

# OMI SENIOR CENTER

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

Eligibility: Older Adults (60+) & Adults with disabilities (18-59)  
**AGE YOUR WAY!**

Visit our web page: <https://catholiccharitiessf.org/omi-senior-center/>

## April 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. <b>Always Active w/ Tiffany</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b> 12:45 - 2:45 PM	2. <b>Gentle Seated Yoga w/ Luisa</b> 10:30-11:30 AM <b>Art Class w/Jeaninne 12:00 PM – 2:30 PM</b> <b>Healthier Living Workshop (Eng.)10-12 pm</b>	3. <b>Always Active/ Tiffany</b> 10:30 AM - 11:30 AM <b>Spanish Class w/ Micka12:30-1 PM</b> <b>Ballroom Dancing</b> 1:00 PM – 2:30 PM	4. <b>Sunny Line Dance 9:45-11:45 AM</b> <b>Tai Chi Class Beginners:</b> 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	5. <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>Art Class w/Jeaninne 12:00 PM – 2:30 PM</b> <b>Virtual Computer Class w/ Andy</b> 1:30 PM – 2:30 PM
8. <b>Always Active w/ Tiffany</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b> 12:45 PM- 2:45 PM	9. <b>Gentle Seated Yoga w/ Luisa</b> 10:30-11:30 AM <b>Art Class w/Jeaninne 12:00 PM – 2:30 PM</b> <b>Healthier Living Workshop (Eng.)10-12 pm</b>	10. <b>Always Active/ Tiffany</b> 10:30 AM - 11:30 AM <b>Ballroom Dancing w/ Sanka</b> 1:00 PM – 2:30 PM	11. <b>Sunny Line Dance 9:45-11:45 AM</b> <b>Tai Chi Class Beginners:</b> 1:00 PM – 1:40 PM  Tai Chi 1:45 PM – 2:40 PM (Advanced)	12. <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>Art Class w/Jeaninne 12:00 PM – 2:30 PM</b> <b>Virtual Computer Class w/ Andy</b> 1:30 PM – 2:30 PM
15. <b>Always Active</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b> 12:45 - 2:45 PM	16. <b>Gentle Seated Yoga w/ Luisa</b> 10:30-11:30 AM <b>Advance Care Planning Presentation w/Ruth &amp; Kayla (Attorneys) (Eng.) 10:45 AM-11:45 PM w/ Light Refreshment</b> <b>Art Class w/Jeaninne 12:00 PM – 2:30 PM</b>	17. <b>Always Active</b>  10:30 AM - 11:30 AM <b>Spanish Class w/ Micka12:30-1 PM</b> <b>Ballroom Dancing w/ Sanka</b> 1:00 PM – 2:30 PM	18. <b>Sunny Line Dance 9:45-11:45 AM</b> <b>Monthly Birthday Celebration 12:30 PM – 1:00 PM</b> <b>Tai Chi Class Beginners:</b> 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	19. <b>Exercise Class w/ Andy</b> 10:30-11:30 AM <b>Art Class w/Jeaninne 12:00 PM – 2:30 PM</b> <b>Virtual Computer Class w/ Andy</b> 1:30 PM – 2:30 PM
22. <b>Food Box Distribution 9:30-1 PM</b> <b>Always Active</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b> 12:45 PM- 2:45 PM	23. <b>Gentle Seated Yoga w/ Luisa</b> 10:30- 11:30 AM <b>Advance Care Planning Presentation w/Cecilia &amp; Pablo (Attorneys) (Chinese) 9:45-11:15 AM w/ Light Refreshment</b> <b>Art Class w/Jeaninne 12:00 PM – 2:30 PM</b>	24. <b>Blood Pressure Screening w/ Teresa Hoffman 9-11:30 AM</b> <b>Always Active</b>  10:30 AM - 11:30 AM <b>Ballroom Dancing w/ Sanka</b> 1:00 PM – 2:30 PM	25. <b>Sunny Line Dance 9:45-11:45 AM</b> <b>Tai Chi Class Beginners:</b> 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	26. <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>Art Class w/Jeaninne 12:00 PM – 2:30 PM</b> <b>Virtual Computer Class w/ Andy</b> 1:30 PM – 2:30 PM
29. <b>Always Active</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b> 12:45 PM – 2:45 PM	30.  <b>Zumba w/ Kurlene</b>  10:30-11:30 am <b>Art Class w/Jeaninne 12:00 PM – 2:30 PM</b>		<b>Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM</b>	

National HealthCare Decisions Month  
is in April.

Join us for an Advance Care Planning  
presentation on 4/16 and 4/23.

**WEEKLY ACTIVITIES- CONTINUED**

**Choir Rehearsal**

**Every Friday @12:30-2 PM**

**Mahjong**

Monday - Friday

**Coffee & Tea Social**

**Monday-Friday 9:30-2:30 PM**

**Computer Lab**

Monday - Wed. 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

**Aging and Disability Resource Center (ADRC)**

**Services w/ Jennifer and Yvonne**

8:30 AM - 3:00 PM

**Upcoming May Events & Workshop:**

**Mother's Day Celebration 5/8/24**

**Older Americans Month Event on 5/24/24**

**Volunteer Appreciation Event TBA**

**Leah's Pantry Free Nutrition Workshop (6 weeks)**

**5/14/24 - 6/18/24 (English & Chinese)**

**Center closed on Monday, 5/27**

**in observance of Memorial Day.**