


**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SATURDAY**



**1**




9:00 Chair Yoga  
10:00 Body Dynamics  
11:00 Let's Talks Hoops: March Madness  
1:00 Movie

**3**      **CENTER CLOSSES 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 Candelmas Celebration (BIL) (SP)  
11:00 Latin Aerobics (BIL) (SP)  
11:00 Afib with Johnson & Johnson  
1:00 Tai Chi for Arthritis & Fall Prevention (V)  
1:30 Fall Prevention Maintenance (V)


**4**



9:45 Coro de la 30 CMC (BIL) (SP)  
10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Game Room  
10:00 Body Dynamics  
10:00 Tech Support (John) (BIL)(CA)  
10:00 Chess  
11:30 Tai Chi for Arthritis & Fall Prevention  
12:00 Beginners Line Dance (Carmen)  
12:30 Tech Support (Denise)  
1:00 SFPL Bookmobile  
1:30 2025 Lunar New Year Celebration  
2:30 Beginner Line Dance Performance  
2:00 Peruvian Weaving  
3:00 Blood Pressure (Matthew)

**5**      **Scam Prevention**

9:00 Tech Support (Gabriela) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 Game Room  
10:00 Drawing & Painting (BIL)(SP)  
11:00 Scam Prevention with Gabriela (BIL) (SP)  
11:30 Fall Prevention 1  
1:00 Fall Prevention 1 (BIL)(SP)  
1:00 Tai Chi for Arthritis & Fall Prevention (V)  
2:00 Karaoke  
2:30 Gentle Yoga



**6**      **BLACK HISTORY MONTH**

10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Game Room  
10:00 Body Dynamics  
11:30 Tai Chi for Arthritis & Fall Prevention  
11:30 Fall Prevention (V)  
12:30 Tech Support (Denise)  
12:30 Blood Pressure (Anita)  
1:30 Fall Prevention Maintenance (V)  
2:00 Chronic Pain Management (SP)  
2:00 Karaoke


**7**



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

**8**

9:00 Chair Yoga  
10:00 Body Dynamics  
1:00 BINGO With Washington High School



**10**      **Arts & Crafts with SFPL**

9:00 Tech Support (Yvan) (BIL)(SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
11:00 Arts & Crafts w SFPL (BIL) (SP)  
11:00 Latin Aerobics (BIL) (SP)  
1:00 Bingo with UCSF (BIL) (SP)  
1:00 Tai Chi for Arthritis & Fall Prevention (V)  
1:30 Fall Prevention Maintenance (V)

**11**



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  
11:30 Fall Prevention (V)  
12:00 Beginners Line Dance (Carmen)  
12:30 Tech Support (Denise)  
1:30 Fall Prevention Maintenance (V)  
1:30 Activities Committee (BIL)(SP)  
2:00 Cafe con Leche (SP)  
2:00 Peruvian Weaving  
3:00 Blood Pressure (Matthew)

**12**

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)  
11:30 Fall Prevention 1  
1:00 Fall Prevention 1 (BIL)(SP)  
1:00 Tai Chi for Arthritis & Fall Prevention (V)  
2:00 Karaoke  
2:30 Volunteer Committee (BIL)(SP)  
2:30 Gentle Yoga

**13**



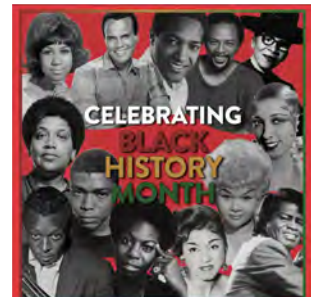
10:00 On Lok Always Active(BIL)(SP) (V)  
10:00 Game Room  
10:00 Body Dynamics  
11:00 Music aLive Presentation  
11:30 Tai Chi for Arthritis & Fall Prevention  
11:30 Fall Prevention (V)  
12:30 Tech Support (Denise)  
12:30 Blood Pressure (Anita)  
1:30 Fall Prevention Maintenance (V)  
2:00 Chronic Pain Management (SP)  
2:00 Conversation Circle  
2:00 Karaoke

**14**      **HAPPY Valentine's DAY**

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 Valentine's Day Dance & Raffle

**15**

9:00 Chair Yoga  
10:00 Body Dynamics  
10:30 Beginners Line Dance (Larry)  
1:00 Movie



# February 2025 Activities Program Schedule

## MONDAY

**17 Presidents Day**

**No Virtual Activities**

9:00 Tech Support(Yvan)(BIL)(SP)  
10:00 Game Room  
11:00 Musical Presentation  
12:00 Movie

**Center Closed at 2pm**

## TUESDAY

**18 Senior Council**

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  
12:30 Tech Support (Denise)  
2:00 Senior Council (BIL)(SP)  
3:00 Blood Pressure (Matthew)



## WEDNESDAY

**19** 

9:00 Tech Support (Gabriela) (BIL)(SP)  
10:00 On Lok Always Active (V)  
10:00 Game Room  
10:00 Drawing & Painting (BIL)(SP)  
11:00 Alzheimer's Association (SP)  
11:30 Fall Prevention 1  
1:00 Fall Prevention 1 (BIL)(SP)  
1:00 Tai Chi for Arthritis & Fall Prevention (V)  
2:00 Volunteer Committee (BIL)(SP)  
2:00 Karaoke  
2:30 Gentle Yoga  
3:00 UCSF Brain Health Talks (BIL)(SP)



## THURSDAY

**20** 

10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Game Room  
10:00 Body Dynamics  
11:30 Tai Chi for Arthritis & Fall Prevention  
11:30 Fall Prevention (V)  
11:30 Garden Volunteer Committee (BIL)(SP)  
11:30 Fall Prevention (V)  
12:30 Gardening 101: Hydrangeas Planting & Pruning  
12:30 Tech Support (Denise)  
12:30 Blood Pressure (Anita) (ING)  
1:30 Fall Prevention Maintenance (V)  
2:00 Chronic Pain Management Graduation (SP)  
2:00 Karaoke

## FRIDAY

**21** 

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

## SATURDAY

**22**

9:00 Chair Yoga  
10:00 Body Dynamics  
10:30 Beginners Line Dance (Larry's)  
1:00 Movie



**24** 

9:00 Tech Support (Yvan) (BIL)(SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
11:00 Latin Aerobics (BIL)(SP)  
1:00 Tai Chi for Arthritis & Fall Prevention (V)  
1:30 Fall Prevention Maintenance (V)

**25** 

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 Fall Prevention (V)  
12:00 Beginners Line Dance  
12:30 Tech Support (Denise)  
1:30 Activities Committee (BIL)(SP)  
2:00 Cafe con Leche (SP)  
2:00 Peruvian Weaving  
3:00 Blood Pressure (Matthew)

**26** 

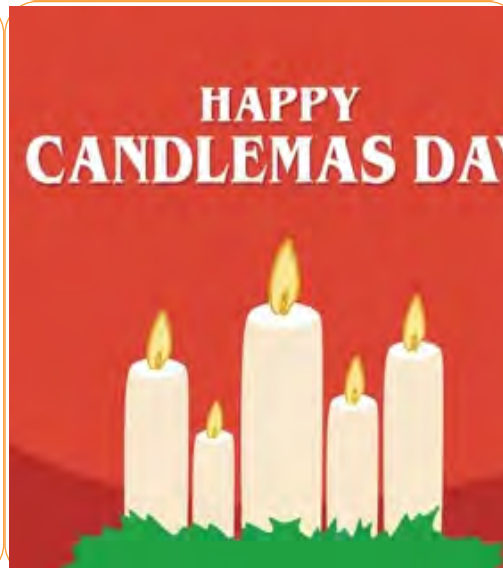
9:00 Tech Support (Gabriela) (BIL)(SP)  
10:00 On Lok Always Active (V)  
10:00 Game Room  
10:00 Drawing & Painting (BIL)(SP)  
11:30 Fall Prevention 1  
1:00 Fall Prevention 1 (BIL)(SP)  
1:00 Tai Chi for Arthritis & Fall Prevention (V)  
2:00 Karaoke  
2:30 Gentle Yoga

**27 Pledge Donor Event**

10:00 On Lok Always Active(BIL)(SP)(V)  
10:00 Game Room  
10:00 Body Dynamics  
11:30 Tai Chi for Arthritis & Fall Prevention  
11:30 Fall Prevention (V)  
12:30 Tech Support (Denise)  
12:30 Blood Pressure  
1:30 Fall Prevention Maintenance (V)  
2:00 Caregivers Workshop (SP)  
2:00 Diabetes Workshop (DEEP)  
2:00 Conversation Circle  
2:00 Pledge Donor Event (BIL) (SP)

**28** 

9:30 Valentine's 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



### SPECIAL EVENTS

02/03 - 10:00am Candlemas Celebration (BIL) (SP)  
02/03 - 11:00am Latin Aerobics (BIL) (SP)  
02/04 - 1:00pm SFPL Bookmobile  
02/04 - 1:30pm 2025 Lunar New Year Celebration  
02/04 - 2:30 Beginner Line Dance Performance  
02/05 - 11:00am Scam Prevention with Gabriela (BIL) (SP)  
02/08 - 1:00pm BINGO With Washington High School  
02/14 - 2:00pm Valentine's Day Dance & Raffle  
2/18 - 2:00pm Senior Council (BIL) (SP)

### REGULAR CENTER HOURS

Registration\* Monday-Saturday:

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

Happy Heart Gym\* Monday-Friday:

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

Saturdays:

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.

All activities are in-person unless marked with  
• (V) for virtual

\*Activities are subject to change without notice.\*

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

