

July 2024 Activities Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 Tech Support (Yvan)(BIL) (SP)</p> <p>10:00 On Lok Always Active (V)</p> <p>10:00 On Lok Always Active</p> <p>10:00 Game Room</p> <p>10:00 Blood Pressure</p> <p>1:30 Fall Prevention</p> <p>Maintenance (V)</p> <p>2:00 Flower Making Workshop</p> <p>2:30 UCSF Every Body Moves (BIL)(SP)</p>	<p>3</p> <p>9:00 Tech Support (Jean) (BIL) (SP)</p> <p>10:00 On Lok Always Active (BIL) (SP) (V)</p> <p>10:00</p> <p>10:00 Game Room</p> <p>10:00 Chess</p> <p>10:00 Beginners Line Dance</p> <p>11:30 Fall Prevention 1 (V)</p> <p>1:30 Activities Committee</p>	<p>24</p> <p>10:00 On Lok Always Active (V)</p> <p>10:00 Game Room</p> <p>10:00 Tech Support (John) (BIL)(CA)</p> <p>11:30 Fall Prevention 1</p> <p>12:00 Tech Support (Vera)</p> <p>1:00 Fall Prevention 1 (BIL) (SP)</p> <p>2:00 Volunteer Committee</p> <p>2:00 Blood Pressure</p> <p>2:00 Karaoke</p>	<p>25</p> <p>Musical Performance</p> <p>9:00 Tech Support (Jean) (BIL) (SP)</p> <p>10:00 On Lok Always Active (BIL)(V)</p> <p>10:00 Game Room</p> <p>11:00 Musical Performance</p> <p>11:30 Fall Prevention 1 (V)</p> <p>1:30 Fall Prevention</p> <p>Maintenance (V)</p> <p>2:00 Blood Pressure</p> <p>2:00 Karaoke</p>	<p>26</p> <p>10:00 On Lok Always Active (V)</p> <p>10:00 On Lok Always Active</p> <p>10:00 Game Room</p> <p>10:00 Tech Support (Josh)(BIL) (CA)</p> <p>12:00 Tech Support (Vera)</p> <p>2:00 Latin Dance & Raffle</p>	<p>27</p> <p>Last Body Dynamics Summer Session</p> <p>10:00 Body Dynamics</p> <p>2:00 Movie</p>
<p>29</p> <p>9:00 Tech Support (Yvan)(BIL) (SP)</p> <p>10:00 On Lok Always Active (V)</p> <p>10:00 On Lok Always Active</p> <p>10:00 Game Room</p> <p>10:00 Blood Pressure</p> <p>1:30 Fall Prevention</p> <p>Maintenance (V)</p> <p>2:00 Flower Making Workshop</p> <p>2:30 UCSF Every Body Moves (BIL)(SP)</p>	<p>30</p> <p>9:00 Tech Support (Jean) (BIL) (SP)</p> <p>10:00 On Lok Always Active (BIL) (SP) (V)</p> <p>10:00 Game Room</p> <p>10:00 Chess</p> <p>10:00 Beginners Line Dance</p> <p>1:00 Movie</p>	<p>31</p> <p>10:00 On Lok Always Active (V)</p> <p>10:00 Game Room</p> <p>10:00 Tech Support (John) (BIL)(CA)</p> <p>12:00 Tech Support (Vera)</p> <p>1:00 Movie</p> <p>2:00 Blood Pressure</p> <p>2:00 Karaoke</p>			

SPECIAL EVENTS

9:45 Coro de la 30 CMC (BIL) (H)
10:00 On Lok Always Active(BIL)(SP)
10:00 Game Room
10:00 Diabetes Empowerment Education Program DEEP (SP)
10:30 Fall Prevention Level 1 (V)
11:00 Open Computer Lab Hours
11:30 Beginners Line Dance (V)
11:30 Tai Chi Sequence 2 (V)
11:30 Tai Chi Sequence 2 (BIL)(SP)
12:00 Valentine's Matinee: How to be a Latin Lover
2:30 Aging Mastery Program (V)

REGULAR CENTER HOURS

Registration
 Monday–Saturday, 9:00am-4:30pm
Happy Heart Gym*
 Monday–Saturday, 9:00am-3:00pm
Computer Lab
 Monday- Saturday, **10:00** am-4:30pm ☐
 * Special Requirements. Please inquire at Office #316

LOCATION KEY

CCSF City College of San Francisco
SFPL San Francisco Public Library
GR Garden Room
SR Social Room
EN Entrance
TBD To Be Decided
DR Dining Room
OS Off Site
HC Hospitality Center

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.

