

April 2025 Activities Program Schedule

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
1:30 Fall Prevention Maintenance (V)

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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)
1:30 Fall Prevention Maintenance (V)

TUESDAY

April 1



9:00 LDG Carnival Dance Practice RSVP (BIL) (SP)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Body Dynamics
10:00 Chess
11:00 Beginners Line Dance (Carmen)
11:30 Tai Chi for Arthritis & Fall Prevention
1:00 Gardening 101
3:00 Blood Pressure (Matthew)

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9:00 LDG Carnival Dance Practice RSVP (BIL) (SP)
9:45 Coro de la 30 CMC (BIL) (SP)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
10:00 Body Dynamics
10:00 Tech Support (John) (BIL)(CA)
10:00 Chess
11:30 Tai Chi for Arthritis & Fall Prevention
12:00 Beginners Line Dance (Carmen)
1:00 Gardening 101
1:00 SFPL Bookmobile
1:30 Activities Committee (BIL) (SP)
2:00 Cafe con Leche (SP)
3:00 Blood Pressure (Matthew)

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9:00 LDG Carnival Dance Practice RSVP (BIL) (SP)
9:45 Coro de la 30 CMC (BIL) (SP)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Body Dynamics
10:00 Chess
12:00 Beginners Line Dance (Carmen)
1:00 Gardening 101
2:00 Senior Council (BIL) (SP)
3:00 Blood Pressure (Matthew)

WEDNESDAY

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9:00 Tech Support (Gabriela) (BIL)(SP)
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL)(SP)
11:00 Scam Prevention Presentation with Gabriela (SP)
11:30 Fall Prevention 1
1:00 Fall Prevention 1 (BIL)(SP)
1 2:00 Karaoke
2:30 Gentle Yoga
3:00 Lets Talk Hoops (Olin)

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9:00 Tech Support (Gabriela) (BIL)(SP)
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL)(SP)
10:30 Scam Prevention Presentation with Gabriela
11:30 Stress Busters (BIL) (SP)
11:30 Fall Prevention 1
1:00 Fall Prevention 1 (BIL)(SP)
2:00 Karaoke
2:30 Gentle Yoga
2:30 Volunteer Committee (BIL) (SP)

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9:00 Tech Support (Gabriela)(BIL)(SP)
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL)(SP)
11:30 Fall Prevention 1
11:30 "What Is Most Important to You?": A Workshop on Advance Care Planning (SP)
1:00 Fall Prevention 1 (BIL)(SP)
2:00 Karaoke
2:30 Gentle Yoga
3:00 UCSF Brain Health Talks (BIL) (SP)

THURSDAY

3



9:00 LDG Carnival Dance Practice (RSVP) (BIL) (SP)
9:00 Tech Support (Vera)
10:00 On Lok Always Active (BIL)(SP) (V)
10:00 Game Room
10:00 Body Dynamics
11:30 Tai Chi for Arthritis & Fall Prevention
11:30 Fall Prevention (V)
12:30 Blood Pressure (Anita)
1:00 Aging Mastery Program Workshop (SP)
1:30 Fall Prevention Maintenance (V)
1:30 Diabetes Workshop (DEEP)
2:00 Karaoke
2:00 UCSF Taller de cuidadores: Escritura y Reflexión (SP)

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9:00 LDG Carnival Practice (RSVP) (BIL) (SP)
9:00 Tech Support (Vera)
10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
10:00 Body Dynamics
11:00 Music aLive Presentation
11:30 Tai Chi for Arthritis & Fall Prevention
11:30 Fall Prevention (V)
12:30 Blood Pressure (Anita)
1:00 Aging Mastery Program Workshop (SP)
1:30 Fall Prevention Maintenance (V)
2:00 Karaoke
2:00 UCSF Taller de cuidadores: Escritura y Reflexión (SP)
2:00 Conversation Circle

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9:00 LDG Carnival Dance Practice RSVP (BIL) (SP)
9:00 Tech Support (Vera)
10:00 On Lok Always Active(BIL)(SP) (V)
10:00 Game Room
10:00 Body Dynamics
11:30 Garden Volunteer Committee (BIL) (SP)
11:30 Fall Prevention (V)
12:30 Blood Pressure (Anita)
1:00 Aging Mastery Program Workshop (SP)
1:30 Fall Prevention Maintenance (V)
2:00 Karaoke
2:00 UCSF Taller de cuidadores: Escritura y Reflexión (SP)

FRIDAY

4



9:00 Tech Support (Vera)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:00 Drawing & Painting (BIL)(SP)
11:30 Fall Prevention 1
1:00 Fall Prevention 1 (BIL)(SP)
2:00 Latin Music Dance & Raffle

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9:00 Tech Support (Vera)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:00 Drawing & Painting (BIL)(SP)
11:30 Fall Prevention 1
1:00 Fall Prevention 1 (BIL)(SP)
2:00 Latin Music Dance & Raffle

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9:00 Tech Support (Vera)
10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP) (CA)
11:30 Fall Prevention 1
12:00 Tech Support (Vera)
1:00 Fall Prevention 1 (BIL)(SP)
2:00 Movie

SATURDAY

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9:00 Chair Yoga
10:00 Body Dynamics
10:00 Tech Support (Colin) (BIL) (CA)
1:00 Movie



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9:00 Chair Yoga
10:00 Body Dynamics
10:00 Tech Support (Colin) (BIL) (CA)
11:00 Lets Talk Hoops (Olin)











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9:00 Chair Yoga
10:00 Body Dynamics
10:00 Tech Support (Colin) (BIL) (CA)
10:30 Beginners Line Dance (Larry)
1:00 Movie



April 2025 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>21</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 for Arthritis & Fall Prevention (V) 1:30 Fall Prevention Maintenance (V)</p>	<p>22</p>  <p>9:00 LDG Carnival Dance Practice RSVP (BIL) (SP) 9:45 Coro de la 30 CMC (BIL)(SP) 10:00 On Lok Always Active (BIL)(SP) (V) 10:00 Game Room 10:00 Body Dynamics 10:00 Chess 10:00 Tech Support (John) (BIL)(CA) 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance (Carmen) 1:00 Gardening 101 1:00 Musical Performnce 3:00 Blood Pressure (Matthew)</p>	<p>23</p>  <p>9:00 Tech Support (Gabriela) (BIL)(SP) 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 2:00 Karaoke 2:30 Gentle Yoga</p>	<p>24</p>  <p>9:00 LDG Carnival Dance Practice RSVP (BIL) (SP) 9:00 Tech Support (Vera) 10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi for Arthritis & Fall Prevention 11:30 Fall Prevention (V) 12:30 Blood Pressure (Anita) (ING) 1:00 Aging Mastery Program Workshop (SP) 1:30 Fall Prevention Maintenance (V) 2:00 Karaoke 2:00 UCSF Taller de cuidados: Escritura y Reflexión (SP) 2:00 Conversation Circle</p>	<p>25</p>  <p>10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 UCSF Earth Day Fair 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 10:00 Tech Support (Josh) (BIL)(CA) 11:30 Fall Prevention 1 12:00 Tech Support (Vera) 1:00 Fall Prevention 1 (BIL)(SP)</p>	<p>26</p>  <p>9:00 Chair Yoga 10:00 Body Dynamics 10:30 Beginners Line Dance (Larry's) 1:00 Movie</p>
<p>28</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 for Arthritis & Fall Prevention (V) 1:30 Fall Prevention Maintenance (V)</p>	<p>29</p>  <p>9:00 LDG Carnival Dance Practice RSVP (BIL) (SP) 9:45 Coro de la 30 CMC (BIL) (SP) 10:00 On Lok Always Active (BIL)(SP)(V) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 10:00 Body Dynamics 10:00 Chess 11:30 Tai Chi for Arthritis & Fall Prevention 12:00 Beginners Line Dance (Carmen) 1:00 Gardening 101 1:30 Activities Committee (BIL)(SP) 2:00 Cafe con Leche (SP) 3:00 Blood Pressure (Matthew)</p>	<p>30</p>  <p>9:00 Tech Support (Gabriela) (BIL)(SP) 10:00 Easter Bazaar 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Drawing & Painting (BIL)(SP) 11:30 Fall Prevention 1 1:00 Fall Prevention 1 (BIL)(SP) 1:00 Tai Chi for Arthritis & Fall Prevention (V) 2:00 Karaoke 2:00 Volunteer Committee (BIL)(SP) 2:30 Gentle Yoga</p>			

SPECIAL EVENTS

04/01 - 9:00am LDG Carnival Dance Practice
04/02 - 11:00am Scam Prevention Presentation with Gabriela (SP)
04/05 - 10:00am Tech Support
04/08 - 1:00 pmSFPL Bookmobile
04/08 - 2:00pm Cafe con Leche
04/09 - 11:30am Stress Busters
04/14 - 11:00am Arts & Crafts with SFPL

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:
Genny Pinzon, (415) 550-2291 & alwaysactive@onlok.org
Sue Mittelman, (415) 550-2208 & susan.mittelman@onlok.org

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

DEEP (Diabetes Empowerment Education Program) and Healthier Living
Miguel Martinez, (415) 550-2201 & miguel.martinez@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.