



# 30<sup>TH</sup> STREET SENIOR CENTER ACTIVITIES PROGRAM SCHEDULE January 2022

Activities listed in bold and marked with (SP) are in Spanish, (CH) are in Chinese, and (BIL) are Bilingual.

All activities require a pre-registration or pre-sign-up process.

All activities are virtual unless marked with an (\*).

Activities marked with an (\*) are in-person at On Lok 30<sup>th</sup> Street Senior Center and require proof of full vaccination against Covid-19.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  No Activities In Observance of New Year's Day Holiday
3	4	5	6	7	8
10:00 Always Active 11:30 Tai Chi Arthritis 1:30 Fall Prevention Maintenance	9:45 Coro de la 30 (BIL) <b>10:00 Always Active (BIL)</b> 11:30 Beginners Line Dance 11:30 Fall Prevention 1 1:00 Stress Busters 3:00 Aging Mastery Info	10:00 Always Active 11:30 Tai Chi Arthritis 2:00 Gentle Yoga	<b>10:00 Always Active (BIL)</b> 1:30 Fall Prevention Maintenance	10:00 Always Active 10:00 Adv Improver Line Dance 11:30 Fall Prevention 1	
10	11	12	13	14	15
10:00 Always Active 11:00 Psychology Lectures 1:30 Fall Prevention Maintenance <b>2:00pm Café con Leche (SP)</b> 3:15pm Conversation Circle	9:45 Coro de la 30 (BIL) <b>10:00 Always Active (BIL)</b> 11:30 Beginners Line Dance 11:30 Fall Prevention 1 3:00 Aging Mastery Workshop	10:00 Always Active 2:00 Chair Yoga <b>2:00 DEEP Diabetes (SP)</b>	<b>10:00 Always Active (BIL)</b> 1:30 Fall Prevention Maintenance	10:00 Always Active 10:00 Adv Improver Line Dance 11:30 Fall Prevention 1	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>No Activities In Observance of Martin Luther King Jr. Day</b>	9:45 Coro de la 30 (BIL) 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Tai Chi Arthritis 11:30 Fall Prevention 1 1:00 Stress Busters 3:00 Aging Mastery Workshop	10:00 Always Active 2:00 Gentle Yoga 2:00 DEEP Diabetes (SP)	10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Tai Chi Arthritis 1:30 Fall Prevention Maintenance 2:00 DEEP Diabetes 3:00 Aging Mastery Info	10:00 Always Active 10:00 Adv Improver Line Dance	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
10:00 Always Active 1:30 Fall Prevention Maintenance 2:00pm Café con Leche (SP) 3:15pm Conversation Circle	9:45 Coro de la 30 (BIL) 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Tai Chi Arthritis 11:30 Senior Council (BIL) 3:00 Aging Mastery Workshop	10:00 Always Active 2:00 Chair Yoga 2:00 DEEP Diabetes (SP)	10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Tai Chi Arthritis 1:30 Fall Prevention Maintenance 2:00 DEEP Diabetes 2:00 Special Event with Cindy Tong, Author of <i>The Mystery of the Missing Dump Truck</i>	10:00 Always Active 10:00 Adv Improver Line Dance	
<b>31</b>	<b>Feb 1</b>	<b>Feb 2</b>	<b>Feb 3</b>	<b>Feb 4</b>	<b>Feb 5</b>
10:00 Always Active 1:30 Fall Prevention Maintenance	9:45 Coro de la 30 (BIL) 10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Beginners Line Dance 11:30 Tai Chi Arthritis 11:30 Fall Prevention 1 1:00 Stress Busters 3:00 Aging Mastery Workshop	10:00 Always Active 2:00 Gentle Yoga 2:00 DEEP Diabetes (SP)	10:00 Always Active (BIL) 10:00 Body Dynamics 11:30 Tai Chi Arthritis 1:30 Fall Prevention Maintenance 2:00 DEEP Diabetes	10:00 Always Active 10:00 Adv Improver Line Dance 11:30 Fall Prevention 1	

**Interested in participating in our scheduled activities?**

For more information on our activities program and how to register, please call: Lupe Duran, *Hospitality Coordinator* at 415-550-2210 or email: lduran@onlok.org

**To pre-register and pre-sign up for classes please reach out to the appropriate staff members:**

- **Always Active/ Fall Prevention Maintenance & Basic** - Luz Villanueva, *Always Active Specialist* at 415-550-2265 or email: lvillanueva@onlok.org
- **Tai Chi Arthritis** - Diana Lara, *Health Promotion Program Specialist* at 415-550-2209 or email: dlararodgers@onlok.org
- **Healthier Living** - Ken Wong, *Healthier Living Program Coordinator* at 415-550-6002 or email: kwong@onlok.org
- **DEEP (Diabetes Empowerment Education Program)**- Miguel Jimenez, *DEEP Coordinator* at 415-550-2201 or email: mjimenez@onlok.org
- **Aging Mastery** - Valorie Villela, *Director of WELL Senior Programming* at 415-439-9364 or email: valorie@onlok.org
- **Activities & Volunteers** - Michelle Lopez, *Volunteer Program Manager* at 415-550-2205 or email: mlopez1@onlok.org

**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.**

**225 30<sup>th</sup> Street, 3<sup>rd</sup> Floor | San Francisco, CA 94131 | 415.550.2210 | [onlok.org/senior-center](http://onlok.org/senior-center) | [Find us on Facebook](#)**