

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/>

November 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>1. 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>4. FeltonTech Talk 9:30-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance  12:45 PM- 2:45 PM</p>	<p>5. Diabetes Empowerment Education Program (DEEP) 9:00 AM- 10:30 AM (English) 3rd Annual Walk to End Alzheimer's (Around the Neighborhood) ***10:45 AM – 11:30 AM *** Art Class 12:00 PM – 2:30 PM</p>	<p>6. Felton Tech Talk 9:30-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Spanish w/Micka 12:20-1 PM Ballroom Dancing w/ Sanka 1- 2:30 PM</p>	<p>7. 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 Nutrition Education Talk w/ Julie 11:30 AM-11:50 AM 3rd Annual Veterans Day Ceremony 12:30 PM -2:15 PM</p>
<p>11. Tech Talk 9:30-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance  12:45 PM- 2:45 PM</p>	<p>12. Diabetes Empowerment Education Program (DEEP) 9:00 AM- 10:30 AM (English) Zumba Gold w/Tiffany 10:30 AM -11:30 AM Art Class 12:00 PM – 2:30 PM</p>	<p>13. Tech Talk 9:30-10:30 AM Always Active / Rachel  10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM</p>	<p>14. SFSU Nursing Health Screening 9:00 AM-2:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)</p>	<p>15. Field Trip: Yerba Buena Center for the Arts 10:30 AM -2:30 PM 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>18. Tech Talk 9:30-10:30 AM Always Active w/ Rachel 10:30 AM – 11:30 AM Sunny Line Dance 12:45 PM- 2:45 PM</p>	<p>19. Gentle Seated Yoga w/Tuti 10:30 AM -11:30 AM Art Class 12:00 PM – 2:30 PM</p>	<p>20. Tech Talk 9:30-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Neighbor to Neighbor Program w/ CLC 12:45 PM- 1:30 PM **** Ballroom Dancing w/Sanka 1 - 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 Computer Tutor w/Andy 1:30 PM – 2:30 PM</p>
<p>25. Tech Talk 9:30-10:30 AM Food Box Distribution 9:30-1PM Always Active w/ Rachel 10:30 AM – 11:30 AM Sunny Line Dance  12:45 PM – 2:45 PM</p>	<p>26. Thanksgiving Luncheon & Live Entertainment 12:00 PM -2:00 PM </p>	<p>27. Tech Talk 9:30-10:30 AM BP Screening w/Teresa 9:00 -11:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Spanish w/Micka 12:20-1 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM</p>	<p>28. Center Closed </p>	<p>29. </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: 10-11:30 AM (Beginner)

Wednesday: 10-11:30 AM (Advanced)

1-2:30PM (intermediate)

Linda resumes classes on 11/20/24

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 w/ Beth and Sharon

Every Friday @ 12:30-2 PM

December Holidays:

OMI Senior Center is Closed on Christmas Eve & Christmas Day (Tues. & Wed. 12/24 & 12/25)

Volunteer opportunities available!

Please note that all activities are subject to change.