

December Activities Program Schedule

MONDAY

December 1

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 (V)
1:30 On Lok Always Active (V)
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 (V)
1:00 SFPL Arts & Crafts (BIL) (SP)
1:30 On Lok Always Active (V)
2:00 Volunteer Committee (BIL) (SP)
2:30 Chair Yoga

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**CENTER
CLOSED
ALL DAY**

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
10:00 Blood Pressure (Vincent)
11:30 Tai Chi for Fall Prevention & Arthritis
12:00 Beginners Line Dance (Carmen)
1:00 Blood Pressure (Luis) (BIL) (SP)
1:00 SFPL Bookmobile
1:00 Tech Support (Jan)
2:00 Peruvian Weaving (SP)
2:00 Cafe con Leche (SP)

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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 Blood Pressure (Vincent)
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 Cafe con Leche (SP)
2:00 Peruvian Weaving (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 (John) (BIL)(CA)
10:00 Chess
10:00 Blood Pressure (Vincent)
10:30 Coro de la 30 CMC Performance (BIL) (SP)
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)
2:00 Senior Council (BIL) (SP)

WEDNESDAY

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9:00 DAS SNAP/CalFresh Event (BIL) (SP)
9:00 Tech Support (Mario) (BIL) (SP)
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 Flower Making Workshop (BIL) (SP)
2:00 Peruvian Weaving (SP)
2:30 Gentle Yoga

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9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
11:30 Stress Busters (BIL) (SP)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:00 On Lok Always Active
2:00 Peruvian Weaving (SP)
2:00 Flower Making Workshop (BIL) (SP)
2:30 Gentle Yoga
2:45 Holiday Event with Marshal Elementary School & Grace Notes Musical Presentation (BIL) (SP)

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9:00 Tech Support (Mario) (BIL) (SP)
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 (BIL) (SP)
2:30 Gentle Yoga
3:00 UCSF Brain Health Talks (BIL) (SP)

THURSDAY

4

10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
11:30 Tai Chi for Fall Prevention & Arthritis
12:00 Blood Pressure (Anita)
1:00 Gardening 101
1:00 Tech Support (Keili)
1:30 On Lok Always Active (V)
2:00 Karaoke
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)
11:00 Music aLive Musical Performance (American Social Club)
11:30 Tai Chi for Fall Prevention & Arthritis
12:00 Blood Pressure (Anita)
1:00 Gardening 101
1:00 Tech Support (Keili)
1:30 On Lok Always Active (V)
1:30 SF Nutcracker Lecture & Chair Dancing
2:30 Karaoke

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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)
11:30 Tai Chi for Fall Prevention & Arthritis
12:00 Blood Pressure (Anita)
1:00 Gardening 101
1:00 Tech Support (Keili)
1:30 On Lok Always Active (V)
1:30 PLEDGE DONOR EVENT RSVP (BIL) (SP)

FRIDAY

5

9:00 Tech Support (Marina) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 On Lok Always Active
2:00 Latin Music Dance

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9:00 Tech Support (Marina) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 On Lok Always Active
2:00 Latin Music Dance

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9:00 Tech Support (Marina) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Las Posadas RSVP (BIL) (SP)
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 On Lok Always Active
2:00 Latin Music Dance



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 (V)
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)

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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
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:30 On Lok Always Active (V)

TUESDAY

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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 (John) (BIL)(CA)
10:00 Chess
10:00 Blood Pressure (Vincent)
10:00 Beginners Line Dance (Carmen)
11:30 Tai Chi for Fall Prevention & Arthritis
12:30 Beginners Guitar Jam Sessions (BIL) (ING)
1:00 Tech Support (Jan)
1:30 Activities Committee (BIL) (SP)

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10:00 On Lok Always Active (BIL) (SP) (V)
10:00 Game Room
10:00 Chess
10:00 Tech Support (John) (BIL)(CA)
10:00 Beginners Line Dance (Carmen)
12:30 Beginners Guitar Jam Sessions (BIL) (SP)
1:00 Tech Support (Jan)
2:00 Peruvian Weaving (SP)

WEDNESDAY

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9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 Game Room
1:00 On Lok Always Active
2:00 Flower Making Workshop (BIL) (SP)
2:00 Peruvian Weaving (SP)

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9:00 Tech Support (Mario) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 Game Room
1:00 On Lok Always Active
2:00 Peruvian Weaving (SP)
2:00 Flower Making Workshop

THURSDAY

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CLOSED
CHRISTMAS
DAY

FRIDAY

26



9:00 Tech Support (Maria) (BIL) (SP)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
11:00 Blood Pressure (Mateo) (BIL) (SP)
1:00 On Lok Always Active
2:00 Winter Ball Latin Music Dance RSVP



HAPPY
NEW YEAR
2026

SPECIAL EVENTS

12/2 - 1:00pm SFPL Bookmobile
12/2 - 2:00pm Cafe con Leche
12/4 - Conversation Circle
12/8 - SFPL Arts & Crafts
12/9 - 1:30pm Activities Committee
12/9 - 2:00pm Cafe con Leche
12/10 - 11:30am Stress Busters
12/11 - 1:30pm SF Nutcracker Lecture & Chair Dancing
12/16 - 10:30 Coro de la 30 CMC Performance
12/16 - 2:00pm Senior Council
12/18 - Pledge Donor Event
12/19 - Las Posadas

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.

