

August 2025 Activities Program Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



August 1



10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Blood Pressure (Max)
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
1:00 On Lok Always Active
1:00 Peruvian Weaving (SP)
2:00 Latin Dance & Raffle



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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 Blood Pressure (Vincent)
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 On Lok Always Active (V)
2:00 UCSF Sunprinting with Gloria (BIL) (SP)
2:30 Chair Yoga



CHAIR YOGA

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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
10:00 Tech Support (John) (BIL)(CA)
10:00 Chess
10:00 Beginners Line Dance (Carmen)
12:00 Beginners Guitar Jam Sessions (BIL) (SP)
1:00 Tech Support (Jan)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:00 Gardening 101
1:00 SFPL Bookmobile (BIL) (SP)
1:30 Activities Committee(BIL)(SP)
2:00 Peruvian Weaving (SP)
3:00 Blood Pressure (Matthew)

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10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
10:00 Tech Support (Maria) (BIL) (SP)
10:30 Beginner's Line Dance (Larry)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis
1:00 Summer Festival with PACE (BIL) (SP)
RSVP
2:00 Peruvian Weaving (SP)
2:00 Blood Pressure (Luis) (BIL) (SP)
2:00 UCSF Everybody Moves with Magda (BIL) (SP)
2:30 Gentle Yoga



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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Game Room
10:00 Tech Support (Tom)
12:00 Blood Pressure (Anita)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:30 On Lok Always Active (V)
2:00 UCSF Writing Workshop (SP)

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Blood Pressure (Max)
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
1:00 On Lok Always Active
1:00 "Budding Artists: Garden themed art projects w/ Allison
1:00 Peruvian Weaving (SP)
2:00 Latin Music Dance & Raffle



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CHAIR YOGA

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
11:00 Blood Pressure (Vincent)
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 On Lok Always Active (V)
2:00 UCSF Sunprinting with Gloria (BIL) (SP)
2:30 Chair Yoga

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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 Beginners Line Dance (Carmen)
12:00 Beginners Guitar Jam Sessions (BIL)(SP)
1:00 Tech Support (Jan)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:00 Gardening 101
2:00 Cafe con Leche (SP)
2:00 Peruvian Weaving (SP)
3:00 Blood Pressure (Matthew)

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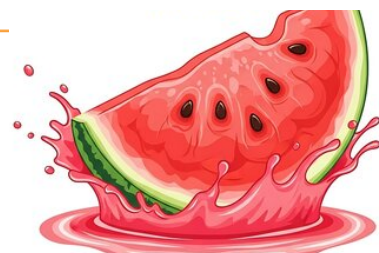
10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Internet Safety Series #3 Clickbate Misinformation (BIL) (SP)
10:00 Drawing & Painting (BIL) (SP)
10:00 Tech Support (Maria)
11:30 Stress Busters (BIL) (SP)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis
2:00 Peruvian Weaving (SP)
2:00 Blood Pressure (Luis) (BIL) (SP)
2:00 Karaoke
2:00 UCSF EveryBody Moves with Magda (BIL) (SP)
2:30 Gentle Yoga

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10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Tom)
11:00 Music aLive Presentation
12:00 Blood Pressure (Anita)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:30 On Lok Always Active (V)
2:00 Karaoke
2:00 UCSF Writing Workshop (SP)
2:30 Conversation Circle

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Blood Pressure (Max)
10:00 Drawing & Painting (BIL) (SP)
10:00 Game Room
1:00 On Lok Always Active
1:00 "Budding Artists: Garden themed art projects w/ Allison
1:00 Peruvian Weaving (SP)
2:00 Latin Music Dance & Raffle



August 2025 Activities Program Schedule

MONDAY

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Center Closed at 1pm

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 UCSF Breast Cancer Presentation (SP)
11:00 Body Dynamics
11:00 Blood Pressure (Vincent)

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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 Body Dynamics
1:00 Tai Chi for Fall Prevention & Arthritis
1:30 On Lok Always Active (V)
1:30 Volunteer Committee (BIL) (SP)
2:00 UCSF Sunprinting with Gloria (BIL) (SP)
2:30 Chair Yoga

TUESDAY



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 Beginners Line Dance (Carmen)
12:00 Beginners Guitar Jam Sessions (BIL) (SP)
1:00 Tech Support (Jan)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:00 Gardening 101
2:00 Senior Council (BIL) (SP)
3:00 Blood Pressure (Matthew)

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10:00 On Lok Always Active (BIL)(SP) (V)
10:00 Body Dynamics
10:00 Game Room
10:00 Chess
10:00 Tech Support (John) (BIL)(CA)
10:00 Beginners Line Dance (Carmen)
12:00 Beginners Guitar Jam Sessions (BIL)(SP)
1:00 Tech Support (Jan)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:00 Gardening 101
1:30 Activities Committee (BIL) (SP)
2:00 Cafe con Leche (SP)
2:00 Peruvian Weaving (SP)
3:00 Blood Pressure (Matthew)

WEDNESDAY



10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
10:00 Tech Support (Maria) (BIL) (SP)
10:00 BINGO with APPLE (BIL) (SP)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis
2:00 Peruvian Weaving (SP)
2:00 Blood Pressure (Luis) (BIL) (SP)
2:00 Karaoke
2:00 UCSF Everybody Moves with Magda (BIL) (SP)
2:30 Gentle Yoga
3:00 UCSF Brain Health Talks (BIL) (SP)

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10:00 On Lok Always Active (V)
10:00 Game Room
10:00 Drawing & Painting (BIL) (SP)
10:00 Tech Support (Maria) (BIL) (SP)
10:30 Beginner's Line Dance (Larry)
1:00 On Lok Always Active
1:00 Tai Chi for Fall Prevention & Arthritis
2:00 Blood Pressure (Luis) (BIL) (SP)
2:00 Peruvian Weaving (SP)
2:00 Karaoke
2:00 UCSF Everybody Moves with Magda (BIL) (SP)
2:30 Gentle Yoga

THURSDAY



10:00 On Lok Always Active (BIL)(SP)(V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Tom)
11:30 Garden Volunteer Committee (BIL) (SP)
12:00 Blood Pressure (Anita)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:30 On Lok Always Active (V)
1:30 Healthier Living Workshop (SP)
2:00 Karaoke
2:00 UCSF Writing Workshop (SP)

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10:00 On Lok Always Active (BIL)(SP) (V)
10:00 Body Dynamics
10:00 Game Room
10:00 Tech Support (Tom)
12:00 Blood Pressure (Anita)
1:00 Tai Chi for Fall Prevention & Arthritis (V)
1:30 On Lok Always Active (V)
1:30 Healthier Living Workshop (SP)
2:00 Karaoke
2:30 Conversation Circle

FRIDAY

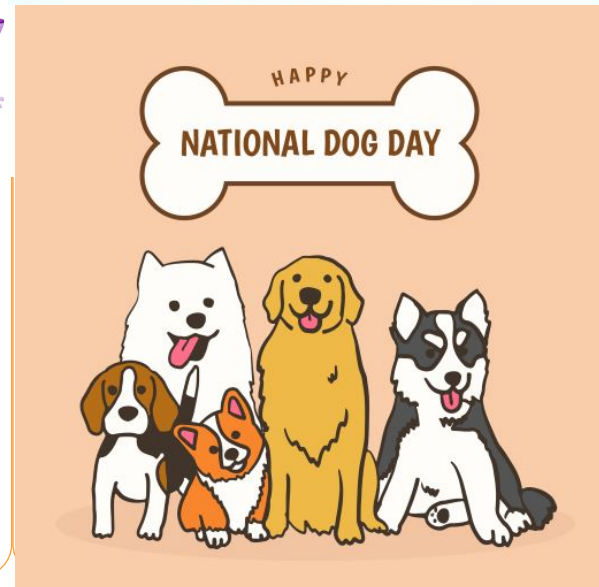


10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Blood Pressure (Max)
10:00 Taller: Aprende a Proteger a su Familia ante un Desastre (SP)
10:00 Game Room
1:00 On Lok Always Active
1:00 Peruvian Weaving (SP)
2:00 Latin Music Dance & Raffle

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10:00 On Lok Always Active (V)
10:00 On Lok Always Active
10:00 Drawing & Painting (BIL) (SP)
10:00 Blood Pressure (Max)
10:00 DAS Dignity Fund Community Forum (BIL) (SP)
10:00 Game Room
1:00 On Lok Always Active
1:00 Peruvian Weaving (SP)
2:00 Latin Music Dance & Raffle

SATURDAY



SPECIAL EVENTS

08/04 - 11:00am Body Dynamics
08/05 - 1:00pm SFPL Bookmobile
08/05 - 1:30pm Activities Committee
08/06 - 10:30am Beginner's Line Dance (Larry)
08/11 - 2:30pm Chair Yoga
08/13 - 10:00am Internet Safety Series #3 Clickbate Misinformation
8/18 - 11am UCSF Breast Cancer Presentation
08/22 - 10:00am Taller: Aprende a Proteger a su Familia ante un Desastre
08/25 - 10:00am DAS Dignity Fund Community Forum

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

Tai Chi Arthritis:

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

DEEP (Diabetes Empowerment Education Program) and Healthier Living

(415) 550-6002, workshops@onlok.org

Aging Mastery Program

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.



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.