

# March 2026 Activities Program Schedule

## MONDAY

**March 2**

9:00 Tech Support (Yvan) (BIL)(SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Blood Pressure (Laisha) (BIL) (SP)  
11:00 Body Dynamics  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 On Lok Always Active (V)  
2:30 Chair Yoga

**9**

9:00 Tech Support (Yvan) (BIL)(SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Body Pressure (Laisha) (BIL) (SP)  
11:00 Body Dynamics  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 On Lok Always Active (V)  
1:30 Volunteer Committee (BIL) (SP)  
2:45 Chair Yoga

**16**

**CENTER CLOSSES  
at 2PM**

9:00 Tech Support (Yvan) (BIL)(SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Blood Pressure (Laisha) (BIL) (SP)  
11:00 Body Dynamics  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 On Lok Always Active (V)  
2:30 Chair Yoga

## TUESDAY

**3**

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  
10:00 Blood Pressure (Vincent)  
10:00 Aging Mastery Program Workshop (SP)  
11:30 Tai Chi For Diabetes (V)  
12:00 Beginners Line Dance (Carmen)  
1:00 SFPL Bookmobile (BIL) (SP)  
1:00 Aging Mastery Program Workshop  
1:00 Tech Support (Jan)  
1:30 On Lok Always Active (V)  
2:00 Peruvian Weaving (SP)

**10**

9:45 Coro de la 30 CMC (BIL) (SP)  
10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (John) (BIL)(CA)  
10:00 Chess  
10:00 Blood Pressure (Vincent)  
10:00 Aging Mastery Program Workshop (SP)  
11:30 Tai Chi For Diabetes (V)  
12:00 Beginners Line Dance (Carmen)  
1:00 Aging Mastery Program Workshop  
1:00 Tech Support (Jan)  
1:30 Activities Committee (BIL) (SP)  
1:30 On Lok Always Active (V)  
2:00 Peruvian Weaving (SP)  
2:00 Cafe con Leche (SP)

**17**



9:45 Coro de la 30 CMC (BIL) (SP)  
10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (John) (BIL)(CA)  
10:00 Chess  
10:00 Blood Pressure (Vincent)  
10:00 Aging Mastery Program Workshop (SP)  
11:30 Tai Chi For Diabetes (V)  
12:00 Beginners Line Dance (Carmen)  
1:00 Aging Mastery Program Workshop  
1:00 Tech Support (Jan)  
1:30 On Lok Always Active (V)  
2:00 Senior Council (BIL) (SP)

## WEDNESDAY

**4**

9:00 Tech Support (Mario) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Drawing & Painting (BIL) (SP)  
12:00 Tech Support (Danny)  
1:00 On Lok Always Active  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 On Lok Always Active (V)  
2:00 Flower Making Workshop (BIL) (SP)  
2:30 Gentle Yoga

**11**

9:00 Tech Support (Mario) (BIL) (SP)  
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 Stress Busters (BIL) (SP)  
12:00 Tech Support (Danny)  
1:00 On Lok Always Active  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 On Lok Always Active (V)  
2:00 Flower Making Workshop (BIL)(SP)  
2:30 Gentle Yoga

**18**

9:00 Tech Support (Mario) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Drawing & Painting (BIL) (SP)  
11:00 UCSF: General Cancer and Cancer Misconceptions (SP)  
12:00 Tech Support (Danny)  
1:00 On Lok Always Active  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 On Lok Always Active (V)  
2:00 Flower Making Workshop (BIL) (SP)  
2:30 Gentle Yoga  
3:00 UCSF Brain Health Talks (SP)

## THURSDAY

**5**

10:00 On Lok Always Active (BIL) (SP) (V)  
10:00 Game Room  
10:00 Body Dynamics  
10:00 Tech Support (Jackson)  
11:30 Tai Chi For Diabetes (V)  
12:00 Blood Pressure (Anita)  
1:00 Tech Support (Keili) (BIL) (SP)  
1:00 Gardening 101  
1:30 Diabetes Workshop (DEEP)  
1:30 On Lok Always Active (V)  
2:00 Karaoke  
3:00 Blood Pressure (Sarai) (BIL) (SP)

**12**

9:00 Information Session for Carnival (BIL) (SP)  
10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (Jackson)  
11:00 Music aLive Musical Presentation  
11:30 Tai Chi For Diabetes (V)  
12:00 Blood Pressure (Anita)  
1:00 Tech Support (Keili) (BIL) (SP)  
1:00 Gardening 101  
1:30 Diabetes Workshop (DEEP)  
1:30 On Lok Always Active (V)  
2:30 Conversation Circle

**19**

10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (Jackson)  
10:00 Blood Pressure (Sarai) (BIL) (SP)  
11:30 Tai Chi for Diabetes (V)  
12:00 Blood Pressure (Anita)  
1:00 Tech Support (Keili) (BIL) (SP)  
1:00 Gardening 101  
1:30 On Lok Always Active (V)  
2:00 Karaoke

## FRIDAY

**6**

9:00 Tech Support (Genesis) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Drawing & Painting (BIL) (SP)  
10:00 Game Room  
11:00 Blood Pressure (Mateo) (BIL)(SP)  
1:00 Tech Support (Sebastian)  
1:00 On Lok Always Active  
1:30 On Lok Always Active (V)  
2:00 Peruvian Weaving (SP)  
2:00 Latin Music Dance

**13**

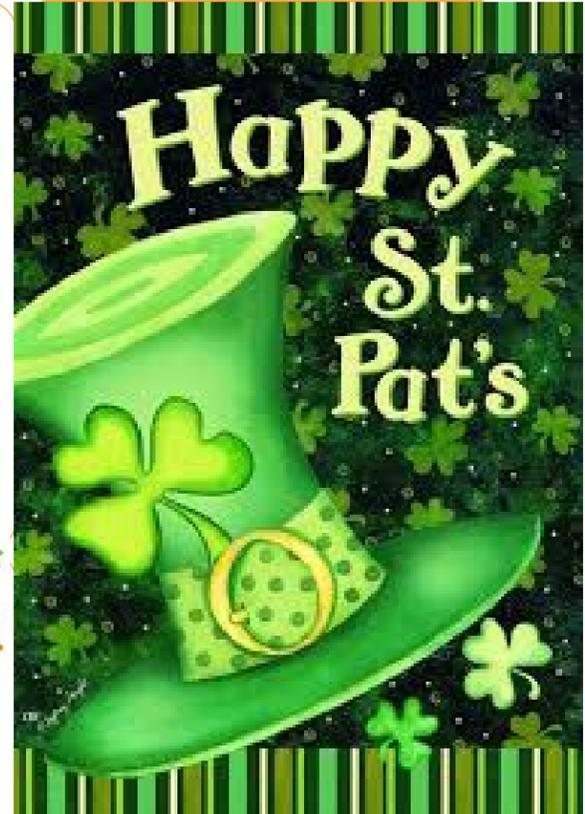
9:00 Tech Support (Genesis) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Drawing & Painting (BIL) (SP)  
10:00 Game Room  
11:00 Blood Pressure (Mateo) (BIL) (SP)  
1:00 Tech Support (Sebastian)  
1:00 On Lok Always Active  
1:30 On Lok Always Active (V)  
2:00 Peruvian Weaving (SP)  
2:00 St. Patrick's Day Latin Music Dance  
3:00 Blood Pressure (Sarai) (BIL) (SP)

**20**

9:00 Tech Support (Genesis) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Drawing & Painting (BIL) (SP)  
10:00 Game Room  
11:00 Blood Pressure (Mateo) (BIL) (SP)  
1:00 Tech Support (Sebastian)  
1:00 On Lok Always Active  
1:00 On Lok Always Active (V)  
2:00 Latin Music Dance



**MARCH  
Women's Day**



# March 2026 Activities Program Schedule

## MONDAY



**23**

9:00 Tech Support (Yvan) (BIL)(SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Blood Pressure (Laisha) (BIL) (SP)  
11:00 Body Dynamics  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 On Lok Always Active (V)  
1:30 Volunteer Committee (BIL) (SP)  
2:45 Chair Yoga



**30**

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 Body Dynamics  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 On Lok Always Active (V)  
2:00 Blood Pressure (Laisha) (BIL) (SP)  
2:45 Chair Yoga

## TUESDAY



**24**

9:45 Coro de la 30 CMC (BIL) (SP)  
10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (John) (BIL)(CA)  
10:00 Chess  
10:00 Blood Pressure (Vincent)  
10:00 Aging Mastery Program Workshop (SP)  
11:30 Tai Chi for Diabetes (V)  
12:00 Beginners Line Dance (Carmen)  
1:00 Tech Support (Jan)  
1:00 Aging Mastery Program Information Session  
1:30 On Lok Always Active (V)  
2:00 Peruvian Weaving (SP)  
2:00 Cafe con Leche (SP)



**31**

9:45 Coro de la 30 CMC (BIL) (SP)  
10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (John) (BIL)(CA)  
10:00 Chess  
10:00 Blood Pressure (Vincent)  
10:00 Aging Mastery Program Workshop (SP)  
11:30 Tai Chi for Diabetes (V)  
12:00 Beginners Line Dance (Carmen)  
1:00 Aging Mastery Program Information Session  
1:00 Tech Support (Jan)  
1:30 Activities Committee (BIL) (SP)  
1:30 On Lok Always Active (V)  
2:00 Peruvian Weaving (SP)

## WEDNESDAY



**25**

9:00 Tech Support (Mario) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Game Room  
10:00 Drawing & Painting (BIL) (SP)  
12:00 Tech Support (Danny)  
1:00 SFPL Arts & Crafts (BIL) (SP)  
1:00 On Lok Always Active  
1:00 Tai Chi for Fall Prevention & Arthritis  
1:30 On Lok Always Active (V)  
2:00 Flower Making Workshop (BIL) (SP)  
2:30 Gentle Yoga



## THURSDAY



**26**

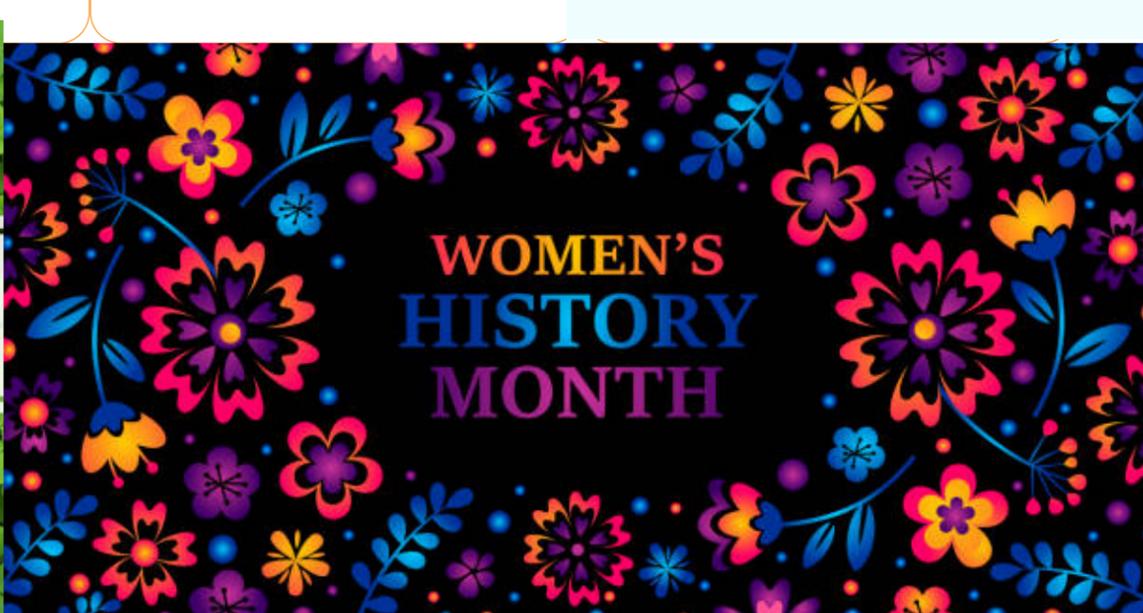
10:00 On Lok Always Active (BIL)(SP)(V)  
10:00 Body Dynamics  
10:00 Game Room  
10:00 Tech Support (Jackson)  
11:30 Tai Chi for Diabetes (V)  
12:00 Blood Pressure (Anita)  
1:00 Tech Support (Keili) (BIL) (SP)  
1:00 Gardening 101  
1:30 Diabetes Workshop (DEEP)  
1:30 On Lok Always Active (V)  
2:00 Karaoke  
2:30 Conversation Circle

## FRIDAY



**27**

9:00 Tech Support (Genesis) (BIL) (SP)  
10:00 On Lok Always Active (V)  
10:00 On Lok Always Active  
10:00 Drawing & Painting (BIL) (SP)  
10:00 Game Room  
11:00 Blood Pressure (Mateo) (BIL) (SP)  
1:00 Tech Support (Sebastian)  
1:00 On Lok Always Active  
1:30 On Lok Always Active (V)  
2:00 Peruvian Weaving (SP)  
2:00 Latin Music Dance



### SPECIAL EVENTS

3/3 - 10:00am Aging Mastery Program Workshop (SP)  
3/9 - 1:30pm Volunteer Committee (BIL) (SP)  
3/10 - 1:30pm Activities Committee (BIL) (SP)  
3/11 - 11:30am Stress Buster (BIL) (SP)  
3/12 - 9:00am Information Session for Carnaval (BIL)(SP)  
3/12 - 11:00am Music aLive Musical Presentation  
3/13 - 2:00pm St. Patrick's Day Latin Dance  
3/17 - 2:00pm Senior Council (BIL) (SP)  
3/18 - 11:00am General Cancer and Cancer Misconceptions (SP)  
3/18 - 3:00pm UCSF Brain Health Talks (SP)  
3/19 - 11:30am Garden Volunteer Committee (BIL) (SP)  
3/25 - 1:00pm SFPL Arts & Crafts (BIL) (SP)  
3/30 - 2:00pm Blood Pressure (Laisha) (BIL) (SP)

### REGULAR CENTER HOURS

**Registration\* Monday-Friday :**  
9:30am-12:00pm  
1:30pm-3:30pm

**Happy Heart Gym\* Monday-Friday:**  
10:00am-12:00pm  
1:00pm-3:00pm

**Computer Lab\* Monday- Friday:**  
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](mailto:alwaysactive@onlok.org)

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

**DEEP (Diabetes Empowerment Education Program) and Healthier Living**  
(415) 550-6002, [workshops@onlok.org](mailto:workshops@onlok.org)

**Aging Mastery Program**  
[workshops@onlok.org](mailto:workshops@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 presign-up process.