

# 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/>

# January 2025

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>The center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM</p>	<p>1. <b>New Year (2025) Closed</b></p>	<p>2. 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>3. 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</p>
<p>6. 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</p>	<p>7. Gentle Seated Yoga  10:30-11:30 AM</p>	<p>8. 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>9. 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>10. 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>13. 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</p>	<p>14. Zumba Gold w/Tiffany  10:30-11:30 AM Art Class 12:00 PM – 2:30 PM</p>	<p>15. Felton 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>16. 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>17. Dr. Martin Luther King Jr. Presentation 10:00 AM - 10:30 AM 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>20. Martin Luther King Jr. Day <b>Closed</b></p>	<p>21. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00 PM – 2:30 PM</p>	<p>22. BP Screening w/Teresa 9-11:30 AM 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</p>	<p>23. 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>24. 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>27. Felton Tech Talk 9:30-10:30 AM Food Box Distribution 9:30-1 PM Always Active w/ Rachel 10:30 AM – 11:30 AM Sunny Line Dance 12:45–2:45 PM</p>	<p>28. Zumba w/ Kurlene  10:30-11:30 AM Art Class 12:00 PM – 2:30 PM</p>	<p>29. 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>30. 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>31. 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>

WEEKLY ACTIVITIES- CONTINUED

Mahjong

Monday - Friday

Coffee and Tea Social

Monday - Friday 9:30-2:00 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 @12:30-2:00 PM

Upcoming February Events & Closed Dates:

Wednesday, 2/5 Lunar New Year Celebration

Monday, 2/17 Presidents' Day OMI SC Closed

Friday, 2/14 Valentine's Day Show Event

Friday, 2/28 Black History Month Celebration

**\*\*Saturday, 2/15 Breaking Bread with Hope Program \*\***

*Volunteer opportunities available!*

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

**HAPPY NEW YEAR**