

AUGUST 2023 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 31 9:00 Tech Support (Ivan) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 RicoSon 1:30 Fall Prevention Maintenance (V) 2:00 La Mentira Series (SP)	August 1 10:00 On Lok Always Active (BIL) (V) 10:00 Game Room 10:00 Body Dynamics 10:30 Fall Prevention 1 (V) 11:30 Tai Chi Arthritis Level 1 (BIL)(SP) 11:30 Tai Chi Arthritis Level 2 (V) 11:45 Beginner Line Dance (H) 12:00 Tech Support (Jean) (BIL)(SP) 1:00 Blood Pressure (BIL) (SP) 1:00 Activities Committee (BIL) (SP) 2:00 Peruvian Weaving (SP) 2:00 La Mentira Series (SP)	2 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (John) (BIL) (CA) 1:00 Diabetes Empowerment Workshop (DEEP) 1:00 Fall Prevention 1 1:30 Volunteer Committee (BIL) (SP) 2:00 Peruvian Weaving (SP) 2:30 Movie	3 Aging Mastery Program Information Session 10:00 On Lok Always Active (V) 10:00 Game Room 11:30 Tai Chi Arthritis Level 1 (BIL) (SP) 11:30 Tai Chi Arthritis Level 2 (V) 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program Information Session (SP) 2:00 Karaoke	4 Leah's Pantry 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 10:00 Leah's Pantry (SP) 10:30 Fall Prevention 1 (V) 12:00 Tech Support (Jean) (BIL)(SP) 1:00 Fall Prevention 1 2:00 Latin Music Dance & Raffle	5 10:00 Body Dynamics 1:00 Karaoke 
7 Alzheimer's Presentation 9:00 Tech Support (Ivan) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 RicoSon 1:30 Fall Prevention Maintenance (V) 2:00 Alzheimer's Presentation (SP)	8 10:00 On Lok Always Active (BIL) (V) 10:00 Game Room 10:00 Body Dynamics 10:30 Fall Prevention 1 (V) 11:30 Tai Chi Arthritis Level 1 (BIL)(SP) 11:30 Tai Chi Arthritis Level 2 (V) 11:45 Beginner Line Dance (H) 12:00 Tech Support (Jean) (BIL)(SP) 1:00 Blood Pressure (BIL) (SP) 1:00 Activities Committee (BIL)(SP) 2:00 Peruvian Weaving (SP) 2:00 La Mentira Series (SP)	9 Stress Busters 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support John (BIL) (CA) 11:30 Stress Busters (BIL) (SP) 1:00 Fall Prevention 1 1:30 Volunteer Committee (BIL) (SP) 2:00 Peruvian Weaving (SP) 2:30 Movie	10 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi Arthritis Level 1 (BIL) (SP) 11:30 Tai Chi Arthritis Level 2 (V) 1:30 Fall Prevention Maintenance 1:30 Aging Mastery Program Information Session (SP) 2:00 Karaoke	11 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 10:00 Leah's Pantry (SP) 10:30 Fall Prevention 1 (V) 12:00 Tech Support (Jean) (BIL) (SP) 1:00 Fall Prevention 1 2:00 Latin Music Dance & Raffle	12 10:00 Body Dynamics 1:00 Karaoke 
14 9:00 Tech Support (Ivan) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 RicoSon 1:30 Fall Prevention Maintenance (V) 2:00 La Mentira Series (SP)	15 Senior Council 10:00 On Lok Always Active (BIL) (V) 10:00 Game Room 10:00 Body Dynamics 10:30 Fall Prevention 1 (V) 11:30 Tai Chi Arthritis Level 1 (BIL)(SP) 11:30 Tai Chi Arthritis Level 2 (V) 11:45 Beginner Line Dance (H) 12:00 Tech Support (Jean) (BIL)(SP) 1:00 Blood Pressure (BIL) (SP) 1:00 Activities Committee (BIL)(SP) 2:00 Senior Council (BIL) (SP) 2:00 Peruvian Weaving (SP) 2:00 La Mentira Series (SP)	16 Quarterly Legal Clinics 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (John) (BIL) (CA) 10:00 Quarterly Legal Clinics 1:00 Fall Prevention 1 1:30 Volunteer Committee (BIL) (SP) 2:00 Peruvian Weaving (SP) 2:30 Movie	17 DEEP Workshop 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi Arthritis Level 1 (BIL) (SP) 11:30 Tai Chi Arthritis Level 2 (V) 1:00 Diabetes Empowerment Workshop (DEEP) 1:30 Fall Prevention Maintenance 1:30 Aging Mastery Program Information Session (SP) 2:00 Karaoke	18 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 10:00 Leah's Pantry (SP) 10:30 Fall Prevention 1 (V) 12:00 Tech Support (Jean) (BIL)(SP) 1:00 Fall Prevention 1 2:00 Latin Music Dance & Raffle	19 Karaoke 10:00 Body Dynamics 1:00 Karaoke 

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21 9:00 Tech Support (Ivan) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 RicoSon 1:30 Fall Prevention Maintenance (V) 2:00 La Mentira Series (SP)	22 10:00 On Lok Always Active (BIL) (V) 10:00 Game Room 10:00 Body Dynamics 10:30 Fall Prevention 1 (V) 11:30 Tai Chi Arthritis Level 1 (BIL) (SP) 11:30 Tai Chi Arthritis Level 2 (V) 11:45 Beginner Line Dance (H) 12:00 Tech Support (Jean) (BIL)(SP) 1:00 Blood Pressure (BIL) (SP) 1:00 Activities Committee (BIL) (SP) 2:00 Peruvian Weaving (SP) 2:00 La Mentira Series	23 UCSF Brain Health Talks 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (John) (BIL) (CA) 1:00 Fall Prevention 1 (V) 1:30 Volunteer Committee (BIL) (SP) 2:00 Peruvian Weaving (SP) 3:00 UCSF Brain Health Talks (SP)	24 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi Arthritis Level 1 (BIL) (SP) 11:30 Tai Chi Arthritis Level 2 (V) 1:00 DEEP Empowerment Workshop (DEEP) 1:30 Fall Prevention Maintenance Information Session (SP) 2:00 Karaoke	25 August Bazaar 9:30 August Bazaar 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Tech Support (Josh) (BIL)(CA) 10:30 Fall Prevention 1 (V) 12:00 Tech Support (Jean) (BIL)(SP) 1:00 Fall Prevention 1 2:00 Latin Music Dance & Raffle	26 10:00 Karaoke 
28 La Mentira Series 9:00 Tech Support (Ivan) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 RicoSon 1:30 Fall Prevention Maintenance (V) 2:00 La Mentira Series (SP)	27 10:00 On Lok Always Active (BIL) (V) 10:00 Game Room 10:30 Fall Prevention 1 (V) 11:30 Tai Chi Arthritis Level 2 (V) 11:45 Beginner Line Dance (H) 12:00 Tech Support (Jean) (BIL)(SP) 1:00 Blood Pressure (BIL) (SP) 1:00 Activities Committee (BIL)(SP) 2:00 Peruvian Weaving (SP) 2:00 La Mentira Series	30 Consumer Tech Support 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (John) (BIL) (CA) 1:00 Fall Prevention 1 (V) 1:30 Volunteer Committee (BIL) (SP) 2:00 Peruvian Weaving (SP) 2:30 Movie	31 Name Tag Day 10:00 On Lok Always Active (V) 10:00 Game Room 10:30 Name Tag Day (BIL) (SP) 11:30 Tai Chi Arthritis Level 2 (V) 1:00 DEEP Empowerment Workshop (DEEP) 1:30 Fall Prevention Maintenance Workshop (SP) 2:00 Karaoke	Sept 1 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Tech Support (Josh) (BIL)(CA) 10:30 Fall Prevention 1 (V) 12:00 Tech Support (Jean) (BIL)(SP) 1:00 Fall Prevention 1 2:00 Latin Music Dance & Raffle	Sept 2 10:00 Karaoke 

SPECIAL EVENTS

8/3 - 1:30pm Aging Mastery Program Information Session (SP)
8/7 - 2:00pm Alzheimer's Presentation (SP)
8/9 - 11:30am Stress Busters (BIL) (SP)
8/17 - 1:00pm Diabetes Empowerment Workshop (DEEP)
8/23 - 3:00pm UCSF Brain Health Talks (SP)

REGULAR CENTER HOURS

Registration
 Monday–Saturday, 9:00am-4:00pm
Happy Heart Gym*
 Monday–Saturday, 9:00am-4:00pm
Computer Lab
 Monday- Saturday, 9:00am-4:00pm
 * Special Requirements. Please inquire at Office #302*
 Hours are subject to change without notice

To pre-register and pre-sign up for classes please reach out to the appropriate staff members:

Always Active/ Fall Prevention:
 Luz Ibarra, (415) 550-2265 or luz.ibarra@onlok.org
 Sue Mittelman, (415) 550-2208 or by susan.mittelman@onlok.org
Tai Chi Arthritis:
 Diana Lara-Rodgers, (415) 550-2209 or dlararodgers@onlok.org
DEEP(Diabetes Empowerment Education Program)/Healthier Living
 Miguel Martinez, (415) 550-2201 or miguel.martinez@onlok.org
Aging Mastery Program
 Valorie Villela, (415) 439-9364 or valorie@onlok.org

ANNOUNCEMENTS

Activities marked with **(SP)** are in Spanish, **(CA)** are in Cantonese, 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 in-person unless marked with **(V)** for virtual or **(H)** for hybrid, in-person & virtual.

