

November 2025 Activities Program Schedule

MONDAY

November 3

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)
10:00 **Medical Planning Workshop with UCSF**
11:00 Body Dynamics
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:30 On Lok Always Active(V)
2:30 Chair Yoga

10 
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 (V)
1:30 On Lok Always Active(V)
1:30 **Volunteer Committee (BIL) (SP)**
2:30 Chair Yoga

17 
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)


TUESDAY

4
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 Halloween Presentation (Carmen)
1:00 Blood Pressure (Luis) (BIL) (SP)
1:00 Sports Talk with Olin
1:00 **SFPL BookMobile**
1:00 Tech Support (Jan)
2:00 Cafe con Leche (SP)
2:00 Peruvian Weaving (SP)
3:00 Blood Pressure (Matthew)

11 
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)
1:30 **Activities Committee (BIL) (SP)**
2:00 Peruvian Weaving (SP)
3:00 Blood Pressure (Matthew)

18 
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)

WEDNESDAY

5
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
10:30 **Beginner's Line Dance (Larry)**
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis (V)
2:00 Flower Making Workshop
2:30 Gentle Yoga


12 
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
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 (V)
2:00 Peruvian Weaving (SP)
2:00 Flower Making Workshop
2:30 Gentle Yoga

19 
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis (V)
2:00 Peruvian Weaving (SP)
2:00 Flower Making Workshop
2:30 Gentle Yoga
3:00 **UCSF Brain Health Talks (BIL) (SP)**

THURSDAY

6 
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
12:00 Blood Pressure (Anita)
1:00 Tech Support (Keili) (BIL)(SP)
1:00 Gardening 101
1:30 On Lok Always Active (V)
2:00 Peruvian Weaving (SP)
2:00 Karaoke
2:30 **Conversation Circle**

13
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**
11:30 Tai Chi for Fall Prevention & Arthritis
12:00 Blood Pressure (Anita)
1:00 Tech Support (Keili) (BIL)(SP)
1:00 Gardening 101
1:30 Diabetes Workshop (DEEP) (SP)
1:30 On Lok Always Active (V)
2:00 Karaoke

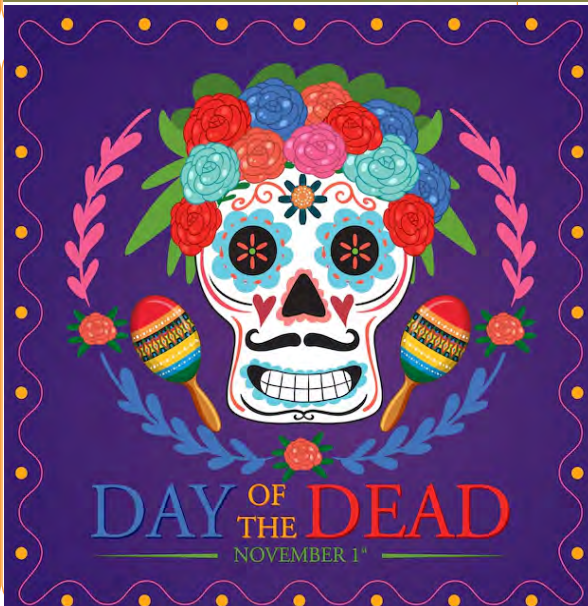

20 
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Tom)
11:30 Tai Chi for Fall Prevention & Arthritis
11:30 Garden Volunteer Committee
12:00 Blood Pressure (Anita)
1:00 Tech Support (Keili) (BIL)(SP)
1:30 On Lok Always Active (V)
2:00 Karaoke
2:30 **Conversation Circle**

FRIDAY

7
9:00 Tech Support (Marina) (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


14 
9:00 Tech Support (Marina) (BIL) (SP)
10:00 On Lok Always Active (V)
9:30 **TURKEY BAZAAR**
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 Dance & Raffle

21
9:00 Tech Support (Marina) (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 **Arts & Crafts w/ SFPL**
1:00 On Lok Always Active
2:00 Latin Music Dance & Raffle

November 2025 Activities Program Schedule

MONDAY

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
10:00 Blood Pressure (Vincent)
11:00 Body Dynamics
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:30 Volunteer Committee (BIL) (SP)
1:30 On Lok Always Active (V)
2:30 Chair Yoga



TUESDAY

25

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 Cafe con Leche (SP)
2:00 Peruvian Weaving (SP)
3:00 Blood Pressure (Matthew)



WEDNESDAY

26

10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
10:30 Beginner's Line Dance (Larry)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis (V)
2:00 Peruvian Weaving (SP)
2:30 Gentle Yoga



THURSDAY

27 Thanksgiving Day



10:30 Thanksgiving Celebration Musical Performance

No Virtual Activities
Center Closed at 2 pm

FRIDAY

28

No Virtual Activities

Center Closed



SPECIAL EVENTS

11/03 - 10:00 Palliative Care w/ UCSF (SP)
11/04 - 1:00 SFPL BookMobile
11/12 - 11:30am Stress Busters (BIL) (SP)
11/13 - 11:00 Music aLive Musical Presentation
11/14 - 9:30 TURKEY BAZAAR
11/17 - Center Closing Early, Lunch Hour Remains
11/18 - 2:00 Senior Council (BIL) (SP)
11/19 - 11:00am Be Disaster Ready (5 Steps) (SP)
11/19 - 3:00 UCSF Brain Health Talks (BIL) (SP)
11/21 - 11:00am Arts & Crafts w/ SFPL (BIL) (SP)
11/27 - 10:30 Thanksgiving Celebration Musical Performance & Thanksgiving Meal
11/28 - CENTER CLOSED

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

Tai Chi Arthritis:

Diana Lara-Rodgers, (415) 550-2209 & dlararodgers@onlok.org

DEEP (Diabetes Empowerment Education Program) and Healthier Living

(415) 550-6002, workshops@onlok.org

Aging Mastery Program

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.



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

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.