

# 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/>

## June 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
	<p>Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM</p>			
<p>3. <b>Always Active w/ Tiffany</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b> 12:45 PM- 2:45 PM</p> 	<p>4. <b>Leah's Pantry Nutrition workshop (Eng. 9:30-11 AM)</b> <b>Gentle Seated Yoga</b> 11:15 -11:50 AM <b>Art Class w/Jeannine</b> 12:00 – 2:30 PM</p>	<p>5. <b>Learn Earn Program (Eng.) 9-10:30 AM</b> <b>Chinese @ 1-2:30 PM</b> <b>Always Active/ Tiffany</b> 10:30 AM - 11:30 AM <b>Spanish class w/ Micka 12:20- 1PM</b> <b>Ballroom Dancing w/ Sanka</b> 1:00 PM – 2:30 PM</p>	<p>6. <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 (<b>Advanced</b>)</p>	<p>7. <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>Art Class: 12:00 PM – 2:30 PM</b> <b>Computer Tutor w/Andy 1:30-2:30 PM</b></p>
<p>10. <b>Always Active w/ Tiffany</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b> 12:45 - 2:45 PM</p> 	<p>11. <b>Leah's Pantry Nutrition workshop (Eng. 9:30-11 AM)</b> <b>Chinese: 1-2:30 PM</b> <b>Zumba Gold w/Tiffany</b> 11:15-11:45 AM <b>Art Class w/Jeannine</b> 12:00 – 2:30 PM</p> 	<p>12. <b>Learn Earn Program (Eng.)9-10:30 AM</b> <b>Chinese @ 1-2:30 PM</b> <b>Always Active/ Tiffany</b> 10:30 AM - 11:30 AM <b>Ballroom Dancing w/ Sanka</b> 1:00 PM – 2:30 PM</p> 	<p>13. <b>Sunny Line Dance 9:45-11:45 AM</b> <b>Philippine Independence Celebration 12:45-2:30 PM</b></p>	<p>14. <b>Field trip to Salesforce Park</b> <b>10:30-1:30 PM</b> <b>Exercise Class w/ Andy</b> 10:30-11:30 AM <b>Art Class: 12:00 PM – 2:30 PM</b> <b>Father's Day Celebration 12:30-2 PM</b> <b>Computer Tutor w/Andy 1:30-2:30 PM</b></p>
<p>17. <b>Always Active w/ Tiffany</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b> 12:45 PM- 2:45 PM</p> 	<p>18. <b>Leah's Pantry Nutrition workshop</b> <b>Eng. 9:30-11 AM &amp; Chinese: 1-2:30 PM</b> <b>Gentle Seated Yoga w/ Jeannine</b> 11:15-11:45 AM <b>Join us for our Juneteenth Celebration</b> 12:15 PM- 2:30 PM <b>Art Class w/Jeannine 12:00 – 2:30 PM</b></p>	<p>19. <b>CLOSED IN OBSERVANCE OF</b> <b>JUNETEENTH</b></p>	<p>20. <b>Sunny Line Dance 9:45-11:45 AM</b> <b>Birthday Celebration 12:30 PM</b> <b>Tai Chi Class Beginners:</b> 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (<b>Advanced</b>)</p>	<p>21. <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>On Lok Presents: High Blood Pressure Management and Reducing Sodium w/Julie 11:30 AM- 11:50 AM</b> <b>Art Class: 12:00 PM – 2:30 PM</b> <b>Computer Tutor w/Andy 1:30-2:30 PM</b></p>
<p>24. <b>Food Box Distribution 9:30-1PM</b> <b>Always Active w/ Tiffany</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b> 12:45 PM – 2:45 PM</p>	<p>25. <b>Leah's Pantry Nutrition workshop - Chinese: 1-2:30 PM</b> <b>Zumba Gold w/ Tiffany</b> 10:30-11:30 AM <b>Art Class: 12:00 PM – 2:30 PM</b></p> 	<p>26. <b>BP Screening w/Teresa 9-11:30 AM</b> <b>iPad Graduation Ceremony 1-3 PM</b> <b>Always Active/ Tiffany</b> 10:30 AM - 11:30 AM <b>Spanish class w/ Micka 12:20 – 1 PM</b> <b>Ballroom Dancing w/ Sanka</b> 1:00 PM – 2:30 PM</p>	<p>27. <b>IOA Elder Abuse Prevention Presentation 11-12 PM</b> <b>Tai Chi Class Beginners:</b> 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (<b>Advanced</b>)</p> 	<p>28. <b>Field Trip to Muir Woods National Monument 10:30-3 PM</b> <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>Art Class: 12:00 PM – 2:30 PM</b> <b>Computer Tutor w/Andy 1:30-2:30 PM</b></p>

**WEEKLY ACTIVITIES- CONTINUED**

**Mahjong**

Monday - Friday

**Coffee and Tea Social**

9:30- 2:30 PM

**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

**Choir Rehearsal**

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

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

**Available**

**Monday- Friday**

**8:30 AM - 3:00 PM**

**Upcoming July Events:**

**OMI Senior Center Closed on Thursday July 4th**

**4<sup>th</sup> of July celebration on Wednesday, 7/3**

**National Ice-cream Day Celebration Friday, 7/19**

*Volunteer opportunities available!*

*Please note that all activities are subject to change*