



30TH STREET SENIOR CENTER ACTIVITIES PROGRAM SCHEDULE December 2022

Activities listed in bold and marked with (SP) are in Spanish, (CH) are in Chinese, 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 virtual unless marked with an (*) for in-person or (H*) for Hybrid, in-person & virtual.

Activities that are in-person at On Lok 30th Street Senior Center require proof of full vaccination with booster against COVID-19.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Body Dynamics 1:30 Fall Prevention Maintenance 2:00 Conversation Circle 3:00 Aging Mastery Program – Info Session	2 10:00 Always Active 10:00 Always Active (*) 10:00 Drawing & Painting (BIL)(*) 2:00 Tai Chi Level 1 & 2 (*) Note: No class today for 10:00am Beginners & High Beginner/Improver Line Dance	3 10:00 Body Dynamics (*)
5 10:00 Always Active (H*) 1:00 Tomando control de su salud (SP)(*) 1:30 Fall Prevention Maintenance 2:00 Tai Chi Level 1 & 2 (*)	6 9:45 Coro de la 30 CMC (BIL) (H*) 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance	7 10:00 Always Active 11:30 Stress Busters (*) 2:00 Chair Yoga	8 10:00 Always Active (BIL) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance 1:30 Aging Mastery Program – Info Session (SP) (*) 3:00 Aging Mastery Program – Info Session	9 10:00 Always Active 10:00 Always Active (*) 10:00 Drawing & Painting (BIL) (*) 10:00 Beginners & High Beginner/Improver Line Dance 2:00 Tai Chi level 2 (*)	10 10:00 Body Dynamics (*) 11:00 Christmas Tree Decorating (*) 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 10:00 Always Active (H*) 11:00 Psychology Lecture 1:00 Tomando Control de su Salud (SP) (*) 1:30 Fall Prevention Maintenance 2:00 Tai Chi Level 1 & 2 (*) 2:00 Café con leche (SP)(*)	13 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance	14 10:00 Always Active 1:30 Aging Mastery Program – Info Session (SP) (*) 2:00 Gentle Yoga	15 10:00 Always Active (BIL) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance 2:00 Conversation Circle 3:00 Aging Mastery Program – Info Session	16 10:00 Always Active 10:00 Always Active (*) 10:00 Drawing & Painting (BIL)(*) 10:00 Beginners & High Beginner/ Improver Line Dance	17 10:00 Body Dynamics (*)
19 10:00 Always Active (H*) 1:00 Tomando Control de su Salud (SP)(*) 1:30 Fall Prevention Maintenance	20 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance 12:00 Holiday Bazaar (*) 	21 10:00 Always Active 1:30 Aging Mastery Program – Info Session (SP) (*) 2:00 Chair Yoga	22 10:00 Always Active (BIL) 10:00 Body Dynamics 1:30 Fall Prevention Maintenance	23 10:00 Always Active 10:00 Always Active (*) 10:00 Drawing & Painting (BIL)(*) 10:00 Beginners & High Beginner/ Improver Line Dance 11:00 Holiday Celebration (*) 	24 10:00 Body Dynamics (*)
26 10:00 Movie Matineee (*) 	27 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Senior Council (BIL) Note: No class today for 11:30am Beginners Line Dance.	28 10:00 Always Active 1:30 Aging Mastery Program – Info Session (SP) (*) 2:00 Gentle Yoga	29 10:00 Always Active (BIL) 10:00 Body Dynamics 3:00 Aging Mastery Program – Info Session Note: No class today for 1:30 Fall Prevention Maintenance	30 10:00 Always Active 10:00 Always Active (*) 10:00 Drawing & Painting (BIL)(*) 1:30 New Year Celebration (*) 	31 10:00 Body Dynamics (*)

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:

Always Active/ Fall Prevention Maintenance & Basic - Luz 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 email: elizabeth.soberanes@onlok.org

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

Volunteers – Michelle Lopez, Senior Center Program Manager, Volunteers 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**

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