








# August 2024 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>August 1</b>  9:00 Tech Support (Jean) (BIL) (SP) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 11:30 Tai Chi for Arthritis & Fall Prevention (BIL) (SP) 11:30 Fall Prevention Maintenance (V) 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke	<b>2</b>   10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 2:00 Latin Dance & Raffle	<b>3</b>  10:00 On Lok Always Active 2:00 Movie 
<b>5</b>   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 Alzheimer's Association(SP) 1:00 UCSF Summer Singing Group 1:00 Tai Chi (V) 1:30 Fall Prevention Maintenance (V) 2:00 Flower Making Workshop 2:30 UCSF Every Body Moves (BIL) (SP)	<b>6</b> <b>SFPL Bookmobile</b>  9:00 Tech Support (Jean) (BIL) (SP) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Chess 10:00 Beginners Line Dance Performance 11:30 Tai Chi for Arthritis & Fall Prevention (BIL) (SP) 1:00 SFPL Bookmobile 2:00 UCSF Sun Printing (BIL)(SP) 2:00 Peruvian Weaving (SP)	<b>7</b> <b>La Raza Presentation</b>  10:00 On Lok Always Active (V) 10:00 Game Room 10:00 La Raza Presentation (BIL) (SP)  10:00 Tech Support (John) (BIL)(CA) 10:30 Leah's Pantry: Everybody Loves Line Dancing 12:00 Tech Support (Vera) 1:00 Tai Chi (V) 1:00 UCSF Summer Singing Group 2:00 Volunteer Committee 2:00 Karaoke	<b>8</b>  9:00 Tech Support (Jean) (BIL) (SP) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 On Lok Always Active 10:00 Game Room 11:00 Music aLive Performance 11:30 Tai Chi for Arthritis & Fall Prevention (BIL) (SP) 11:30 Fall Prevention Maintenance(V) 1:00 Movie 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke	<b>9</b>  10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:30 UCSF Music Sessions  <b>Center Closes at 2pm</b>	<b>10</b> <b>UCSF Sun Printing</b>  10:00 Happy Heart Gym 2:00 UCSF Sun Printing 
<b>12</b> <b>Arts &amp; Crafts w/ SFPL</b>  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 Arts & Crafts w/ SFPL 1:00 UCSF Summer Singing Group 1:00 Tai Chi (V) 1:30 Fall Prevention Maintenance (V) 2:00 Flower Making Workshop 2:30 UCSF Every Body Moves (BIL)(SP)	<b>13</b> <b>Activities Committee</b>  9:00 Tech Support (Jean) (BIL) (SP) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 10:00 Chess 10:00 Beginners Line Dance 11:30 Tai Chi for Arthritis & Fall Prevention (BIL) (SP) 1:30 Activities Committee 1:30 Blood Pressure 2:00 UCSF Sun Printing 2:00 Peruvian Weaving (SP)	<b>14</b>  10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Tech Support (John) (BIL) (CA) 10:30 Leah's Pantry: Everybody Loves Line Dancing 11:30 Stress Busters 12:00 Tech Support (Vera) 1:00 Tai Chi (V) 1:00 UCSF Summer Singing Group 2:00 Karaoke	<b>15</b>  9:00 Tech Support (Jean) (BIL) (SP) 10:00 On Lok Always Active (BIL) (SP) (V) 10:00 Game Room 11:00 Garden Volunteer Committee 11:30 Tai Chi for Arthritis & Fall Prevention (BIL) (SP) 11:30 Fall Prevention Maintenance (V) 1:00 UCSF Summer Singing Group 2:00 Blood Pressure (BIL)(SP) 2:00 Karaoke	<b>16</b>   10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Tech Support (Josh) (BIL)(CA) 12:00 Tech Support (Vera) 2:00 Latin Dance & Raffle	<b>17</b>  10:00 On Lok Always Active 2:00 UCSF Sun Printing 

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>19</b></p> <p>10:00 On Lok Always Active (V)</p> <p><b>No In Person Activities Center Closed</b></p> <p>Dining Room Open for Lunch</p>	<p><b>20</b></p> <p><b>Senior Council</b> </p> <p>9:00 Tech Support (Jean) (BIL) (SP)            10:00 On Lok Always Active (BIL) (SP) (V)            10:00 Game Room            10:00 Chess            10:00 Beginners Line Dance            11:30 Tai Chi for Arthritis &amp; Fall Prevention (BIL) (SP)            1:30 Blood Pressure            2:00 Senior Council            2:30 UCSF Every Body Moves(BIL)(SP)</p>	<p><b>21</b></p> <p><b>UCSF Brain Health Talks</b></p> <p>10:00 On Lok Always Active (V)            10:00 Game Room            10:00 Tech Support (John) (BIL)(CA)            10:30 Leah's Pantry: Everybody Loves Line Dancing            12:00 Tech Support (Vera)            1:00 Tai Chi (V)            1:00 UCSF Summer Sining Group            2:00 Volunteer Committee            2:00 Karaoke            2:30 UCSF Every Body Moves (BIL)(SP)            3:00 UCSF Brain Health Talks</p>	<p><b>22</b></p> <p>9:00 Tech Support (Jean) (BIL) (SP)            10:00 On Lok Always Active (BIL) (SP) (V)            10:00 Game Room            11:30 Tai Chi for Arthritis &amp; Fall Prevention (BIL) (SP)            11:30 Fall Prevention Maintenance(V)            1:00 UCSF Summer Sining Group            1:30 Aging Mastery Program Information Session (SP)            2:00 Blood Pressure (BIL)(SP)            2:00 Karaoke            2:30 UCSF Every Body Moves (BIL) (SP)</p>	<p><b>23 UCSF Art Exhibition</b> </p> <p>10:00 On Lok Always Active (V)            10:00 On Lok Always            10:00 Game Room            10:00 Tech Support (Josh) (BIL)(CA)            12:00 Tech Support (Vera)            1:00 UCSF Summer Sining Group            2:00 UCSF Art Exhibition</p>	<p><b>24</b></p> <p>10:00 Happy Heart Gym            2:00 Movie </p>
<p><b>26</b></p> <p>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 Tai Chi (V)            1:30 Fall Prevention Maintenance (V) 2:00 Flower Making Workshop</p> 	<p><b>27</b></p> <p>9:00 Tech Support (Jean) (BIL) (SP)            10:00 On Lok Always Active (BIL) (SP) (V)            10:00 On Lok Always Active            10:00 Game Room            10:00 Chess            10:00 Beginners Line Dance            11:30 Tai Chi for Arthritis &amp; Fall Prevention (BIL) (SP)            1:30 Activities Committee            1:30 Blood Pressure            2:00 Peruvian Weaving</p>	<p><b>28</b></p> <p><b>FALL IS IN The air</b> </p> <p>10:00 On Lok Always Active (V)            10:00 Game Room            10:00 Tech Support (John) (BIL)(CA)            10:30 Leah's Pantry: Everybody Loves Line Dancing            12:00 Tech Support (Vera)            1:00 Tai Chi (V)            2:00 Karaoke            3:00 UCSF Brain Health Talks (SP)</p>	<p><b>29</b></p> <p>9:00 Tech Support (Jean) (BIL) (SP)            10:00 On Lok Always Active (BIL) (SP) (V)            10:00 On Lok Always Active            10:00 Game Room            11:30 Tai Chi for Arthritis &amp; Fall Prevention (BIL) (SP)            11:30 Fall Prevention Maintenance(V)            1:00 Movie            1:30 Aging Mastery Program Information Session (SP)            2:00 Blood Pressure (BIL)(SP)            2:00 Karaoke</p>	<p><b>30 AUGUST BAZAAR</b></p> <p>9:30 August BAZAAR            10:00 On Lok Always Active (V)            10:00 On Lok Always Active            10:00 Game Room            10:00 Tech Support (Josh)(BIL) (CA)            12:00 Tech Support (Vera)            2:00 Latin Dance &amp; Raffle </p>	<p><b>31</b></p> <p>10:00 On Lok Always Active            2:00 Movie </p>

**SPECIAL EVENTS**

- 08/06 - 1:00 SFPL Bookmobile
- 08/06 - 2:00 UCSF Sun Printing (BIL)(SP)
- 08/07 - 10:00 La Raza Presentation (BIL) (SP)
- 08/07 - 10:30 Leah's Pantry: Everybody Loves Line Dancing
- 08/08 - 11:00 Music aLive Performance
- 08/09 - 10:30 UCSF Music Sessions
- 08/12 - 11:00 Arts & Crafts w/ SFPL
- 08/14 - 11:30 Stress Busters
- 08/15 - 11:00 Garden Volunteer Committee
- 08/20 - 2:00 Senior Council
- 08/21 - 3:00 UCSF Brain Health Talks
- 08/23 - 2:00 UCSF Art Exhibition
- 08/30 - 9:30 August BAZAAR

**REGULAR CENTER HOURS**

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

**Happy Heart Gym\***  
Monday–Friday, 10:00am-12:00pm and 1:00pm-3:00pm  
Saturday 10:00am-12:00pm

**Computer Lab\***  
Monday- Saturday, 10:00am-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:**  
Genny Pinzon, (415) 550-2291 or [alwaysactive@onlok.org](mailto:alwaysactive@onlok.org)  
Sue Mittelman, (415) 550-2208 or [bysusan.mittelman@onlok.org](mailto:bysusan.mittelman@onlok.org)

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

**DEEP(Diabetes Empowerment Education Program) / Healthier Living**  
Miguel Martinez, (415) 550-2201 or [miguel.martinez@onlok.org](mailto:miguel.martinez@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.**