

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/>

September 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>2.</p>  <p>CLOSED LABOR DAY</p>	<p>3.</p>  <p>Labor Day Zumba Party with Kurlene 10:30 AM-11:30 AM Art Class 12:00 PM – 2:30 PM</p>	<p>4. Always Active/ Rachel 10:30 AM - 11:30 AM Aging Mastery Program (AMP) Workshop 12:45 PM -2:45 PM (Cantonese) Ballroom Dancing w/ Sanka 1 – 2:30 PM</p> 	<p>5.</p> <p>Sunny Line Dance 9:45-11:45 AM Tai Chi Class Beginners: 1:00 PM – 1:40 PM  Tai Chi 1:45 PM – 2:40 PM (Advanced)</p>	<p>6. Exercise Class w/ Andy 10:30 AM – 11:30 AM On Lok Nutrition Education Presentation w/ Julie @ 11:30-11:50 AM Art Class 12:00 PM – 2:30 PM Computer Tutor w/Andy 1:30 PM – 2:30PM</p>
<p>9.</p> <p>Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 PM- 2:45 PM</p> 	<p>10.</p> <p>Gentle Seated Yoga w/ Luisa 10:30-11:30 AM Art Class 12:00 PM – 2:30 PM Bingo 1 PM-1:30 PM</p>	<p>11. Always Active/ Rachel 10:30 AM - 11:30 AM Aging Mastery Program (AMP) Workshop 12:45 PM -2:45 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM</p> 	<p>12.</p> <p>Sunny Line Dance 9:45-11:45 AM Tai Chi Class Beginners: 1:00 PM – 1:40 PM  Tai Chi 1:45 PM – 2:40 PM (Advanced)</p>	<p>13.</p> <p>Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class 12:00 PM – 2:30 PM Computer Tutor w/Andy 1:30 PM – 2:30 PM</p>
<p>16.</p> <p>Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM</p> 	<p>17.</p> <p>Mid-Autumn Festival Celebration 10:30 AM -2:30 PM Art Class 12:00 PM – 2:30 PM</p>	<p>18. Always Active/ Rachel 10:30 AM - 11:30 AM Aging Mastery Program (AMP) Workshop 12:45 PM -2:45 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM</p> 	<p>19.</p> <p>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>20.</p> <p>Exercise Class w/ Andy 10:30-11:30 am Art Class 12:00 PM – 2:30 PM Computer Tutor w/Andy 1:30 PM – 2:30 PM</p>
<p>23.</p> <p>Food Box Distribution 9:30-1 PM Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 PM- 2:45 PM</p>	<p>24. Diabetes Empowerment Education Program (DEEP) 9:00 AM- 10:30 AM (English) Gentle Seated Yoga w/ Luisa 10:30 AM- 11:30 AM Art Class 12:00 PM – 2:30 PM</p>	<p>25. BP Screening w/Teresa 9-11:30 AM Always Active/ Rachel 10:30 AM - 11:30 AM Spanish w/Micka 12:20 PM -1 PM Aging Mastery Program (AMP) Workshop 12:45 PM -2:45 PM Ballroom Dancing w/Sanka 1 - 2:30 PM</p>	<p>26.</p> <p>Sunny Line Dance 9:45-11:45 AM Monthly Birthday Celebration 12:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)</p>	<p>27. Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class 12:00 PM – 2:30 PM Field Trip Always Active 17th year Celebration 1-4 PM</p>
<p>30.</p> <p>Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 PM – 2:45 PM</p> 	 <p>HAPPY MID AUTUMN FESTIVAL</p>	<p>Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM</p>	 <p>Happy Mid-Autumn Festival</p>	 <p>SEPTEMBER</p>

WEEKLY ACTIVITIES- CONTINUED

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: 10:00 AM -11:30 AM (Beginner)

Wednesday: 10:00 AM-11:30 AM (Advanced)

1:00 PM -2:30 PM (Intermediate)

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

****OMI Senior Center Choir Rehearsal****

Every Friday @12:30-2 PM w/ Beth & Sharon

Catholic Charities Adult Day Services' Open House

Wednesday, September 18th 3 PM- 5 PM

Upcoming October Events:

Staff Retreat, Monday 10/14 (Center Closed)

 Breast Health Education Talk 10/8 

Community Health Fair, Friday 10/25/24

Halloween Celebration, Thursday 10/31/24