






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.

March 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:00 Tech Support (BIL) (CA) 1:00 Fall Prevention Level 1 2:00 Chair Yoga</p>	<p>2</p> <p>9:00 Tech Support with Ivan (BIL) (SP) 10:00 On Lok Always Active (BIL) (SPA)(V) 10:00 Game Room 10:30 de Young Vitality Art Making Series: Narrative Painting (BIL) (SP) 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)</p>	<p>3</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 CTN Tech Support 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:00 Beginners & High Beginner/ Improver Line Dance (V) 10:30 Fall Prevention Level 1 (V) 1:00 Fall Prevention 1 1:00 Chat/Coffee with the Directors</p>	<p>4</p> <p>10:00 Movie Matinee</p> 
	<p>6</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Leah's Pantry (SP) 11:00 Open Computer Lab Hours 1:00 Chronic Pain Management (SP) 1:30 Fall Prevention Maintenance (V) 2:00 Tai Chi Sequence 1</p>	<p>7</p> <p>9:00 Tech Support with Ivan (BIL) (SP) 9:45 Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 10:30 Fall Prevention Level 1 (V) 10:30 Latin Aerobics 11:00 Open Computer Lab Hours 11:30 Tai Chi Sequence 2 (V) 11:30 Tai Chi Sequence 2 (BIL) (V) 11:30 Beginners Line Dance (V) 2:00 Aging Mastery Program - Information Session (SP) 2:30 Aging Mastery Program (V)</p>	<p>8</p> <p>10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:00 Tech Support (BIL) (CA) 11:30 Stress Busters (BIL) (SP) 1:00 Fall Prevention 1 1:30 Volunteer Committee (BIL) (SP) 2:00 Tai Chi Sequence 1 2:30 Gentle Yoga</p> <p><i>International Women's Day</i></p>	<p>9</p> <p>9:00 Tech Support with Ivan (BIL) (SP) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 10:00 Body Dynamics (V) 10:00 de Young Vitality Art Making Series: Narrative Painting (BIL) (SP) 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)</p>	<p>10</p> <p>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 10:30 Fall Prevention Level 1(V) 1:00 Fall Prevention 1</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13</p> <p>9:00 Tech Support with Ivan (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Leah's Pantry (SP) 10:00 Body Dynamics (V) 10:00 Game Room 11:00 Psychology Lectures (V) 11:00 Open Computer Lab Hours 1:00 Chronic Pain Management (SP) 1:30 Fall Prevention Maintenance (V) 2:00 Tai Chi Sequence Level 1</p>	<p>14</p> <p>9:45 Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 10:30 Fall Prevention Level 1 (V) 10:30 Latin Aerobics 11:00 Open Computer Lab Hours 11:30 Tai Chi Sequence 2 (BIL) 11:30 Beginners Line Dance (V) 1:00 Activities Committee (BIL) (SP) 2:30 Aging Mastery Program (V)</p>	<p>15</p> <p>10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:00 Tech Support (BIL)(CA) 1:00 Fall Prevention Level 1 2:00 Tai Chi Sequence Level 1 2:30 Chair Yoga</p>	<p>16</p> <p>9:00 Tech Support with Ivan (BIL) (SP) 10:00 On Lok Always Active (BIL)(SP) (V) 10:00 Game Room 10:00 Body Dynamics (V) 11:00 Open Computer Lab Hours 11:30 Tai Chi Sequence 2 (BIL)(SP) 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP) 2:00 Conversation Circle</p>	<p>17</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Drawing & Painting (BIL) (SP) 10:00 CTN Tech Support 10:00 Game Room 10:00 Beginners & High Improver Line Dance (V) 10:30 Fall Prevention Level 1 (V) 1:00 Fall Prevention Level 1 1:30 Graduation Aging Mastery Program (SP) 2:00 St. Patrick's Dance</p> 	<p>18</p> <p>10:00 Body Dynamics</p>
<p>20</p> <p>9:00 Tech Support with Ivan (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Body Dynamics (V) 10:00 Game Room 11:00 Open Computer Lab Hours 1:00 Chronic Pain Management (SP) 1:30 Fall Prevention Maintenance (V) 2:00 Tai Chi Sequence Level 1 2:30 Cafe con Leche (SP)</p>	<p>21</p> <p>9:45 Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 10:30 Fall Prevention Level 1 (V) 10:30 Latin Aerobics 11:00 Open Computer Lab Hours 11:30 Tai Chi Sequence 2 (BIL) 12:45 Senior Council (BIL) (SP) 2:30 Aging Mastery Program (V)</p>	<p>22</p> <p>10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:00 Tech Support (BIL)(CA) 1:00 Fall Prevention Level 1 1:30 Volunteer Committee 2:00 Tai Chi Sequence 1 2:30 Gentle Yoga 3:00 UCSF On Lok Brain Health Talks (SP)</p>	<p>23</p> <p>9:00 Tech Support with Ivan (BIL) (SP) 10:00 On Lok Always Active (BIL) (SP)(V) 10:00 Body Dynamics (V) 10:00 Game Room 11:00 Open Computer Lab Hours 11:30 Tai Chi Sequence 2 (BIL)(SP) 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP) 2:00 Conversation Circle</p>	<p>24</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 CTN Tech Support 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:00 Beginners & High Beginner/ Improver Line Dance (V) 10:30 Fall Prevention Level 1 (V) 12:00 Spring Bazaar! 1:00 Fall Prevention Level 1</p> 	<p>25</p> <p>10:00 Body Dynamics</p>
<p>27</p> <p>9:00 Tech Support with Ivan (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Body Dynamics (V) 10:00 Game Room 11:00 Open Computer Lab Hours 1:30 Fall Prevention Maintenance (V)</p>	<p>28</p> <p>9:45 Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 10:30 Fall Prevention 1 (V) 10:30 Latin Aerobics 11:00 Open Computer Lab Hours 11:30 Beginners Line Dance (V) 11:30 Tai Chi Sequence 2 (BIL) 2:30 Aging Mastery Program (V)</p>	<p>29</p> <p>10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:00 Tech Support (BIL) (CA) 1:00 Fall Prevention 1 2:00 Tai Chi Sequence 1 2:30 Chair Yoga</p>	<p>30</p> <p>9:00 Tech Support with Ivan (BIL) (SP) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 10:00 Body Dynamics (V) 11:00 Open Computer Lab Hours 11:30 Tai Chi Sequence 2 (BIL)(SP) 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program (SP) 2:00 Conversation Circle</p>	<p>31</p> <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 CTN Tech Support 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 10:00 Beginners & High Beginner/ Improver Line Dance (V) 10:30 Fall Prevention Level 1 (V) 1:00 Fall Prevention Level 1</p>	

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: luz.ibarra@onlok.org

Fall Prevention Maintenance & Basic - Sue Mittelman 415-550-2208 or email: susan.mittelman@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) – Miguel Martinez at 415-550-2201 or email: miguel.martinez@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
onlok.org/senior-center | Find us on Facebook**