



on LOK[®]
where seniors embrace life

Always ActiveSM

	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
			Wed & Fri	1:00 - 2:00 pm
2	Aquatic Park Senior Center	890 Beach Street (Marina, Fisherman's Wharf, Ft. Mason)	Tues & Thur	10 - 11 am
3	Buchanan YMCA	1530 Buchanan St (Japantown)	Mon & Wed	10 - 11 am
4	Cayuga	2525 Alemany Blvd. (Cayuga Park, Crocker Amazon)	Mon & Wed	10 - 11 am
5	Centro Latino	1656 15th Street	Tues & Fri	11 - 12 pm
6	Felton Institute	1530 Sunnydale Avenue (Visitacion Valley)	Fri	10:00-11:00 am
7	I. T. Bookman	446 Randolph St (Oceanview, Ingleside)	Tues & Thur	10 - 11 am (T) 3 - 4 pm (Th)
8	Inner Sunset	1290 5th Avenue (Inner Sunset)	Tue & Thur	1:30 - 2:30 pm
9	Manilatown Senior Center	848 Kearny Street, 3rd Floor (Chinatown)	Mon	10 - 11 am
10	Miraloma (Cornerstone Baptist Church)	480 Teresita Blvd. (Miraloma/Glen Park Canyon, Mt. Davidson)	Thur	10:30 - 11:30 am
11	Mission Neighborhood Center	362 Capp Street (Mission)	Mon & Fri	10 - 11 am
12	Mission YMCA	4080 Mission St (Mission)	Mon & Wed	9:15 - 10:15 am
13	OMI Charities	1701 Ocean Ave (Ingleside)	Mon & Wed	10:30 - 11:30 am
14	Openhouse/ Onlok CDS	75 Laguna St (Hayes Valley)	Tues & Thur	1 - 2 pm
15	Richmond Senior Center	6221 Geary Blvd (Richmond District)	Tues, Wed & Fri	10 - 11 am
16	Virtual	Zoom, registration required to gain access	Mon - Fri	10 - 11 am
			Mon & Thur	1:30 - 2:30 pm

If you have any questions or would like to register for classes, please contact us at:

Email: alwaysactive@onlok.org

Phone: 415-550-2265

www.alwaysactive.org



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services