

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/>

February 2025

FACE MASKS ARE OPTIONAL IN THE CENTER
DAILY HOT MEALS AVAILABLE
TO-GO, 10:30 AM – 1 PM & IN PERSON, 12 PM – 1:00 PM
OPEN MONDAY THROUGH FRIDAY, 8:30 – 3:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		The center is open for In-Person Activities Monday – Friday 8:30 AM – 3:00 PM		
3. 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	4. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00–2:30 PM	5. Lunar New Year Celebration 10:00 AM-2:15 PM 	6. 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)	7. Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class 12:00 PM – 2:30 PM
10. 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	11. Zumba Gold w/Tiffany 10:30-11:30 AM Art Class 12:00–2:30 PM	12. 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	13. 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)	14. ****Valentine's Day **** Red Carpet Event 10:15-11:45 PM Art Class 12:00 PM – 2:30 PM
17. <u>CENTER CLOSED</u> Presidents' Day	18. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00–2:30 PM	19. 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	20. Sunny Line Dance 9:45-11:45 AM Birthday Celebration 12:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM Tai Chi 1:45 PM – 2:40 PM (Advanced)	21. Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class 12:00 PM – 2:30 PM
24. Felton Tech Talk 9:30-10:30 AM Food Box Distribution 9:30-1pm Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45-2:45 PM	25. Zumba Gold w/Tiffany 10:30-11:30 AM Art Class 12:00–2:30 PM 	26. 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 Spanish w/Micka 12:20-1 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM	27. 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) Tai Chi	28. Exercise Class w/ Andy 10:00 AM – 11:00 AM *** Black History Month *** Celebration 12-2:15PM 2025 Theme: African Americans and Labor



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 March Events:

Monday, 3/17- St Patrick Day Celebration

Saturday, 3/15 - Breaking Bread with Hope

Friday, 3/21- Women's History Month Celebration

Volunteer opportunities available!

Please note that all activities are subject to change.