

# October Activities Program Schedule

## MONDAY



**6**

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 (Vincent)  
11:00 Body Dynamics  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 On Lok Always Active(V)  
2:30 Chair Yoga



**13**

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 (Vincent)  
11:00 Body Dynamics  
1:30 Volunteer Committee (BIL) (SP)  
1:30 On Lok Always Active(V)  
2:30 Chair Yoga

## TUESDAY



**7**

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  
12:00 Beginners Line Dance (Carmen)  
1:00 Blood Pressure (Luis) (BIL) (SP)  
1:00 SFPL BookMobile  
1:00 Tech Support (Jan)  
1:00 Tai Chi for Fall Prevention & Arthritis (V)  
1:30 UCSF Fall Screening Assessments  
2:00 Cafe con Leche (SP)  
2:00 Peruvian Weaving (SP)  
3:00 Blood Pressure (Matthew)



**14**

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  
11:30 Tai Chi for Fall Prevention & Arthritis  
12:00 Beginners Line Dance (Carmen)  
1:00 Tech Support (Jan)  
1:00 Blood Pressure (Luis) (BIL) (SP)  
1:30 Activities Committee (BIL) (SP)  
2:00 Peruvian Weaving (SP)  
3:00 Blood Pressure (Matthew)

## WEDNESDAY



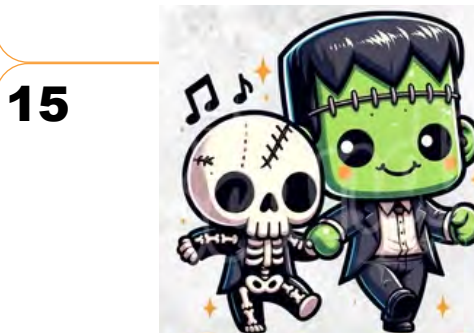
**October 1**

10:00 On Lok Always Active (V)  
10:00 Game Room  
10:00 Drawing & Painting (BIL) (SP)  
10:30 "Que es Cuir/Queer" w/ OpenHouse (SP)  
1:00 On Lok Always Active  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 Leah's Pantry (SP)  
2:00 Flower Making Workshop  
2:30 Gentle Yoga



**8**

10:00 On Lok Always Active (V)  
10:00 Game Room  
10:00 Drawing & Painting (BIL) (SP)  
10:30 Beginner's Line Dance (Larry)  
11:00 Latin Aerobics (BIL) (SP)  
11:30 Stress Busters (BIL) (SP)  
1:00 On Lok Always Active  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 Leah's Pantry (SP)  
2:00 Peruvian Weaving (SP)  
2:00 Flower Making Workshop  
2:30 Gentle Yoga



**15**

10:00 On Lok Always Active (V)  
10:00 Game Room  
10:00 Drawing & Painting (BIL) (SP)  
11:00 Latin Aerobics (BIL) (SP)  
1:00 On Lok Always Active  
2:00 Peruvian Weaving (SP)  
2:00 Flower Making Workshop  
2:30 Gentle Yoga  
3:00 UCSF Brain Health Talks (BIL) (SP)

## THURSDAY



**2**

10:00 On Lok Always Active (BIL)(SP) (V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (Tom)  
12:00 Blood Pressure (Anita)  
1:00 Tai Chi for Fall Prevention & Arthritis (V)  
1:00 Gardening 101  
1:30 On Lok Always Active (V)  
2:00 Peruvian Weaving (SP)



**9**

10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (Tom)  
11:00 Music aLive Musical Presentation  
12:00 Blood Pressure (Anita)  
1:00 Tai Chi for Fall Prevention & Arthritis (V)  
1:00 Gardening 101  
1:30 Diabetes Workshop (DEEP) (SP)  
1:30 On Lok Always Active (V)  
2:30 Conversation Circle  
2:00 Karaoke



**16**

10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (Tom)  
11:30 Tai Chi for Fall Prevention & Arthritis  
11:30 Garden Volunteer Committee (BIL) (SP)  
12:00 Blood Pressure (Anita)  
1:30 Diabetes Workshop (DEEP) (SP)  
1:30 On Lok Always Active (V)  
2:00 BINGO w/ Pathstone (BIL) (SP)

## FRIDAY



**3**

9:00 Tech Support (Maria) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Blood Pressure (Mateo)  
10:00 Drawing & Painting (BIL) (SP)  
10:00 Game Room  
1:00 On Lok Always Active  
2:00 Latin Music Dance & Raffle



**10**

9:00 Tech Support (Maria) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Blood Pressure (Mateo)  
10:00 Drawing & Painting (BIL) (SP)  
10:00 Game Room  
11:00 UC Berkeley Kidney Awareness Presentation  
1:00 On Lok Always Active  
2:00 Latin Dance & Raffle



**17**

9:00 Tech Support (Maria) (BIL) (SP)  
9:30 SPOOKY BAZAAR  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Blood Pressure (Mateo)  
10:00 Drawing & Painting (BIL) (SP)  
10:00 Game Room  
1:00 On Lok Always Active  
2:00 Latin Music Dance & Raffle



**11**

10:00 UC Berkeley Kidney Screening (BIL) (SP) (CA)





# October 2025 Activities Program Schedule

## MONDAY

**20** **Center Closes at 1pm**



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 (Vincent)  
10:30 Chair Yoga  
11:00 Body Dynamics  
1:30 On Lok Always Active (V)

**27**



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 (Vincent) (BIL) (SP)  
11:00 Body Dynamics  
1:30 On Lok Always Active (V)  
1:30 Volunteer Committee (BIL) (SP)  
2:30 Chair Yoga

## TUESDAY

**21**



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  
11:30 Tai Chi for Fall Prevention & Arthritis  
12:00 Beginners Line Dance (Carmen)  
1:00 Blood Pressure (Luis) (BIL) (SP)  
1:00 Tech Support (Jan)  
2:00 Senior Council (BIL) (SP)  
3:00 Blood Pressure (Matthew)

**28**



9:45 Coro de la 30 CMC (BIL) (SP)  
10:00 On Lok Always Active (BIL)(SP) (V)  
10:00 Legal Clinic with La RAZA RSVP (BIL) (SP)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Chess  
10:00 Tech Support (John) (BIL)(CA)  
11:30 Tai Chi for Fall Prevention & Arthritis  
12:00 Beginners Line Dance (Carmen)  
1:00 Blood Pressure (Luis) (BIL) (SP)  
1:00 Tech Support (Jan)  
1:30 Activities Committee (BIL) (SP)  
2:00 Cafe con Leche (SP)  
2:00 Peruvian Weaving (SP)  
3:00 Blood Pressure (Matthew)

## WEDNESDAY

**22**



10:00 On Lok Always Active (V)  
10:00 Game Room  
10:00 Drawing & Painting (BIL) (SP)  
11:00 Latin Aerobics (BIL) (SP)  
1:00 On Lok Always Active  
2:00 Peruvian Weaving (SP)  
2:30 Gentle Yoga

**29**



10:00 On Lok Always Active (V)  
10:00 Game Room  
10:00 Drawing & Painting (BIL) (SP)  
11:00 Latin Aerobics (BIL) (SP)  
1:00 On Lok Always Active  
2:00 Peruvian Weaving (SP)  
2:00 Flower Making Workshop  
2:30 Gentle Yoga

## THURSDAY

**23**



10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (Tom)  
11:00 Be Disaster Ready (5 Steps) (SP)  
11:30 Tai Chi for Fall Prevention & Arthritis  
12:00 Blood Pressure (Anita)  
1:30 On Lok Always Active (V)  
1:30 Diabetes Workshop (DEEP) (SP)  
2:00 Karaoke  
2:30 Conversation Circle

**30**



10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (Tom)  
11:00 Lung Cancer Presentation w/ UCSF (SP)  
11:30 Tai Chi for Fall Prevention & Arthritis  
12:00 Blood Pressure (Anita)  
1:30 On Lok Always Active (V)  
1:30 Diabetes Workshop (DEEP) (SP)  
2:00 Build Day of Dead Altar  
2:00 Karaoke

## FRIDAY

**24**




9:00 Tech Support (Maria) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Drawing & Painting (BIL) (SP)  
10:00 Blood Pressure (Mateo)  
10:00 Game Room  
11:00 Arts & Crafts w/ SFPL (BIL) (SP)  
1:00 On Lok Always Active  
2:00 Latin Music Dance & Raffle

**31**



9:00 Tech Support (Maria) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Drawing & Painting (BIL) (SP)  
10:00 Blood Pressure (Mateo)  
10:00 Game Room  
10:30 Beginning Line Dance (Larry)  
1:00 On Lok Always Active  
2:00 Spooky Halloween Latin Music Dance & Raffle





### SPECIAL EVENTS

10/01 - 10:30am "Que es Cuir/Queer" w/ OpenHouse (SP)  
10/07 - 1:30pm UCSF Fall Screening Assessments  
10/08 - 10:30am Beginner's Line Dance (Larry)  
10/08 - 11:30am Stress Busters (BIL) (SP)  
10/08 - 11:00 Latin Aerobics (BIL) (SP)  
10/09 - 11:00 Music aLive Musical Presentation  
10/10 - 11:00am UC Berkeley Kidney Awareness Presentation  
10/11 - 10:00am UC Berkeley Kidney Screening (BIL) (SP) (CA)  
10/16 - 2:00pm BINGO w/ Pathstone (BIL) (SP)  
10/17 - 9:30am SPOOKY BAZAAR  
10/23 - 11:00am Be Disaster Ready (5 Steps) (SP)  
10/24 - 11:00am Arts & Crafts w/ SFPL (BIL) (SP)  
10/28 - 10:00am Legal Clinic with La RAZA RSVP (BIL) (SP)  
10/31 - 2:00pm Spooky Halloween Latin Music Dance & Raffle

### 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/ Fall Prevention:**  
(415) 550-2265, [alwaysactive@onlok.org](mailto:alwaysactive@onlok.org)

**Tai Chi Arthritis:**  
Diana Lara-Rodgers, (415) 550-2209 & [dlararodgers@onlok.org](mailto:dlararodgers@onlok.org)

**DEEP (Diabetes Empowerment Education Program) and Healthier Living**  
(415) 550-6002, [workshops@onlok.org](mailto:workshops@onlok.org)

**Aging Mastery Program**  
[workshops@onlok.org](mailto: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

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

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