



30TH STREET SENIOR CENTER ACTIVITIES PROGRAM SCHEDULE August 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 30th Street Senior Center and require proof of full vaccination against Covid-19.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
10:00 Always Active 1:30 Fall Prevention Maintenance	10:00 Always Active (BIL) 11:30 Beginners Line Dance 11:30 Fall Prevention 1 11:30 Nutrition Workshop with Leah's Pantry(*) 2:00pm Coro de la 30 (BIL) 3:00 Nutrition Workshop with Leah's Pantry (SP) (*) <i>Leah's Pantry in-person (ENG) & (SP) workshops begin 8/2 thru 9/6</i>	10:00 Always Active 2:00 Chair Yoga 3:00pm Aging Mastery Info Session	10:00 Always Active (BIL) 10:30 Nutrition Workshop with Leah's Pantry (CH) 1:30 Fall Prevention Maintenance <i>Leah's Pantry virtual (CH) workshops begin 8/4 thru 8/25 & 9/8-9/15.</i>	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 11:30 Fall Prevention 1 <i>8/5 End of this cohort for Fall Prevention 1</i>	
8	9	10	11	12	13
10:00 Always Active 11:00am Psychology Lectures 1:30 Fall Prevention Maintenance	10:00 Always Active (BIL) 11:30 Beginners Line Dance 11:30 Fall Prevention 1 11:30 Nutrition Workshop with Leah's Pantry(*) 2:00pm Coro de la 30 (BIL) 2:30pm Aging Mastery Program 3:00 Nutrition Workshop with Leah's Pantry (SP) (*) <i>Today 8/9 is the last Coro de la 30 session for summer.</i> <i>Aging Mastery Program cohort begins 8/9 through 10/11.</i>	10:00 Always Active 2:00 Gentle Yoga	10:00 Always Active (BIL) 10:30 Nutrition Workshop with Leah's Pantry (CH) 1:30 Fall Prevention Maintenance	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20
10:00 Always Active 1:30 Fall Prevention Maintenance	10:00 Always Active (BIL) 11:30 Beginners Line Dance 11:30 Nutrition Workshop with Leah's Pantry(*) 2:30pm Aging Mastery Program 3:00 Nutrition Workshop with Leah's Pantry (SP) (*)	10:00 Always Active 2:00 Chair Yoga	10:00 Always Active (BIL) 10:30 Nutrition Workshop with Leah's Pantry (CH) 1:30 Fall Prevention Maintenance	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance	
22	23	24	25	26	27
10:00 Always Active 1:00pm Tomando Control de Su Salud (SP)(*) 1:30 Fall Prevention Maintenance <i>8/22 In person Tomando Control de Su Salud starts and ends on 10/5.</i>	10:00 Always Active (BIL) 11:30 Fall Prevention 1 11:30 Nutrition Workshop with Leah's Pantry(*) 11:30 Senior Council (BIL) 2:30pm Aging Mastery Program 3:00 Nutrition Workshop with Leah's Pantry (SP) (*) <i>8/23 New cohort begins for Fall Prevention 1</i> <i>No Beginners Line Dance today 8/23. Class returns 8/30.</i>	10:00 Always Active 2:00 Gentle Yoga	10:00 Always Active (BIL) 10:30 Nutrition Workshop with Leah's Pantry (CH) 1:30 Fall Prevention Maintenance	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ Improver Line Dance 11:30 Fall Prevention 1	
29	30	31	Sept 1	Sept 2	Sept 3
10:00 Always Active 1:00pm Tomando Control de Su Salud (SP)(*) 1:30 Fall Prevention Maintenance	10:00 Always Active (BIL) 11:30 Beginners Line Dance 11:30 Fall Prevention 1 11:30 Nutrition Workshop with Leah's Pantry(*) 2:30pm Aging Mastery Program 3:00 Nutrition Workshop with Leah's Pantry (SP) (*)	10:00 Always Active 2:00 Chair Yoga	10:00 Always Active (BIL) 10:30 Nutrition Workshop with Leah's Pantry (CH) 1:30 Fall Prevention Maintenance	10:00 Always Active 10:00 Beginners Line Dance & High Beginner/ 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, *Senior Center Operations 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)**- Marcia Molina, *Senior Center Program Specialist* at 415-550-2263 or email: marcia.molina@onlok.org
- **Aging Mastery** - Valorie Villela, *Director of WELL Senior Programming* at 415-439-9364 or email: valorie@onlok.org
- **Activities & Volunteers** - Michelle Lopez, *Senior Center Program Manager, Volunteers* 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.



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

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