



30TH STREET SENIOR CENTER ACTIVITIES PROGRAM SCHEDULE June 2022

Activities listed in bold and marked with (SP) are in Spanish, (CH) are in Chinese, and (BIL) are Bilingual.

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

All activities are virtual unless marked with an (*).

Activities marked with an (*) are in-person at On Lok 30th Street Senior Center and require proof of full vaccination against Covid-19.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 30 2:00pm Café con Leche (SP)	May 31 9:45 Coro de la 30 (BIL) 10:00 Always Active (BIL) 11:30 Beginners Line Dance 11:30 Fall Prevention 1 2:30 Somatic movement for Spine Mobility	1 10:00 Always Active 10:00 Drawing & Painting (BIL)(*) 2:00 Gentle Yoga *DEEP Diabetes (SP)(*) will start on 6/8/22.	2 10:00 Always Active (BIL) 1:30 Fall Prevention Maintenance 2:20 Somatic movement for Spine Mobility	3 10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 10:00 Drawing & Painting (BIL)(*) 11:30 Fall Prevention 1 2:00 Tai-Chi Arthritis (*)	4
6 10:00 Always Active 1:30 Fall Prevention Maintenance 2:00 Tai-Chi Arthritis (*)	7 9:45 Coro de la 30 (BIL) 10:00 Always Active (BIL) 11:30 Beginners Line Dance 11:30 Fall Prevention 1 1:00 Stress Busters 2:30 Seguridad de la cocina con Leah's Pantry (SP) 2:30 Somatic movement for Spine Mobility 3:30 Kitchen Safety with Leah's Pantry (CH)	8 10:00 Always Active 10:00 Drawing & Painting (BIL)(*) 2:00 Chair Yoga 2:00 DEEP Diabetes (SP)(*) 3:30 Kitchen Safety with Leah's Pantry	9 10:00 Always Active (BIL) 1:30 Fall Prevention Maintenance 2:20 Somatic movement for Spine Mobility	10 10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 10:00 Drawing & Painting (BIL)(*) 11:30 Fall Prevention 1 2:00 Tai-Chi Arthritis (*)	11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18
10:00 Always Active 1:30 Fall Prevention Maintenance 2:00 Tai-Chi Arthritis (*)	10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Fall Prevention 1 2:30 Somatic movement for Spine Mobility	10:00 Always Active 10:00 Drawing & Painting (BIL)(*) 2:00 Gentle Yoga 2:00 DEEP Diabetes (SP)(*)	10:00 Always Active (BIL) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance 2:20 Somatic movement for Spine Mobility	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 10:00 Drawing & Painting (BIL)(*) 11:30 Fall Prevention 1 2:00 Tai-Chi Arthritis (*)	10:00 Body Dynamics (*)
20	21	22	23	24	25
2:00pm Café con Leche (SP) 3:15pm Conversation Circle	10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance 1:00 Stress Busters 2:30 Somatic movement for Spine Mobility	10:00 Always Active 10:00 Drawing & Painting (BIL)(*) 2:00 Chair Yoga 2:00 DEEP Diabetes (SP)(*)	10:00 Always Active (BIL) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance 2:20 Somatic movement for Spine Mobility	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 10:00 Drawing & Painting (BIL)(*) 11:30 Fall Prevention 1 2:00 Tai-Chi Arthritis (*)	10:00 Body Dynamics (*)
27	28	29	30	July 1	July 2
10:00 Always Active 1:30 Fall Prevention Maintenance 2:00 Tai-Chi Arthritis (*)	10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Fall Prevention 1 11:30 Senior Council (BIL) 2:30 Somatic movement for Spine Mobility	10:00 Always Active 10:00 Drawing & Painting (BIL)(*) 2:00 Gentle Yoga 2:00 DEEP Diabetes (SP)(*)	10:00 Always Active (BIL) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 11:30 Fall Prevention 1	10:00 Body Dynamics (*)

Interested in participating in our scheduled activities?

For more information on our activities program and how to register, please call: Lupe Duran, *Hospitality Coordinator* at 415-550-2210 or email: lduran@onlok.org

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

- **Always Active/ Fall Prevention Maintenance & Basic** - Luz Villanueva, *Always Active Specialist* at 415-550-2265 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)**- Miguel Jimenez, *DEEP Coordinator* at 415-550-2201 or email: mjimenez@onlok.org
- **Aging Mastery** - Valorie Villela, *Director of WELL Senior Programming* at 415-439-9364 or email: valorie@onlok.org
- **Activities & Volunteers** - Michelle Lopez, *Volunteer Program Manager* at 415-550-2205 or email: mlopez1@onlok.org

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**

225 30th Street, 3rd Floor | San Francisco, CA 94131 | 415.550.2210 | onlok.org/senior-center | [Find us on Facebook](#)