

OMI SENIOR CENTER

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

Eligibility: Older Adults (60+) & Adults with disabilities (18-59)
Visit our web page: <https://catholiccharitiessf.org/omi-senior-center/>

March 2024

FACE MASKS ARE OPTIONAL IN THE CENTER
DAILY HOT MEALS AVAILABLE
TO-GO, 10:30 AM – 1 PM & IN PERSON, 12 PM – 1 PM
OPEN MONDAY THROUGH FRIDAY, 8:30 – 3 PM
AGE YOUR WAY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM</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</p>
<p>4. Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 PM- 2:45 PM</p>	<p>5. Emergency Preparedness Presentation w/Cameron Translation: Jennifer 11 AM- 12 PM Art Class: 12:00 PM – 2:30 PM Healthier Living Workshop (Eng.) 10:00 AM– 12:00 PM</p>	<p>6. Always Active/ Tiffany  10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>	<p>7. Food Bank Cancelled 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>8. Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class: 12:00 PM – 2:30 PM International Women Day Celebration 12:30 - 2:30 PM</p>
<p>11. Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM</p>	<p>12. Gentle Seated Yoga w/ Luisa 10:45-11:30 am Art Class: 12:00 PM – 2:30 PM Healthier Living Workshop (Eng.) 10:00 AM- 12:00 PM</p>	<p>13. Always Active/ Tiffany 10:30 AM - 11:30 AM NICOS, Gambling Workshop in Observance of Gambling Awareness Month 12:30-1:15 PM Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>	<p>14. Health Screening w/SFSU 10-3 PM Sunny Line Dance class cancelled Tai Chi Class Beginners:  1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)</p>	<p>15. Exercise Class w/ Andy 10:30-11:30 am St. Patrick Day Celebration 12:30 PM Art Class: 12:00 PM – 2:30 PM Virtual Computer Class w/ Andy 1:30 PM – 2:30 PM</p>
<p>18. Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 PM- 2:45 PM</p>	<p>19. Zumba Class w/ Kurlene and Tiffany 10:30-11:30 am Art Class: 12:00 PM – 2:30 PM Healthier Living Workshop (Eng.) 10:00 AM – 12:00 PM</p>	<p>20. Always Active/ Tiffany 10:30 AM - 11:30 AM Ballroom Dancing 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</p>
<p>25. Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 PM – 2:45 PM</p>	<p>26. Gentle Seated Yoga w/ Luisa 10:45-11:30 AM Art Class: 12:00 PM – 2:30 PM Healthier Living Workshop (Eng.) 10:00 AM – 12:00 PM</p>	<p>27. Blood Pressure Screening w/ Teresa at 9:00 AM-10:25 AM Always Active/ Tiffany 10:30 AM - 11:30 AM Ballroom Dancing  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. </p>

Think like a queen. A queen if not afraid to fail.
Failure is another stepping stone to greatness.”
– *Oprah Winfrey*

WEEKLY ACTIVITIES- CONTINUE

Choir Rehearsal

Every Friday @12:30-2:00 PM

Mahjong

Monday - Friday

Computer Lab

Monday – Friday, 9:00 AM – 2:00 PM

Virtual Computer Class w/ Linda (Cantonese)

Tuesday: 10-11:30 am

Wednesday: 1-2:30 pm

Karaoke

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

Food Pantry/Distribution

Thursday, 9:30 AM – 11:15 AM

Serving Zip Codes: 94112, 94127 and 94132

ADRC Services Available

8:30 AM – 3:00 PM

Upcoming April Events:

**National Healthcare Decisions Day Workshop
(NHDD) TBA**

Volunteer opportunities available!

*Please note that all activities are subject to
change.*