

MAY 2025 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					
5  9:00 Tech Support (Yvan) (BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 1:00 BINGO with UCSF (BIL) (SP) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 1:30 Fall Prevention Maintenance (V)	6  9:00 LDG Carnval Dance Practice RSVP (BIL) (SP) 9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Game Room 10:00 Body Dynamcis 10:00 Tech Support (John) (BIL)(CA) 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance (Carmen) 1:00 Gardening 101 1:00 SFPL Bookmobile 3:00 Blood Pressure (Matthew)	7  9:00 Tech Support (Gabriela) (BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:00 Scam Prevention Presentation with Gabriela (SP) 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 2:00 Karaoke 2:30 Gentle Yoga	8  9:00 LDG Carnival Practice (RSVP) (BIL) (SP) 10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Game Room 10:00 Body Dynamics 11:00 Music aLive Presentation 11:30 Tai Chi for Arthritis & Fall Prevention 12:30 Blood Pressure (Anita) 1:00 Aging Mastery Program Workshop (SP) 1:00 BINGO with LEVI'S 1:30 Fall Prevention Maintenance (V) 2:00 Karaoke	9  10:00 Tech Support (Vera) 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 Mother's Day Musical Performance 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 2:00 Happy Mother's Day Latin Music Dance & Raffle	10  9:00 Chair Yoga 10:00 Tech Support (Colin) (BIL) (CA) 10:30 Beginners Line Dance (Larry) 1:00 Movie Body Dynamics is CANCELED Line Dancing!
12  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) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 1:30 Fall Prevention Mainternance (V) 1:30 Volunteer Commitee (BIL) (SP)	13  9:00 LDG Carnival Dance Practice RSVP (BIL) (SP) 9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance (Carmen) 1:00 Gardening 101 1:30 Activities Committee (BIL) (SP) 2:00 Cafe con Leche (SP) 3:00 Blood Pressure (Matthew)	14  9:00 Tech Support (Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:30 Scam Prevention Presentation with Gabriela 11:30 Stress Busters (BIL) (SP) 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 1:00 Spring Festival with PACE 2:00 Karaoke 2:30 Gentle Yoga (Marie)	15  9:00 LDG Carnival Dance Practice RSVP (BIL) (SP) 10:00 On Lok Always Active(BIL)(SP) (V) 10:00 Game Room 10:00 Body Dynamics 11:30 Garden Volunteer Committee (BIL) (SP) 11:30 Tai Chi for Arthritis & Fall Prevention 12:30 Blood Pressure (Anita) 1:00 Aging Mastery Program Workshop (SP) 1:30 Fall Prevention Maintenance (V) 2:00 Karaoke 2:00 Conversation Circle	16  10:00 Tech Support (Vera) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) (CA) 11:30 Fall Prevention 1 12:00 Tech Support (Vera) 1:00 Fall Prevention 1 (BIL)(SP) The Center will close at 2pm	17  9:00 Chair Yoga (Marie) 10:00 Body Dynamics 10:00 Tech Support (Colin) (BIL) (CA) 10:30 Beginners Line Dance (Larry) 1:00 Movie

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19  10:00 On Lok Always Active (V) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 1:30 Fall Prevention Maintenance (V) The Center will be Closed	20  9:00 LDG Carnival Dance Practice RSVP (BIL) (SP) 9:45 Coro de la 30 CMC (BIL)(SP) 10:00 On Lok Always Active (BIL)(SP) (V) 10:00 Game Room 10:00 Body Dynamics 10:00 Chess 10:00 Tech Support (John) (BIL)(CA) 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance (Carmen) 1:00 Gardening 101 2:00 Senior Council (BIL) (SP) 3:00 Blood Pressure (Matthew)	21  9:00 Tech Support (Gabriela) (BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 2:00 Karaoke 2:30 Gentle Yoga (Marie) 3:00 UCSF Brain Health talks (BIL) (SP)	22  9:00 LDG Carnival Dance Practice RSVP (BIL) (SP) 10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi for Arthritis & Fall Prevention 12:30 Blood Pressure (Anita) (ING) 1:00 Aging Mastery Program Workshop (SP) 1:30 Fall Prevention Maintenance (V) 2:00 Karaoke	23  10:00 Tech Support (Vera) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:30 Fall Prevention 1 12:00 Tech Support (Vera) 1:00 Fall Prevention 1 (BIL)(SP) 2:00 Latin Dance & Raffle	24  9:00 Chair Yoga (Marie) 10:00 Body Dynamics 1:00 Movie
26  *No Virtual Activities* 9:00 Tech Support (Yvan) (BIL)(SP) 10:00 Game Room 11:00 Musical Performance Center Closes at 2pm	27  9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance (Carmen) 1:00 Gardening 101 1:30 Activities Committee (BIL)(SP) 2:00 Cafe con Leche (SP) 3:00 Blood Pressure (Matthew)	28  9:00 Tech Support (Gabriela) (BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 2:00 Karaoke 2:30 Gentle Yoga	29  10:00 On Lok Always Active(BIL)(SP) (V) 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi for Arthritis & Fall Prevention 12:30 Blood Pressure (Anita) 1:00 Aging Mastery Program Workshop (SP) 1:30 Fall Prevention Maintenance (V) 2:00 Karaoke 2:00 Conversation Circle	30  9:30 Sunny Bazaar 10:00 Tech Support (Vera) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 2:00 Latin Music Dance & Raffle	31  9:00 Chair Yoga 10:00 Body Dynamics 1:00 Movie

SPECIAL EVENTS

05/02 - 2pm Cinco de Mayo Latin Music Dance & Raffle
 05/05 - 1pm BINGO with UCSF (BIL) (SP)
 05/06 - 1pm SFPL Bookmobile
 05/07 - 11am Scam Prevention Presentation with Gabriela (SP)
 05/08 - 11am Music aLive Presentation
 05/08 - 1:00 BINGO with LEVI'S
 05/09 - 11:00am Mother's Day Musical Performance
 05/09 - 2:00pm Happy Mother's Day Latin Music Dance & Raffle

REGULAR CENTER HOURS

Registration* Monday–Saturday:

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

Happy Heart Gym* Monday–Friday:

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

Saturdays:

10:00am-12:00pm

Computer Lab* Monday- Saturday:

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

Nicole Malik, (415)550-2211 & nicole.malik@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 pre-sign-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.