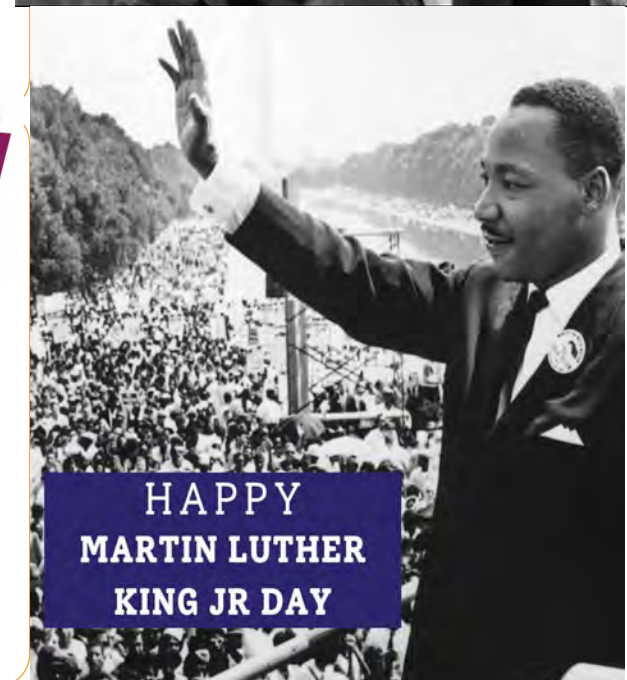


**23**  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Drawing & Painting (BIL) (SP)  
11:00 Blood Pressure (Mateo) (BIL) (SP)  
1:00 On Lok Always Active  
2:00 Latin Music Dance



**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!**



## 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](mailto:alwaysactive@onlok.org)

Tai Chi Arthritis:

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

DEEP (Diabetes Empowerment Education Program) and Healthier Living

(415) 550-6002, [workshops@onlok.org](mailto:workshops@onlok.org)

Aging Mastery Program  
[workshops@onlok.org](mailto: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.