

December 2024 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>December 2</p> <p>hello DECEMBER</p> <p>9:00 Tech Support (Yvan)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 1:00 Aging Mastery Program Graduation (SP) 1:30 Leah's Pantry (SP) 1:30 Fall Prevention Maintenance (V)</p>	<p>3 SFPL Bookmobile</p> <p>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 12:00 Tech Support (Denise) 1:00 SFPL Bookmobile 1:30 Blood Pressure 2:00 Cafe con Leche (SP) 2:00 Peruvian Weaving</p>	<p>4</p> <p>9:00 Tech Support(Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 2:00 Karaoke 2:30 Gentle Yoga</p>	<p>5 Conversation Circle</p> <p>10:00 On Lok Always Active(BIL)(SP)(V) 10:00 Game Room 10:00 Body Dynamics 11:00 Tech Support (Denise) 11:30 Tai Chi for Arthritis & Fall Prevention 1:00 Healthier Living (SP) 11:30 Fall Prevention Maintenance (V) 2:00 Conversation Circle 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke</p>	<p>6</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 12:00 Tech Support (Vera)</p> <p>Center Closed at 2 pm</p>	<p>7</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 1:00 BINGO with S.F Bay Area Questbridge Alumni Group</p>
<p>9</p> <p>Arts & Crafts w SFPL</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 11:00 Arts & Crafts w SFPL 1:00 Alzheimer's Association (SP) 1:30 Leah's Pantry (SP) 1:30 Fall Prevention Maintenance (V)</p>	<p>10</p> <p>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 10:30 Coro de la 30 CMC Presentation 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance 12:00 Tech Support (Denise) 1:30 Blood Pressure 1:30 Activities Committee(BIL)(SP) 2:00 Gift Bag Making (BIL) (SP)</p>	<p>11</p> <p>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 Stress Busters (BIL) (SP) 2:00 Karaoke 2:30 Gentle Yoga</p>	<p>12 Music aLive Presentation</p> <p>10:00 On Lok Always Active(BIL)(SP)(V) 10:00 Game Room 10:00 Body Dynamics 11:00 Tech Support (Denise) 11:00 Music aLive Presentation 11:30 Tai Chi for Arthritis & Fall Prevention 11:30 Fall Prevention Maintenance (V) 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke</p>	<p>13 BRRRRR BAZAAR</p> <p>9:30 BRRRRR BAZAAR 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 11:30 Fall prevention 1 12:00 Tech Support (Vera) 1:00 Fall Prevention 1 (BIL) (SP) 2:00 Latin Music Dance & Raffle</p>	<p>14</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 1:00 Holiday Movie</p>
<p>16</p> <p>BINGO with UCSF</p> <p>9:00 Tech Support (Yvan)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:30 BINGO with UCSF 1:30 Leah's Pantry (SP) 1:30 Fall Prevention Maintenance (V)</p>	<p>17 Beginners Line Dance Performance</p> <p>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 10:30 Beginners Line Dance Performance 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Tech Support (Denise) 2:00 Senior Council (BIL) (SP) 2:00 Cafe con Leche</p>	<p>18 Aquarium of the Bay Virtual Tour at 30th</p> <p>9:00 Tech Support (Gabriela)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Aquarium of the Bay Virtual Tour at 30th 2:00 Karaoke 2:30 Volunteer Committee (BIL)(SP) 3:00 Christmas Celebrations with Marshall Elementary 2:30 Gentle Yoga</p>	<p>19</p> <p>10:00 On Lok Always Active(BIL)(SP)(V) 10:00 Game Room 10:00 Body Dynamics 11:00 Tech Support (Denise) 11:30 Garden Volunteer Committee (BIL)(SP) 11:30 Tai Chi for Arthritis & Fall Prevention 11:30 Fall Prevention Maintenance (V) 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke 2:00 Conversation Circle</p>	<p>20 Las Posadas & Winter Ball</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 10:30 Las Posadas 12:00 Tech Support (Vera) 2:00 Winter Ball Dance & Raffle</p>	<p>21</p> <p>9:00 Chair Yoga 10:00 Body Dynamics 1:00 Holiday Movie</p>

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23 9:00 Tech Support (Yvan)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Mahjong 1:30 Fall Prevention Maintenance (V) 	24  <i>here comes santa claus</i> 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:30 Beginners Line Dance 12:00 Tech Support (Denise) 1:00 Holiday Movie 2:00 Peruvian Weaving	25 Christmas Day  10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:00 Christmas Musical Presentation 1:00 Holiday Movie *No Virtual Activities* Center Closed at 2 pm	26  10:00 On Lok Always Active(BIL)(SP)(V) 10:00 Game Room 11:00 Tech Support (Denise) 11:30 Fall Prevention Maintenance (V) 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke 	27  10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support(Josh)(BIL)(CA) 2:00 Latin Music Dance & Raffle	28 10:00 Holiday Movie (& Snacks!) 
30  9:00 Tech Support (Yvan)(BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 1:30 Fall Prevention Maintenance (V)	31 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:30 Beginners Line Dance 12:00 Tech Support (Denise) 1:30 Activities Committee (BIL)(SP) 2:00 Peruvian Weaving LET THE COUNT DOWN BEGIN... 				

- ### SPECIAL EVENTS
- 12/03 - 1:00 SFPL Bookmobile
 - 12/07 - 1:00 BINGO with S.F Bay Questbridge Alumni Group
 - 12/09 - 11:00 Arts & Crafts w SFPL
 - 12/10 - 10:30 Coro de la 30 CMC Presentation
 - 12/10 - 2:00 Gift Bag Making (BIL) (SP)
 - 12/11 - 11:30 Stress Busters (BIL) (SP)
 - 12/12 - 11:00 Music aLive Presentation
 - 12/13 - 9:30 BRRRRR BAZAAR
 - 12/16 - 11:00 Bingo with UCSF (BIL)(SP)
 - 12/17 - 10:30 Beginners Line Dance Performance
 - 12/17 - 2:00 Senior Council (BIL) (SP)
 - 12/18 - 10:00 Aquarium of the Bay Virtual Tour at 30th
 - 12/18 - 2:00 Christmas Celebrations w/ Marshall Elementary
 - 12/20 - 10:30 Las Posadas (the play)
 - 12/25 - 11:00 Christmas Musical Presentation

REGULAR CENTER HOURS

Registration*
Monday–Saturday, 10:00am-12:00pm, 2:00pm-3:30pm

Happy Heart Gym*
Monday–Friday, 10:00am-12:00pm and 1:00pm-3:00pm
Saturday 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:
Genny Pinzon, (415) 550-2291 & alwaysactive@onlok.org
Sue Mittelman, (415) 550-2208 & susan.mittelman@onlok.org

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

DEEP (Diabetes Empowerment Education Program) and Healthier Living
Miguel Martinez, (415) 550-2201 & miguel.martinez@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.

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

- (V) for virtual