

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

September 1

**CENTER CLOSED
LABOR DAY**



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

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**Center Closed
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
10:30 Chair Yoga
11:00 Body Dynamics

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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
12:00 Beginners Line Dance (Carmen)
1:00 Tech Support (Jan)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:00 Gardening 101
1:00 SFPL Bookmobile (BIL) (SP)
1:30 Activities Committee(BIL)(SP)
2:00 Peruvian Weaving (SP)
3:00 Blood Pressure (Matthew)

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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
12:00 Beginners Line Dance (Carmen)
1:00 Tech Support (Jan)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:00 Gardening 101
2:00 Cafe con Leche (SP)
2:00 Peruvian Weaving (SP)
3:00 Blood Pressure (Matthew)

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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
10:00 Beginners Line Dance (Carmen)
1:00 Tech Support (Jan)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:00 Gardening 101
2:00 Senior Council (BIL) (SP)
3:00 Blood Pressure (Matthew)

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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
1:30 Leah's Pantry (SP)
2:00 Peruvian Weaving (SP)
2:00 Blood Pressure (Luis) (BIL) (SP)
2:30 Gentle Yoga

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10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
10:30 Beginner's Line Dance (Larry)
11:30 Stress Busters (BIL) (SP)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 Leah's Pantry (SP)
2:00 Peruvian Weaving (SP)
2:00 Blood Pressure (Luis) (BIL) (SP)
2:30 Gentle Yoga

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10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
11:00 Colorectal Cancer Basics and Screening Options with UCSF (SP)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 Leah's Pantry (SP)
2:00 Peruvian Weaving (SP)
2:30 Gentle Yoga
3:00 UCSF Brain Health Talks (BIL) (SP)

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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Tom)
12:00 Blood Pressure (Anita)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:30 Healthier Living Workshop (SP)
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (SP)

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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
12:00 Blood Pressure (Anita)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:30 Healthier Living Workshop (SP)
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (SP)
2:30 Conversation Circle

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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Tom)
11:30 Garden Volunteer Committee (BIL) (SP)
12:00 Blood Pressure (Anita)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:30 Healthier Living Workshop (SP)
1:30 On Lok Always Active (V)
2:00 Flower Making Workshop (SP)

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Blood Pressure (Max)
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
1:00 On Lok Always Active
2:00 Latin Music Dance & Raffle

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Blood Pressure (Max)
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
1:00 On Lok Always Active
1:00 Latin Heritage Flags Presentations (BIL) (SP)
2:00 VIVA Mariachi San Francisco

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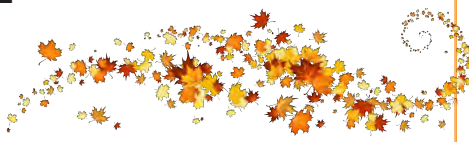


10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Blood Pressure (Max)
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
1:00 On Lok Always Active
2:00 Latin Music Dance & Raffle



MONDAY

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

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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 Body Dynamics
 1:00 Tai Chi for Fall Prevention & Arthritis
 1:30 On Lok Always Active (V)
 2:30 Chair Yoga

TUESDAY

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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
 12:00 Beginners Line Dance (Carmen)
 1:00 Tech Support (Jan)
 1:00 Tai Chi for Fall Prevention & Arthritis (V)
 1:00 Gardening 101
 1:30 Activities Committee(BIL)(SP)
 2:00 Cafe con Leche (SP)
 2:00 Peruvian Weaving (SP)
 3:00 Blood Pressure (Matthew)

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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 Chess
 10:00 Tech Support (John) (BIL)(CA)
 12:00 Beginners Line Dance (Carmen)
 1:00 Tech Support (Jan)
 1:00 Tai Chi for Fall Prevention & Arthritis (V)
 1:00 Gardening 101
 2:00 Peruvian Weaving (SP)
 3:00 Blood Pressure (Matthew)

WEDNESDAY

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10:00 On Lok Always Active (V)
 10:00 Game Room
 10:00 Drawing & Painting (BIL) (SP)
 10:30 Beginners Line Dance (Larry)
 1:00 On Lok Always Active
 1:00 Tai Chi for Fall Prevention & Arthritis
 1:30 Leah's Pantry (SP)
 2:00 Peruvian Weaving (SP)
 2:00 Blood Pressure (Luis) (BIL) (SP)
 2:00 Bad Art Club with Jules
 2:30 Gentle Yoga

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10:00 On Lok Always Active (BIL)(SP)(V)
 10:00 Body Dynamics
 10:00 Game Room
 10:00 Tech Support (Tom)
 12:00 Blood Pressure (Anita)
 1:00 Tai Chi for Fall Prevention & Arthritis (V)
 1:30 On Lok Always Active (V)
 1:30 Healthier Living Workshop (SP)
 2:00 Flower Making Workshop (SP)
 2:30 Conversation Circle



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9:30 Fiesta Bazaar
 10:00 On Lok Always Active (V)
 10:00 On Lok Always Active
 10:00 Drawing & Painting (BIL) (SP)
 10:00 Blood Pressure (Max)
 10:00 Game Room
 1:00 On Lok Always Active
 2:00 Latin Music Dance & Raffle



SPECIAL EVENTS

09/02 - 9:45am Coro de la 30 CMC
 09/03 - 1:30pm Leah's Pantry (SP)
 09/04 - 1:00pm Healthier Living Workshop (SP)
 09/08 - 11:00am Arts & Crafts w/ SFPL (BIL) (SP)
 09/09 - 2:00pm Cafe con Leche (SP)
 09/10 - 10:30am Beginner's Line Dance (Larry)
 09/10 - 11:30am Stress Busters (BIL) (SP)
 09/11 - 11:00 Music aLive Musical Presentation
 09/11 - Conversation Circle
 09/12 - 1:00pm Latin Heritage Presentations
 09/12 - 2:00pm VIVA Mariachi
 09/16 - 2:00pm Senior Council (BIL) (SP)
 09/26 - 9:30am Fiesta Bazaar

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
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.

