

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

9



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)
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

16



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)

10



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)

17



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

4



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

11



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)

18



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)

THURSDAY

5



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 Karaoke

12



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

19



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

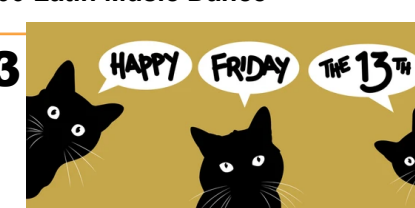
FRIDAY

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

13



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

20



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

The Richmond Neighborhood Center
Sutter Health

LUNAR NEW YEAR NIGHT MARKET & PARADE

3:00-4:00 PM - First Parade - Ride & Shine 第一场游行
4:00-5:30 PM - Stage Time 舞台表演
5:30-6:30 PM - Night Edition Parade - Glow All Night 夜色生辉游行
6:30-8:30 PM - Stage Time 舞台表演
3:00-8:30 PM - Night Market (My Favorite Booth Contest) 夜市 - 最受欢迎摊位比赛

Super Horse, Super Hope - Good Luck Parade
列治文: 马到成功, 好运游行

Saturday, February 7, 2026
2026年2月7日, 星期六
3:00 PM - 8:30 PM
Outer Balboa: 35th - 40th Ave SF, CA 94121
旧金山 Balboa 街 (35 至 40 大道) 94121

more info: richmondsf.org

HAPPY Valentine's Day



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

24 **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

25

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

26

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

27 **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



Hello February



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.



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.