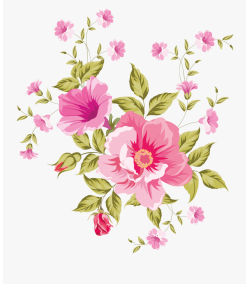


Activities marked with **(SP)** are in Spanish, **(CA)** are in Cantonese, and **(BIL)** are bilingual. **Activities are subject to change without notice.** All activities require a pre-registration or pre-sign-up process.

All activities are in-person unless marked with a **(V)** for virtual or **(H)** for hybrid, in-person & virtual.

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (BIL) (CA) 11:30 Stress Busters (BIL)(SP) 1:00 Fall Prevention Level 1 2:00 Chair Yoga (V) 2:00 Liver Cancer Awareness Watch Party with Dr. Mirda (SP)	2 10:00 On Lok Always Active (V) 10:00 Game Room 10:30 de Young Vitality Art Making Series: Narrative Painting (BIL) 10:00 Open Computer Lab Hours 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL)(SP) 1:30 Fall Prevention Maintenance(V) 1:30 Aging Mastery Program (SP)	3 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 CTN Tech Support 10:00 Drawing & Painting 10:00 Beginners & High Beginner/ Improver Line Dance (V) 10:00 Game Room 10:00 Diabetes Empowerment Education Program (DEEP)(V) 10:30 Fall Prevention Level 1(V) 1:00 Fall Prevention 1	4 10:00 Movie Matinee: 42: The Jackie Robinson Story 
	6 10:00 On Lok Always Active (H) 10:00 On Lok Always Active (V) 10:00 Leah's Pantry (SP) 10:00 Game Room 11:00 Open Computer Lab Hours 1:00 Chronic Pain Management (SPA) 1:30 Fall Prevention Maintenance(V)	7 9:45 Coro de la 30 CMC (BIL)(H) (SP) 10:00 On Lok Always Active (BIL) (V)(SPA) 10:00 Game Room 10:00 Diabetes Empowerment Education Program DEEP (SPA) 10:30 Fall Prevention 1 (V) 11:00 Open Computer Lab Hours 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL)(SP) 11:30 Beginners Line Dance (V) 2:30 Aging Mastery Program (V)	8 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (BIL) (CA) 1:00 Fall Prevention 1 1:30 Volunteer Committee (BIL)(SP) 2:00 Gentle Yoga (V)	9 10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 10:30 de Young Vitality Art Making Series: Narrative Painting 11:00 Open Computer Lab Hours 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL)(SP) 1:30 Fall Prevention Maintenance(V) 1:30 Aging Mastery Program (SP) 2:00 Conversation Circle	10 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Drawing & Painting (BIL)(SP) 10:00 Beginners & High Beginner/ Improver Line Dance (V) 10:00 CTN Tech Support 10:00 Game Room 10:00 Diabetes Empowerment Education Program (DEEP)(V) 10:30 Fall Prevention Level 1(V) 1:00 Fall Prevention 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 10:00 On Lok Always Active (H) 10:00 On Lok Always Active (V) 10:00 Leah's Pantry (SP) 10:00 Game Room 11:00 Psychology Lectures (V) 11:00 Open Computer Lab Hours 1:00 Chronic Pain Management (SPA) 1:30 Fall Prevention Maintenance (V) 2:30 Café con Leche (SPA)	14 9:45 Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL)(V)(SP) 10:00 Game Room 10:00 Diabetes Empowerment Education Program DEEP (SPA) 10:30 Fall Prevention Level 1 (V) 11:00 Open Computer Lab Hours 11:30 Beginners Line Dance (V) 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL) (SP) 12:00 Valentine's Matinee: How to be a Latin Lover 2:00 Aging Mastery Program – Information Session (SPA) 2:30 Aging Mastery Program (V)	15 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (BIL)(CA) 1:00 Fall Prevention Level 1 2:00 Chair Yoga <i>HAPPY Valentine's Day</i>	16 10:00 On Lok Always Active (BIL)(V) (SP) 10:00 Game Room 10:30 de Young Vitality Art Making Series: Narrative Painting 11:00 Open Computer Lab Hours 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL)(SP) 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP)	17 10:00 On Lok Always Active 10:00 On Lok Always Active (V) 10:00 CTN Tech Support 10:00 Game Room 10:00 Beginners & High Beginner/Improver Line Dance (V) 10:00 Diabetes Empowerment Education Program (DEEP)(V) 10:30 Fall Prevention Level 1 (V) 1:00 Fall Prevention Level 1	18 12:00 Clara's Celebration of Life 
20 10:00 Movie Matinee: Lee Daniels' THE BUTLER No Virtual Activities Today 	21 9:45 Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL) (V)(SP) 10:00 Game Room 10:00 Diabetes Empowerment Education Program (DEEP)(SP) 10:30 Fall Prevention Level 1 (V) 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL) (SP) 12:45 Senior Council (BIL)(SP) 2:00 Aging Mastery Program – Information Session (SPA) 2:30 Aging Mastery Program (V)	22 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (BIL)(CA) 1:00 Fall Prevention Level 1 1:30 Volunteer Committee 2:00 Gentle Yoga	23 10:00 On Lok Always Active (BIL)(V) (SP) 10:00 Game Room 10:30 de Young Vitality Art Making Series: Narrative Painting 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL)(SP) 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP) 2:00 Conversation Circle	24 10:00 On Lok Always Active 10:00 On Lok Always Active (V) 10:00 CTN Tech Support 10:00 Game Room 10:00 Beginners & High Beginner/Improver Line Dance (V) 10:00 Diabetes Empowerment Education Program (DEEP)(V) 10:30 Fall Prevention Level 1 (V) 12:00 February Bazaar! 1:00 Fall Prevention Level 1 	25 10:00 Movie Matinee: Coming to America 
27 10:00 On Lok Always Active (H) 10:00 On Lok Always Active (V) 10:00 Game Room 11:00 Open Computer Lab Hours 1:00 Chronic Pain Management (SP) 1:30 Fall Prevention Maintenance (V) 2:30 Café con Leche	28 9:45 Coro de la 30 CMC (BIL)(H)(SP) 10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 10:00 Diabetes Empowerment Education Program DEEP (SP) 11:30 Beginners Line Dace (V) 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL)(SP) 2:00 Aging Mastery Program – Information Session (SPA) 2:30 Aging Mastery Program (V)				

Interested in participating in our scheduled activities?

For more information on our activities program and how to register, please call:

Billy Li, Staff on Duty, at 415-550-2216 or email: billy.li@onlok.org

Rudy Lopez, Operations Coordinator, at 628-433-1517 or email: rodolfo.lopez@onlok.org

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

On Lok Always Active/ Fall Prevention Maintenance & Basic - Luz Ibarra, Always Active Specialist
at 415-550-2265 or email: lvillanueva@onlok.org

Tai Chi Arthritis – Diana Lara, Health Promotion Program Specialist at 415-550-2209 or email: dlararodgers@onlok.org

Healthier Living – Ken Wong, Healthier Living Program Coordinator at 415-550-6002 or email: kwong@onlok.org

DEEP (Diabetes Empowerment Education Program)– Elizabeth Soberanes, 415-550-2243 or email: elizabeth.soberanes@onlok.org Aging

Mastery Program – Valorie Villela, Director of WELL Senior Programming at 415-439-9364 or email: valorie@onlok.org Volunteers – Manuel

Raneda, Senior Center Program Manager, Volunteers at 415-550-2269 or email: manuel.raneda@onlok.org

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.



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

**On Lok 30th Street Senior Center | 225 30th Street, 3rd Floor | San Francisco, CA 94131 | 415.550.2210
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