

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/>

December 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
2. Felton Tech Talk 9:30-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45-2:45 PM	3. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00–2:30 PM	4. 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	5. 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)	6. 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 – 2:30PM
9. Felton Tech Talk 9:30-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45-2:45 PM	10. Zumba Gold w/Tiffany 10:30-11:30 AM  Art Class 12:00–2:30 PM	11. Felton Tech Talk 9:30-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	12. 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)	13. 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
16. Felton 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	17. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00–2:30 PM	18. Felton Tech Talk 9:30-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM  Spanish w/Micka 12:20-1 PM Neighbor to Neighbor Program w/ CLC 12:45 PM- 1:30 PM **** Ballroom Dancing w/ Sanka 1 – 2:30 PM	19. 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)	20. Christmas Luncheon 12:00 PM Birthday Celebration 12:30 PM Gift Exchange Game 1-2:30 PM
23. Felton Tech Talk 9:30-10:30 AM 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	24.  <i>Closed</i> Christmas Eve & Christmas Day December 24 - 25		25.	26. 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)
30. Felton 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	31. Gentle Seated Yoga w/ Tuti 10:30-11:30 AM ***New Year's Party*** 1:00- 2:15 PM		The center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM	
				

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)

1-2:30 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

Choir Rehearsal w/ Beth & Sharon

Every Friday @12:30- 2 PM

January Closed Dates:

Wednesday 1/1/2025 (New Year's Day)

Monday, 1/20/2025 (Dr. Martin Luther King, Jr. Day)

Volunteer opportunities available!

Please note that all activities are subject to change.