

Always Active Virtual Classes

Monday - Friday, 10am - 11am

registration required to gain access to zoom link

Register for classes:
alwaysactive@onlok.org
 415-550-2265

Always Active In-Person Classes

	Site Name	Site Address/Location	Day of the Week	Time
1	30th Street Senior Center	225 30th Street 3rd Floor (Mission District, Noe Valley, Glen Park)	Mon & Fri	10 - 11 am
2	Aquatic Park Senior Center	890 Beach Street (Marina, Fisherman's Wharf, Ft. Mason)	Tues & Thurs	10 - 11 am
3	Bethel Church - Cayuga	2525 Alemany Blvd. (Cayuga Park, Crocker Amazon)	Wed	10 - 11 am
4	Miraloma (Cornerstone Baptist Church)	480 Teresita Blvd. (Miraloma/Glen Park Canyon, Mt. Davidson)	Thur	10:30 - 11:30 am
5	OMI Catholic Charities	65 Beverly Street (Ingleside, Park Merced)	Mon & Wed	10:30 - 11:30 am
6	Richmond Senior Center	6221 Geary Blvd. (Richmond District)	Tues & Fri	10 - 11 am
7	St. Anne's Church	850 Judah (Inner Sunset)	Thur	1:30 - 2:30 pm
8	So. Sunset Senior Center**	2601 40th Avenue (So. Sunset District)	Thur	10 - 11 am
9	Manilatown Senior Center**	848 Kearny Street, 3rd Floor (Chinatown)	Mon	10 - 11 am
10	Buchanan YMCA	1530 Buchanan St (Japantown)	Mon & Wed	10 - 11 am

** Self Help for the Elderly - Chinese language (Cantonese) & Hybrid Class

Fall Prevention In-Person Classes

Pre-Assessment Required to enroll in this 12 week program

	Site Name	Site Address/Location	Day of the Week	Time
1	Aquatic Park Senior Center	890 Beach Street (Marina, Fisherman's Wharf, Ft. Mason)	Tues & Thurs	11:30 am - 12:30 pm
2	30th Street Senior Center	225 30th Street 3rd Floor (Mission District, Noe Valley, Glen Park)	Wed & Fri	1 - 2 pm

Register for next cohort: susan.mittelman@onlok.org | (415) 550-2208