

OMI SENIOR CENTER

65 BEVERLY STREET
SAN FRANCISCO, CA 94132
(415)334-5550

September 2023

FACE MASKS ARE OPTIONAL IN THE CENTER











DAILY HOT MEALS AVAILABLE

TO-GO, 10:30 AM – 1 PM & IN PERSON, 12 PM

-1 PM

Eligibility: Older Adults (60+) & Adults with disabilities (18+)
Volunteers are always Welcome!

OPEN MONDAY THROUGH FRIDAY, 8:30 AM – 3 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Our doors are open for in-person activities Monday – Friday, 8:30 AM - 3 PM</p> <p><i>“Live as though life was created for you.” Dr. Maya Angelou</i></p>			<p>1. Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class: 12:00 PM – 2:30 PM Virtual Computer Class w/ Andy 1:30 PM – 2:30 PM Choir w/ Beth & Sharon 12:30 – 2PM</p>
<p>4. Center Closed for Labor Day</p>	<p>5. Yoga Class w/ Rachel 10:30 AM – 11:15 AM Art Class: 12:00 PM – 2:30 PM Learn & Earn Program: 1-2:30 PM</p> 	<p>6. Always Active w/ Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>	<p>7. Sunny Line Dance 9:45-11:45 am Tai Chi Class Beginners: 1:00 PM – 1:40 PM  Chi 1:45 PM – 2:40 PM (Advanced)</p>	<p>8. Exercise Class w/ Tiffany 10:30 AM – 11:30 AM Art Class: 12:00 PM – 2:30 PM Bingo Game 1-1:30 pm Choir w/ Beth & Sharon: 12:30 – 2PM</p>
<p>11. Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 PM – 2:45 PM</p> 	<p>12. Zumba Class w/ Kurlene 10:30 AM – 11:30 AM Art Class: 12:00 PM – 2:30 PM Learn to Earn Graduation Day 1:00 PM – 2:30 PM</p>	<p>13. Always Active w/ Tiffany 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>	<p>14. Sunny Line Dance 9:45-11:45 am Tai Chi Class Beginners: 1:00 PM – 1:40 PM  Chi 1:45 PM – 2:40 PM (Advanced)</p>	<p>15. Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class: 12:00 PM – 2:30 PM Virtual Computer Class w/ Andy 1:30 PM – 2:30 PM Choir w/ Beth & Sharon 12:30 – 2PM</p>
<p>18. Always Active w/ Tiffany 10:30 AM – 11:30 AM</p>  <p>Sunny Line Dance: 12:45 - 2:45 PM</p>	<p>19. Zumba Class w/ Kurlene 10:30 AM – 11:30 AM  ZUMBA Art Class: 12:00 PM – 2:30 PM</p>	<p>20. Always Active w/Tiffany 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>	<p>21. Sunny Line Dance 9:45-11:45 am Birthday Celebration: 12:30 pm Tai Chi Class Beginners: 1:00 PM – 1:40 PM  1:45 PM – 2:40 PM (Advanced)</p>	<p>22. Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class: 12:00 PM – 2:30 PM Virtual Computer Class w/ Andy 1:30 PM – 2:30 PM Choir w/ Beth & Sharon: 12:30 – 2PM</p>

<p>25. Food Box Distribution Time: 9:30 AM – 1:00 PM Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 PM - 2:45 PM</p>	<p>26. Zumba Class w/ Kurlene 10:30 AM – 11:30 AM  Art Class: 12:00 PM – 2:30 PM</p>	<p>27. Always Active w/ Tiffany  10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>	<p>28. Sunny Line Dance 9:45-11:45 am Tai Chi Class Beginners: 1:00 PM – 1:40 PM  1:45 PM – 2:40 PM (Advanced)</p>	<p>29. Mid-Autumn Festival Celebration 10:30-2:30 PM Choir 12:30 – 2 PM</p> 
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Weekly Activities- Continued

Mahjong
Monday - Friday

Computer Lab
Monday – Friday, 9:00 AM – 2:00 PM

Virtual Computer Class (Cantonese)
Tuesdays – 10 AM – 11:30AM (Beginners)
Wednesdays – 10 AM – 11:30 AM (Advanced)
Wednesdays – 1:30 PM – 2:30 PM (Intermediate)

Karaoke
Mon., Weds., & Fri., 9:00 AM – 10:30 AM

Food Pantry/Distribution
Thursdays – 9:30 AM – 11:15 AM
Serving Zip Codes: 94112, 94127, and 94132

ADRC Services (Information & Referral Services)
Monday – Friday
English, Cantonese, and Tagalog

Upcoming October Events:
Wednesday, Oct. 25th: Trunk or Treat 1-3 pm
Tuesday, Oct. 31st: Halloween
Breast Cancer Awareness Month Event: TBA
Tues. Oct. 24 -Health and Educational Fair