

# 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/>

## July 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>1. <b>Always Active w/ Tiffany</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b>  12:45 - 2:45 PM</p>	<p>2. <b>Gentle Seated Yoga w/ Jeannine</b> 10:30-11:30 AM <b>Art Class w/ Jeannine</b>  12:00 PM – 2:30 PM</p>	<p>3. <b>Always Active/ Tiffany</b> 10:30 AM - 11:30 AM <b>4<sup>th</sup> of July Celebration 11:30 AM</b> Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>	<p>4. <b>Pantry Cancelled</b>  WE WILL BE CLOSED</p>	<p>5. <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>Art Class w/ Jeannine 12:00 PM – 2:30 PM</b> <b>Computer Tutor w/ Andy</b> 1:30 PM – 2:30 PM</p>
<p>8. <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>9. <b>Zumba Gold w/ Tiffany</b> 10:30-11:30 AM  <b>Art Class w/ Jeannine</b> 12:00 PM – 2:30 PM</p>	<p>10. <b>Always Active/ Tiffany</b> 10:30 AM - 11:30 AM <b>Spanish w/Micka 12:20-1 PM</b> Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>	<p>11. <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)</p>	<p>12. <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>No Art Class</b> <b>Computer Tutor w/ Andy</b> 1:30 PM – 2:30 PM</p>
<p>15. <b>Always Active w/ Tiffany</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance</b>  12:45 - 2:45 PM</p>	<p>16. <b>Gentle Seated Yoga w/ Louisa</b> 10:30-11:30 AM  <b>No Art Class</b> <b>Bingo Game 12:45-1:15 PM</b></p>	<p>17. <b>BP Screening w/Teresa 9-11 AM</b> <b>Always Active/ Rachel</b> 10:30 AM - 11:30 AM  <b>AMP Info. Session 12:45-2:45 PM</b> Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>	<p>18. <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)</p>	<p>19. <b>Exercise Class w/ Andy 10:30-11:30 AM</b> 12:15 PM- 2:30 PM <b>Hawaiian Themed Dance Party</b> celebrating July Birthdays &amp; National <b>Ice-Cream Day</b> <b>Art Class w/ Jeannine 12:00 PM – 2:30 PM</b></p>
<p>22. <b>Food Box Distribution 9:30-1 PM</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>23. <b>Zumba Gold w/Tiffany</b> 10:30-11:30 AM  <b>Art Class w/ Jeannine</b> 12:00 PM – 2:30 PM</p>	<p>24. <b>Always Active w/ Rachel</b> 10:30 AM - 11:30 AM <b>AMP Info. Session 12:45-2:45 PM</b> Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>	<p>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)</p>	<p>26. <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>Art Class w/ Jeannine 12:00 PM – 2:30 PM</b> <b>Computer Tutor w/ Andy</b> 1:30 PM – 2:30 PM</p>
<p>29. <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>30. <b>Gentle Seated Yoga w/ Luisa</b> 10:30-11:30 AM  <b>No Art Class</b></p>	<p>31. <b>Always Active w/ Rachel</b> 10:30 AM - 11:30 AM <b>Spanish w/Micka 12:20-1 PM</b> Ballroom Dancing w/ Sanka 1:00 PM – 2:30 PM</p>		<p><b>Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM</b></p>

**WEEKLY ACTIVITIES- CONTINUED**

**ADRC**

**Monday-Friday 9-3 PM Eng. Chinese and Tagalog**

**Mahjong**

Monday - Friday

**Coffee and Tea Social**

**Monday - Friday 9:30-2:15 PM**

**Computer Lab**

Monday - Friday, 9:00 AM - 2:00 PM

**Virtual Computer Class w/ Linda (Cantonese)**

**Tuesday: 10-11:30 AM (Beginner)**

**Wednesday: 10-11:30 AM (advanced)**

**1-2:30 pm (intermediate)**

**Karaoke**

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

**Blood Pressure (BP) Screening w/Teresa**

**Every 3<sup>rd</sup> Wednesday 9-11 AM**

**Food Pantry/Distribution**

Thursday, 9:30 AM - 11:15 AM

Serving Zip Codes: 94112, 94127 and 94132

**Choir Rehearsal**

**Summer Break Until Sept. 6<sup>th</sup>**

**Upcoming August Events:**

**Aging Mastery Program w/ On Lok (AMP) Wednesday 8/7-10/9**

**National Senior Citizen Day celebration, Wednesday 8/21**

*Volunteer opportunities available!*

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