















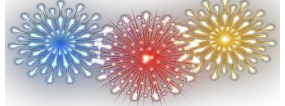












JULY 2025 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>7</p> <p>World Chocolate Day</p> <p>9:00 Tech Support (Yvan) (BIL) (SP)</p> <p>10:00 On Lok Always Active (V)</p> <p>10:00 On Lok Always Active</p> <p>10:00 Game Room</p> <p>1:30 On Lok Always Active(V)</p>	<p>July 1</p>  <p>10:00 On Lok Always Active (BIL) (SP)(V)</p> <p>10:00 Game Room</p> <p>10:00 Tech Support (John) (BIL)(CA)</p> <p>10:00 Chess</p> <p>10:00 Beginners Line Dance (Carmen)</p> <p>12:00 Beginners Guitar Jam Sessions (BIL)(SP)</p> <p>1:00 Gardening 101</p> <p>1:00 SFPL Bookmobile</p> <p>2:00 Peruvian Weaving (SP)</p>	<p>2</p>  <p>10:00 On Lok Always Active (V)</p> <p>10:00 Game Room</p> <p>10:00 Blood Pressure (Luis) (BIL) (SP)</p> <p>11:00 Latin Aerobics (BIL) (SP)</p> <p>2:00 Karaoke</p>	<p>3</p>  <p>10:00 On Lok Always Active (BIL)(SP)(V)</p> <p>10:00 Game Room</p> <p>10:00 Tech Support (Tom)</p> <p>12:00 Blood Pressure (Anita)</p> <p>2:00 Karaoke</p>	<p>4</p>  <p>*No Virtual Activities*</p> <p>10:00 Game Room</p> <p>11:00 4th of July Musical Performance</p> <p>12:00 Movie</p> <p>Center Closed at 2 pm</p>	<p>5</p> <p>10:00 Tech Support (Colin) (BIL) (CA)</p> <p>10:30 Beginners Line Dance (Larry)</p> <p>1:00 Movie</p>
 <p>8</p> <p>10:00 On Lok Always Active (BIL)(SP)(V)</p> <p>10:00 Game Room</p> <p>10:00 Tech Support (John) (BIL)(CA)</p> <p>10:00 Chess</p> <p>11:00 Beginners Line Dance Performance</p> <p>12:00 Beginners Guitar Jam Sessions (BIL) (SP)</p> <p>1:00 Gardening 101</p> <p>1:30 Activities Committee(BIL)(SP)</p> <p>2:00 Peruvian Weaving (SP)</p>	<p>9</p>  <p>10:00 On Lok Always Active (V)</p> <p>10:00 Game Room</p> <p>11:00 Latin Aerobics (BIL) (SP)</p> <p>11:30 Stress Busters (BIL) (SP)</p> <p>1:00 On Lok Always Active</p> <p>2:00 Karaoke</p>	<p>10</p>  <p>10:00 On Lok Always Active (BIL)(SP)(V)</p> <p>10:00 Game Room</p> <p>10:00 Tech Support (Tom)</p> <p>11:00 Music aLive Presentation</p> <p>12:00 Blood Pressure (Anita)</p> <p>1:30 On Lok Always Active (V)</p> <p>2:00 Karaoke</p>	<p>11</p>  <p>10:00 On Lok Always Active (V)</p> <p>10:00 On Lok Always Active</p> <p>10:00 Game Room</p> <p>1:00 On Lok Always Active</p> <p>1:00 Peruvian Weaving (SP)</p> <p>2:00 Latin Music Dance & Raffle</p>	<p>12</p>  <p>10:00 Tech Support (Colin) (BIL) (CA)</p> <p>1:00 Movie</p>	
 <p>14</p> <p>9:00 Tech Support (Yvan) (BIL)(SP)</p> <p>10:00 On Lok Always Active (V)</p> <p>10:00 On Lok Always Active</p> <p>10:00 Game Room</p> <p>1:30 On Lok Always Active (V)</p>	<p>15</p>  <p>10:00 On Lok Always Active (BIL)(SP) (V)</p> <p>10:00 Game Room</p> <p>10:00 Tech Support (John) (BIL)(CA)</p> <p>10:00 Chess</p> <p>10:00 Beginners Line Dance (Carmen)</p> <p>12:00 Beginners Guitar Jam Sessions (BIL)(SP)</p> <p>1:00 Gardening 101</p> <p>2:00 Senior Council (BIL) (SP)</p>	<p>16</p>  <p>10:00 On Lok Always Active (V)</p> <p>10:00 Game Room</p> <p>11:00 UC Berkeley Sleep Team Department of Psychology Presentation</p> <p>1:00 On Lok Always Active</p> <p>2:00 Karaoke</p> <p>2:00 UCSF EveryBody Moves with Magda (BIL) (SP)</p> <p>3:00 UCSF Brain Health Talks(BIL) (SP)</p>	<p>17</p>  <p>10:00 On Lok Always Active (BIL) (SP)(V)</p> <p>10:00 Game Room</p> <p>10:00 Tech Support (Tom)</p> <p>11:30 Garden Volunteer Committee (BIL)(SP)</p> <p>12:00 Blood Pressure (Anita)</p> <p>1:30 On Lok Always Active (V)</p> <p>2:00 Karaoke</p> <p>2:00 UCSF Writing Workshop (SP)</p>	<p>18</p>  <p>10:00 On Lok Always Active (V)</p> <p>10:00 On Lok Always Active</p> <p>10:00 Game Room</p> <p>1:00 On Lok Always Active</p> <p>1:00 Peruvian Weaving (SP)</p> <p>2:00 Latin Music Dance & Raffle</p>	 <p>19</p> <p>10:00 Tech Support (Colin) (BIL) (CA)</p> <p>1:00 Movie</p>

JULY 2025 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21  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 Association Presentation (SP) 1:00 Tai Chi for Fall Prevention & Arthritis 1:30 Volunteer Committee (BIL) (SP) 1:30 On Lok Always Active (V) 2:00 UCSF Sunprinting Workshop (Gloria) (BIL) (SP)	22  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) 12:00 Beginners Guitar Jam Sessions (BIL) (SP) 1:00 Gardening 101 1:30 Activities Committee (BIL) (SP) 2:00 Peruvian Weaving (SP) 3:00 Blood Pressure (Matthew)	23  10:00 On Lok Always Active (V) 10:00 Game Room 10:00 digitalLift: Common Scams (BIL) (SP) 1:00 On Lok Always Active 1:00 Tai Chi for Fall Prevention & Arthritis 2:00 Karaoke 2:00 UCSF EveryBody Moves with Magda (BIL) (SP)	24  10:00 On Lok Always Active (BIL) (SP)(V) 10:00 Game Room 10:30 SFMTA Workshop Presentation (SP) 10:00 Tech Support (Tom) 12:00 Blood Pressure (Anita) 1:30 On Lok Always Active (V) 2:00 Karaoke 2:00 UCSF Writing Workshop (SP)	25  10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 1:00 On Lok Always Active 2:00 Peruvian Independence Celebration (BIL) (SP)	26  10:00 Tech Support (Colin) (BIL) (CA) 10:30 Beginners Line Dance (Larry) 1:00 Movie
28  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 1:30 On Lok Always Active (V) 2:00 Sunprinting Workshop (Gloria) (BIL) (SP)	29  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) 12:00 Beginners Guitar Jam Sessions (BIL)(SP) 1:00 Gardening 101 2:00 Peruvian Weaving (SP) 3:00 Blood Pressure (Matthew)	30  10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Blood Pressure (Luis) (BIL) (SP) 11:00 BINGO with UCSF (BIL) (SP) 1:00 On Lok Always Active 1:00 Tai Chi for Fall Prevention & Arthritis 2:00 Karaoke 2:00 UCSF EveryBody Moves with Magda (BIL) (SP)	31  10:00 On Lok Always Active (BIL) (SP)(V) 10:00 Game Room 10:00 Tech Support (Tom) 12:00 Blood Pressure (Anita) 1:30 On Lok Always Active (V) 2:00 Karaoke 2:00 UCSF Wrting Workshop (SP)		

SPECIAL EVENTS

7/1 - 1:00pm SPL Bookmobile
 7/5 - 10:30am Beginners Line Dance (Larry)
 7/8 - 11am Beginners Line Dance Performance
 7/8 - 1:30pm Activities Committee(BIL)(SP)
 7/9 - 11:00am Latin Aerobics (BIL) (SP)
 7/9 - 11:30am Stress Busters (BIL) (SP)
 7/16 - 3:00pm UCSF Brain Health Talks(BIL)(SP)
 7/17 - 11:30am Garden Volunteer Committee (BIL) (SP)
 7/23 - digitalLift: Common Scams (BIL) (SP)
 7/25 - Peruvian Independence Celebration (BIL) (SP)

REGULAR CENTER HOURS

Registration* Monday–Saturday:

9:30am-12:00pm
 1:30pm-3:30pm

Happy Heart Gym* Monday–Friday:

10:00am-12:00pm
 1:00pm-3:00pm

Saturdays:

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 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

Nicole Malik, (415)550-2211 & nicole.malik@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 pre-sign-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.