

October 2023 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 2 9:00 Tech Support (Ivan) (BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 11:00 Latin Aerobics (BIL) (SP) 1:30 Fall Prevention Maintenance (V) 1:30 Cultural and Healthy Recipes (SP) 1:30 Tai Chi Arthritis Level 2	3  9:00 Tech Support (Jean) (BIL)(SP) 9:45 CMC Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 10:00 Body Dynamics 10:30 Fall Prevention 1 (V) 11:30 Tai Chi Arthritis Level 2 (V) 11:45 Beginner Line Dance (H) 1:00 Blood Pressure (BIL) (SP) 1:00 Activities Committee (BIL)(SP) 2:00 Peruvian Weaving (SP)	4 MOVIE 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (John) (BIL)(CA) 1:00 Fall Prevention 1 1:30 Volunteer Committee (BIL) (SP) 1:30 Tai Chi Arthritis Level 2 2:00 Peruvian Weaving (SP) 2:30 Movie CANCELED: 2:30 Gentle Yoga	5 Conversation Circle 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 11:30 Tai Chi Arthritis Level 2 (V) 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program Workshop (SP) 2:00 Karaoke 2:00 Conversation Circle	6  10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 10:30 Fall Prevention 1 (V) 12:00 Tech Support (Jean) (BIL) (SP) 1:00 Fall Prevention 1 2:00 Latin Music Dance & Raffle	7 10:00 Body Dynamics 10:00 Tech Support (Moses) 2:00 Karaoke 
9 Cafe con Leche 9:00 Tech Support (Ivan) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 10:00 Beginner Line Dance (H) 11:00 Latin Aerobics (BIL) (SP) 1:30 Fall Prevention Maintenance (V) 1:30 Tai Chi Arthritis Level 2 2:30 Cafe con Leche (SP)	10  9:00 Tech Support (Jean) (BIL) (SP) 9:45 Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL) (V) 10:00 Game Room 10:00 Body Dynamics 10:30 Fall Prevention 1 (V) 1:00 Blood Pressure (BIL) (SP) 1:00 Activities Committee (BIL) (SP) 2:00 Peruvian Weaving (SP)	11 Stress Busters 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Mono Printing Workshop RSVP 10:00 Game Room 10:00 Tech Support (John) (BIL) (CA) 11:30 Stress Busters (BIL) (SP) 1:00 Fall Prevention 1 1:30 Volunteer Committee (BIL) (SP) 1:30 Tai Chi Arthritis Level 2 2:00 Peruvian Weaving (SP) 2:30 Chair Yoga 2:30 Movie CANCELED: 10:00 Drawing & Painting (BIL) (SP)	12 Mahjong 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 11:00 Mahjong 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program Workshop (SP) 2:00 Karaoke 2:00 Conversation Circle	13  9:30 Mini Bazaar 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 10:30 Fall Prevention 1 (V) 12:00 Tech Support (Jean) (BIL)(SP) 1:00 Fall Prevention 1 2:00 Latin Music Dance & Raffle	14 10:00 Body Dynamics 10:00 Tech Support (Moses) 2:00 Karaoke 
16 Cultural & Healthy Recipes 9:00 Tech Support (Ivan) (BIL)(SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 1:30 Cultural and Healthy Recipes (SP) 1:30 Fall Prevention Maintenance (V) 1:30 Tai Chi Arthritis Level 2 CANCELED: 11:00 Latin Aerobics	17 Senior Council 9:00 Tech Support (Jean) (BIL) (SP) 9:45 CMC Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 10:00 Body Dynamics 10:30 Fall Prevention 1 (V) 11:45 Beginner Line Dance (H) 1:00 Blood Pressure (BIL) (SP) 1:00 Activities Committee (BIL)(SP) 2:00 Senior Council (BIL) (SP) 2:00 Peruvian Weaving (SP)	18 SPOOKY STORIES 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support John (BIL)(CA) 1:00 Fall Prevention 1 1:30 Volunteer Committee (BIL)(SP) 1:30 Tai Chi Arthritis Level 2 2:00 Peruvian Weaving (SP) 2:30 Gentle Yoga 2:30 Movie	19  10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program Workshop (SP) 2:00 Karaoke	20 Drawing & Painting 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Drawing & Painting (BIL)(SP) 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 10:30 Fall Prevention 1 (V) 12:00 Tech Support (Jean) (BIL) (SP) 1:00 Fall Prevention 1 2:00 Latin Music Dance & Raffle	21 10:00 Body Dynamics 10:00 Teach Support (Moses) 1:00 KDSAP Kidney Presentation 2:00 Karaoke 

October 2023 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23Cafe con Leche 9:00 Tech Support (Ivan) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 11:00 Latin Aerobics (BIL) (SP) 1:30 Fall Prevention Maintenance (V) 1:30 Tai Chi Arthritis Level 2 2:30 Cafe con Leche	24 9:00 Tech Support (Jean) (BIL) (SP) 9:45 CMC Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 10:00 Body Dynamics 10:30 Fall Prevention 1 (V) 11:45 Beginner Line Dance (H) 1:00 Blood Pressure (BIL) (SP) 2:00 Peruvian Weaving (SP) CANCELED: 1:00 Activities Committee (BIL) (SP)	25Volunteer Committee 9:00 Consumer Tech Support (Urban Equity Group) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (John) (BIL) (CA) 1:00 Fall Prevention 1 1:30 Volunteer Committee (BIL)(SP) 1:30 Tai Chi Arthritis Level 2 2:00 Peruvian Weaving (SP) 2:30 Chair Yoga 2:30 Movie	26 10:00 On Lok Always Active (V) 10:00 Game Room 10:00 Body Dynamics 1:30 Fall Prevention Maintenance (V) 1:30 Aging Mastery Program Workshop 2:00 Karaoke	27Halloween Dance & Costume Contest 9:30 Spooky Bazaar 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Drawing & Painting (BIL) (SP) 10:00 Game Room 10:00 Tech Support (Josh) (BIL) (CA) 10:30 Fall Prevention 1 (V) 12:00 Tech Support (Jean) (BIL) (SP) 1:00 Fall Prevention 1 1:30 Halloween Dance & Costume Contest	28 10:00 Body Dynamics 10:00 Teach Support (Moses) 2:00 Karaoke 
30Build the Day of the Dead Altar 9:00 Tech Support (Ivan) (BIL) (SP) 10:00 On Lok Always Active (V) 10:00 On Lok Always Active 10:00 Game Room 11:00 Latin Aerobics (BIL) (SP) 1:30 Fall Prevention Maintenance (V) 1:30 Tai Chi Level Arthritis Level 2 2:00 Build the Day of the Dead Altar	31 9:00 Tech Support (Jean) (BIL) (SP) 9:45 CMC Coro de la 30 CMC (BIL) (H) 10:00 On Lok Always Active (BIL)(V) 10:00 Game Room 10:00 Body Dynamics 10:30 Fall Prevention 1 (V) 11:45 Beginner Line Dance (H) 1:00 Blood Pressure (BIL) (SP) 1:00 Activities Committee (BIL)(SP)				
					

SPECIAL EVENTS

10/02 - 11:00am Latin Aerobics (BIL) (SP)
10/04 - 2:30pm Movie
10/05 - 2:00pm Conversation Circle
10/09 - 2:30pm Cafe con Leche (SP)
10/11 - 10:00am Mono Printing Workshop RSVP
10/11 - 11:30am Stress Busters (BIL) (SP)
10/12 - 11:00am Mahjong
10/13 - 9:30 Mini Bazaar
10/27 - 9:30 Spooky Bazaar
10/27 - 1:30pm Halloween Dance & Costume Contest
10/30 - 2:00pm Build the Day of the Dead Altar

REGULAR CENTER HOURS

Registration
 Monday–Saturday, 9:00am–4:00pm
Happy Heart Gym*
 Monday–Saturday, 9:00am–3:00pm
Computer Lab
 Monday- Saturday, 9:00am–4:00pm
 * Special Requirements. Please inquire at Office #302*
 Hours are subject to change without notice

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

Always Active/ Fall Prevention:
 Luz Ibarra, (415) 550-2265 or luz.ibarra@onlok.org
 Sue Mittelman, (415) 550-2208 or by susan.mittelman@onlok.org
Tai Chi Arthritis:
 Diana Lara-Rodgers, (415) 550-2209 or dlararodgers@onlok.org
DEEP(Diabetes Empowerment Education Program)/Healthier Living
 Miguel Martinez, (415) 550-2201 or miguel.martinez@onlok.org
Aging Mastery Program
 Valorie Villela, (415) 439-9364 or valorie@onlok.org

ANNOUNCEMENTS

Activities marked with (SP) are in Spanish, (CA) are in Cantonese, and (BIL) are bilingual.

Activities are subject to change without notice.

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

All activities are in-person unless marked with (V) for virtual or (H) for hybrid, in-person & virtual.



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.