

November 2023 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Chronic Pain Management 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 1:00 Fall Prevention Maintenance 1:30 Volunteer Committee (BIL)(SP) 1:30 Tai Chi Arthritis Level 2 2:45 Peruvian Weaving (SP) 2:30 Gentle Yoga 2:30 Movie	2 Day of the Dead 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 11:00 Day of the Dead Celebrations 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program Workshop (SP) 2:00 Karaoke	3 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 1:00 Fall Prevention Maintenance 2:00 Latin Music Dance & Raffle	4 10:00 Body Dynamics 10:00 Tech Support (Moses) 10:00 Tomando Control de Su Salud (SP) 2:00 Karaoke
6 Home Match SF Presentation 9:00 Tech Support (Yvan)(BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 1:30 Fall Prevention Maintenance (V) 1:30 Home Match SF Presentation (SP) 1:30 Tai Chi Arthritis Level 2	7 Cafe con Leche 9:00 Tech Support (Jean) (BIL) (SP) 9:45 CMC Coro de la 30 CMC (BIL)(H) 10:00 On Lok Always Active (BIL) (V) 10:00 Chess 10:00 Game Room 10:00 Body Dynamics 11:45 Beginner Line Dance (H) 1:00 Diabetes Workshop (DEEP) 1:00 Activities Committee (BIL)(SP) 2:30 Cafe con Leche (SP) 2:45 Peruvian Weaving (SP)	8 Stress Busters 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Chronic Pain Management 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (John) (BIL) (CA) 11:00 Mahjong 11:30 Stress Busters (BIL) (SP) 1:00 Fall Prevention Maintenance 1:30 Volunteer Committee (BIL) (SP) 1:30 Tai Chi Arthritis Level 2 2:45 Peruvian Weaving (SP) 2:30 Chair Yoga 2:30 Movie	9 Conversation Circle 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program Workshop (SP) 2:00 Karaoke 2:00 Conversation Circle	10 On Lok Always Active Celebration 10:00 On Lok Always Active (V) 10:00 On Lok Always Active Celebration Class 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 12:00 Tech Support (Jean) (BIL) (SP) 1:00 Fall Prevention Maintenance 2:00 Latin Music Dance & Raffle	11 Tech Support (Moses) 10:00 Body Dynamics 10:00 Tech Support (Moses) 10:00 Tomando Control de Su Salud (SP) 2:00 Karaoke
13 Alzheimer's Association: Healthy Living for your Brain&Body 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 Beaded Harvest Corn Craft w/ SFPL 11:00 Alzheimer's Association: Healthy Living for your Brain and Body (SP) 1:30 Fall Prevention Maintenance(V) 1:30 Tai Chi Arthritis Level 2	14 9:00 Tech Support (Jean) (BIL) (SP) 9:45 CMC Coro de la 30 CMC (BIL)(H) 10:00 On Lok Always Active (BIL)(V) 10:00 Chess 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi Arthritis (V) 11:45 Beginner Line Dance (H) 1:00 Diabetes Workshop (DEEP) 1:00 Activities Committee (BIL)(SP) 2:45 Peruvian Weaving (SP)	15 UCSF Brain Health Talks 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Chronic Pain Management 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 1:00 Fall Prevention Maintenance 1:30 Volunteer Committee (BIL)(SP) 2:30 Gentle Yoga 3:00 UCSF Brain Health Talks (SP)	16 Garden Volunteer Committee 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi Arthritis (V) 11:30 Garden Volunteer Committee (BIL) (SP) 1:30 Fall Prevention Maintenance (V) 2:00 Karaoke	17 Turkey Bazaar 9:30 Turkey Bazaar 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 12:00 Tech Support (Jean) (BIL) (SP) 1:00 Fall Prevention Maintenance 2:00 Latin Music Dance & Raffle	18 10:00 Body Dynamics 10:00 Tech Support (Moses) 10:00 Tomando Control de Su Salud (SP) 2:00 Karaoke

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 BINGO 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 Mahjong 1:00 BINGO 1:30 Fall Prevention Maintenance (V)	21 9:00 Tech Support (Jean) (BIL) (SP) 9:45 CMC Coro de la 30 CMC (BIL)(H) 10:00 On Lok Always Active (BIL)(V) 10:00 Chess 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi Arthritis (V) 11:45 Beginner Line Dance (H) 1:00 Diabetes Workshop (DEEP) 1:00 Activities Committee (BIL)(SP) 2:00 Senior Council (BIL) (SP)	22 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Chronic Pain Management 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 1:00 Fall Prevention Maintenance 1:30 Volunteer Committee (BIL)(SP) 2:30 Chair Yoga 2:30 Movie	23 Thanksgiving DAY No Virtual Activities 10:00 Game Room 10:30 Thanksgiving Celebration/ Musical Performance 12:00 Movie 	24 No Virtual Activities 10:00 Game Room 10:00 Drawing & Painting (BIL) (SP) 12:00 Movie	25 10:00 Body Dynamics 10:00 Tech Support (Moses) 10:00 Tomando Control de Su Salud (SP) 2:00 Karaoke
27 Apartment/Home Fire Safety Workshop 9:00 Tech Support (Yvan) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 1:00 Apartment/Home Fire Safety Workshop (BIL) (SP) 1:30 Fall Prevention Maintenance (V)	28 9:00 Tech Support (Jean) (BIL) (SP) 9:45 CMC Coro de la 30 CMC (BIL)(H) 10:00 On Lok Always Active (BIL)(V) 10:00 Chess 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi Arthritis (V) 11:45 Beginner Line Dance (H) 1:00 Diabetes Workshop (DEEP) 1:00 Activities Committee (BIL)(SP) 2:30 Cafe con Leche (SP)	29 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 1:00 Fall Prevention Maintenance 1:30 Volunteer Committee (BIL)(SP) 2:30 Gentle Yoga 2:30 Movie 2:45 Peruvian Weaving	30 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 1:30 Fall Prevention Maintenance (V) 2:00 Karaoke 2:00 Conversation Circle		

SPECIAL EVENTS

11/2 - 11:00am Day of the Dead Celebrations
 11/6 - 1:30pm Home Match SF Presentation
 11/7 - 2:30pm Cafe con Leche
 11/8 - 11:00am Mahjong
 11/8 - 11:30am Stress Busters
 11/9 - 2:00pm Conversation Circle
 11/10 - 10:00am On Lok Always Active Celebration Class
 11/13 - Alzheimer's Association: Healthy Living for your Brain and Body
 11/15 - 3:00pm UCSF Brain Health Talks
 11/17 - 9:30am Turkey Bazaar
 11/23 - 10:30 Thanksgiving Celebration/Musical Performance

REGULAR CENTER HOURS

Registration
Monday–Saturday, 9:00am-4:00pm

Happy Heart Gym*
Monday–Saturday, 9:00am-3:00pm

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.

