

February 2026 Activities Program Schedule

MONDAY

February 2


9:00 Tech Support (Yvan) (BIL)(SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Body Dynamics
10:00 Game Room
10:00 Blood Pressure (Laisha) (BIL) (SP)
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 On Lok Always Active (V)
2:30 Chair Yoga


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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 Blood Pressure (Laisha) (BIL) (SP)
11:00 Body Dynamics
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)
2:45 Chair Yoga

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PRESIDENTS DAY

CENTER CLOSED



TUESDAY

3 BLACK HISTORY MONTH

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 Chess
10:00 Blood Pressure (Vincent)
12:00 Beginners Line Dance (Carmen)
1:00 SFPL Bookmobile (BIL) (SP)
1:00 Aging Mastery Program Workshop
1:00 Tech Support (Jan)
1:30 On Lok Always Active (V)
1:30 Activities Committee (BIL) (SP)
2:00 Peruvian Weaving (SP)
3:00 Blood Pressure (Sarai)

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9:45 Coro de la 30 CMC (BIL) (SP)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Chess
10:00 Blood Pressure (Vincent)
12:00 Beginners Line Dance (Carmen)
1:00 Aging Mastery Program Workshop
1:00 Tech Support (Jan)
1:30 On Lok Always Active (V)
1:30 Blood Pressure Event w/ PACE (BIL) (SP)
2:00 Peruvian Weaving (SP)
2:00 Cafe con Leche (SP)

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9:45 Coro de la 30 CMC (BIL) (SP)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 La Raza Legal Clinic (BIL) (SP)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Chess
10:00 Blood Pressure (Vincent)
11:30 Tai Chi For Diabetes (V)
12:00 Beginners Line Dance (Carmen)
1:00 Aging Mastery Program Workshop
1:00 Tech Support (Jan)
1:00 Lunar New Year Celebration with PACE
1:30 On Lok Always Active (V)
2:00 Senior Council (BIL) (SP)
2:00 Peruvian Weaving (SP)

WEDNESDAY

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9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
1:00 On Lok Always Active
1:00 Tech Support (Jan)
1:30 On Lok Always Active (V)
1:30 Activities Committee (BIL) (SP)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga

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9:00 Tech Support (Mario) (BIL) (SP)
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 San Francisco Preparedness Presentation
11:30 Stress Busters (BIL) (SP)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga
3:00 Blood Pressure (Sarai)

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9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga
3:00 Blood Pressure (Sarai)

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THURSDAY

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10:00 On Lok Always Active (BIL) (SP)(V)
10:00 Game Room
12:00 Blood Pressure (Anita)
1:00 Gardening 101
1:30 Healthier Living Workshop
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga

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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
11:00 ACP Pilot Session RSVP (SP)
11:00 Music aLive Musical Presentation
12:00 Blood Pressure (Anita)
1:00 Gardening 101
1:30 Healthier Living Workshop
1:30 On Lok Always Active (V)
2:00 Karaoke
2:30 Conversation Circle

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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
11:00 Home Match Presentation (BIL) (SP)
11:30 Garden Volunteer Committee (BIL) (SP)
11:30 Tai Chi for Diabetes (V)
12:00 Blood Pressure (Anita)
1:00 Gardening 101
1:00 ACP Pilot Session RSVP (SP)
1:30 Healthier Living Workshop
1:30 On Lok Always Active (V)
2:00 Karaoke

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FRIDAY

6


10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
10:00 Peruvian Weaving (SP)
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 On Lok Always Active
1:30 On Lok Always Active (V)
2:00 Latin Music Dance

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
10:00 Peruvian Weaving (SP)
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 On Lok Always Active
1:30 On Lok Always Active (V)
2:00 Valentine's Day Latin Music Dance

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
10:00 Peruvian Weaving (SP)
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 On Lok Always Active
1:00 On Lok Always Active (V)
2:00 Latin Music Dance



February 2026 Activities Program Schedule

MONDAY

23 CENTER CLOSES
at 2pm



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 Body Pressure (Laisha) (BIL) (SP)
10:30 Chair Yoga
11:00 Body Dynamics
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)

TUESDAY

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TORTILLA CHIP DAY FEBRUARY 24

9:45 Coro de la 30 CMC (BIL) (SP)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Chess
10:00 Blood Pressure (Vincent)
11:30 Tai Chi for Diabetes (V)
12:00 Beginners Line Dance (Carmen)
1:00 Tech Support (Jan)
1:00 Aging Mastery Program Workshop
1:30 On Lok Always Active (V)
1:30 Activities Committee (BIL) (SP)
2:00 Peruvian Weaving (SP)
2:00 Cafe con Leche (SP)

WEDNESDAY

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9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga

THURSDAY

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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
11:00 ACP Pilot Session RSVP (SP)
11:30 Tai Chi fo Diabetes (V)
12:00 Blood Pressure (Anita)
1:00 Gardening 101
1:30 Healthier Living Workshop
1:30 On Lok Always Active (V)
2:00 Karaoke
2:30 Conversation Circle

FRIDAY

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BLACK HISTORY MONTH

10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
10:00 Peruvian Weaving (SP)
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 On Lok Always Active
1:30 On Lok Always Active (V)
2:00 Latin Music Dance

CELEBRATING

Black
HISTORY
Month



February
Hello



SPECIAL EVENTS

02/02-10:00am Blood Pressure (Laisha) (BIL) (SP)
02/03-1:00pm SFPL Bookmobile (BIL) (SP)
02/03-1:00pm Aging Mastery Program Workshop
02/04-10:00am On Lok Always
02/10-10:00am Blood Pressure Event with PACE (BIL) (SP)
02/10-1:30pm Activities Committee (BIL) (SP)
02/11-11:00am San Francisco Preparedness
02/12-11:00am Music aLive Musical Presentation
02/12-2:00pm Valentine's Day Latin Music Dance
02/17-10:00 La Raza Legal Clinic (BIL) (SP)
02/17-1:00pm Lunar New Year Celebration with PACE
02/19-11:00am Home Match Presentation (BIL) (SP)
02/19-11:30am Garden Volunteer Committee (BIL) (SP)

REGULAR CENTER HOURS

Registration* Monday–Friday :

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

Happy Heart Gym* Monday–Friday:

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

Computer Lab* Monday- Friday:

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

(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

workshops@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 are
marked BLUE

Activities are subject to change without notice.

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

