








January 2023

Activities marked with **(SP)** are in Spanish, **(CA)** are in Cantonese, **(MA)** are in Mandarin, 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 a **(V)** for virtual or **(H)** for hybrid, in-person & virtual.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>10:00 Movie Matinee</p> 	<p>3</p> <p>9:45 Coro de la 30 CMC (BIL)(H) 10:00 On Lok Always Active (V) 10:00 Game Room 10:30 Fall Prevention 1 (V) 11:30 Beginners Line Dance (V) 11:30 Tai Chi Sequence 2 (V)</p>	<p>4</p> <p>10:00 On Lok Always Active (V) 11:30 Stress Busters (BIL)(V) 2:00 Chair Yoga (V) Canceled: 10:00 Game Room</p>	<p>5</p> <p>10:00 On Lok Always Active (V) 11:30 Tai Chi Sequence 2(V) Canceled: 10:00 Game Room 1:30 Fall Prevention Maintenance</p>	<p>6</p> <p>10:00 On Lok Always Active (V) 10:00 Beginners & High Beginner/ Improver Line Dance (V) 10:00 Diabetes Empowerment Education Program (DEEP)(V) 2:00 Tai Chi Level 1 & 2 (V) Canceled: 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting 11:00 Rosca de Reyes Celebration</p> 	<p>7</p> <p>11:00 Movie Matinee: El Cantante</p> 
<p>9</p> <p>10:00 On Lok Always Active (H) 10:00 Game Room 11:00 Psychology Lectures (V) 1:00 Tomando control de su salud (SP) 1:30 Fall Prevention Maintenance(V) 2:30 Café con Leche (SP) 2:30 Aging Mastery Program – Info Session (SP)</p>	<p>10</p> <p>9:45 Coro de la 30 CMC (BIL)(H) 10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 11:30 Tai Chi Sequence 2 (V) 11:30 Beginners Line Dance (V) 2:30 Aging Mastery Program (V)</p>	<p>11</p> <p>10:00 On Lok Always Active (V) 10:00 Game Room 1:30 Volunteer Committee 2:00 Gentle Yoga (V) 2:00 CHM Liver Cancer Awareness Watch Party with Dr. Min (MA)</p>	<p>12</p> <p>10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 11:30 Tai Chi Sequence 2 (V) 1:30 Fall Prevention Maintenance 1:30 Aging Mastery Program (SP) 2:00 Conversation Circle</p>	<p>13</p> <p>10:00 On Lok Always Active 10:00 On Lok Always Active (V) 10:00 Drawing & Painting (BIL) 10:00 Beginners & High Beginner/ Improver Line Dance (V) 10:00 CTN Tech Support 10:00 Game Room 10:00 Diabetes Empowerment Education Program (DEEP)(V) 2:00 Tai Chi Level 1 & 2</p>	<p>14</p> <p>11:00 Movie Matinee: Pursuit of Happiness</p> 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>10:00 Movie Matinee: Selma</p> 	<p>17</p> <p>9:45 Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 10:00 Body Dynamics (V) 10:30 Fall Prevention Level 1 (V) 11:30 Beginners Line Dance (V) 11:30 Tai Chi Sequence 2 (V) 2:30 Aging Mastery Program (V)</p>	<p>18</p> <p>10:00 On Lok Always Active (V) 10:00 Game Room 1:00 Fall Prevention Level 1 2:00 Chair Yoga (V)</p>	<p>19</p> <p>10:00 On Lok Always Active (BIL)(V) 10:00 Body Dynamics (V) 10:00 Game Room 10:30 de Young Vitality Art Making Series: Narrative Painting 11:30 Tai Chi Sequence 2 (V) 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP)</p>	<p>20</p> <p>10:00 On Lok Always Active 10:00 On Lok Always Active (V) 10:00 CTN Tech Support 10:00 Game Room 10:00 Drawing & Painting (BIL) 10:00 Beginners & High Beginner/ Improver Line Dance (V) 10:00 Diabetes Empowerment Education Program (DEEP)(V) 10:30 Fall Prevention Level 1 (V) 1:00 Fall Prevention Level 1 2:00 Tai Chi Level 1 & 2 12:00 Lunar New Year Celebration</p> 	<p>21</p> <p>10:00 Body Dynamics</p>
<p>23</p> <p>10:00 On Lok Always Active (H) 10:00 Game Room 1:00 Tomando Control de su Salud (SP) 1:30 Fall Prevention Maintenance (V) 2:00 Tai Chi Level 1 & 2 2:30 Café con Leche</p>	<p>24</p> <p>9:45 Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL)(V) 10:00 Body Dynamics (V) 10:00 Game Room 10:00 Diabetes Empowerment Education Program (DEEP)(SP) 10:30 Fall Prevention Level 1 (V) 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL) 12:45 Senior Council (BIL) 2:30 Aging Mastery Program (V)</p>	<p>25</p> <p>10:00 On Lok Always Active (V) 10:00 Game Room 1:00 Fall Prevention Level 1 1:30 Volunteer Committee 2:00 Gentle Yoga (V)</p>	<p>26</p> <p>10:00 On Lok Always Active (BIL)(V) 10:00 Body Dynamics (V) 10:00 Game Room 10:30 de Young Vitality Art Making Series: Narrative Painting 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL) 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP) 2:00 Conversation Circle</p>	<p>27</p> <p>10:00 CTN Tech Support 10:00 Game Room 10:00 Drawing & Painting (BIL) 10:00 Beginners & High Beginner/ Improver Line Dance (V) 10:00 Diabetes Empowerment Education Program (DEEP)(V) 10:30 Fall Prevention Level 1 (V) 11:00 Coffee with the Directors 12:00 Bazaar! 1:00 Fall Prevention Level 1</p> 	<p>28</p> <p>10:00 Body Dynamics</p>
<p>30</p> <p>10:00 On Lok Always Active (H) 10:00 Game Room 1:00 Chronic Pain Management (SP) 1:30 Fall Prevention Maintenance 1 (V)</p>	<p>31</p> <p>9:45 Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL)(V) 10:00 Body Dynamics (V) 10:00 Game Room 10:00 DEEP (SP) 11:30 Beginners Line Dace (V) 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL) 2:30 Aging Mastery Program (V)</p>				

Interested in participating in our scheduled activities?

For more information on our activities program and how to register, please call:

Billy Li, Staff on Duty, at 415-550-2216 or email: billy.li@onlok.org

Rudy Lopez, Operations Coordinator, at 628-433-1517 or email: rodolfo.lopez@onlok.org

To pre-register and pre-sign up for classes please reach out to the appropriate staff members:

On Lok Always Active/ Fall Prevention Maintenance & Basic - Luz Ibarra Villanueva, Always Active Specialist
at 415-550-2206 or email: lvillanueva@onlok.org

Tai Chi Arthritis – Diana Lara, Health Promotion Program Specialist at 415-550-2209 or email: dlararodgers@onlok.org

Healthier Living – Ken Wong, Healthier Living Program Coordinator at 415-550-6002 or email: kwong@onlok.org

DEEP (Diabetes Empowerment Education Program)– Elizabeth Soberanes, 415-550-2243 or email: elizabeth.soberanes@onlok.org

Aging Mastery Program – Valorie Villela, Director of WELL Senior Programming at 415-439-9364 or email: valorie@onlok.org

Volunteers – Manuel Raneda, Senior Center Program Manager, Volunteers at 415-550-2269 or email: manuel.raneda@onlok.org

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.



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

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