



# 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/>

## March 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
3. <b>Felton Tech Talk 9:30-10:30 AM</b> <b>Always Active w/ Rachel</b> 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM	4. <b>Gentle Seated Yoga</b> <b>10:30-11:30 AM</b> <b>Art Class 12:00 – 2:30 PM</b>	5. <b>Felton Tech Talk 9:30-10:30 AM</b> <b>Always Active w/Rachel 10:30 AM - 11:30 AM</b> <b>Spanish w/Micka 12:20-1 PM</b> Ballroom Dancing w/ Sanka 1 – 2:30 PM	6. <b>Tai Chi Class Beginners:</b> 1:00 PM – 1:40 PM  1:45 PM – 2:40 PM ( <b>Advanced</b> )	7. <b>Exercise Class w/ Andy 10:30 AM – 11:30 AM</b> <b>Art Class 12:00 PM – 2:30 PM</b> <b>Mobile Tutor w/Andy, Call to RSVP</b> <b>1:30 PM – 2:30 PM</b>
10. <b>Felton Tech Talk 9:30-10:30 AM</b> <b>Always Active w/ Rachel</b> 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM	11. <b>Gentle Seated Yoga</b> <b>10:30-11:30 AM</b> <b>Art Class 12:00 – 2:30 PM</b>	12. <b>Felton Tech Talk 9:30-10:30 AM</b> <b>Always Active / Rachel</b>  <b>10:30 AM - 11:30 AM</b> Ballroom Dancing w/ Sanka 1 – 2:30 PM	13. <b>NICOS- Problem Gambling Awareness &amp; Language Access Rights 12:15-12:50 PM</b> <b>Tai Chi Class Beginners:</b> 1:00 PM – 1:40 PM  1:45 PM – 2:40 PM ( <b>Advanced</b> )	14. <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>On Lok Nutrition for Osteoporosis Talk 11:30-11:50</b> <b>Art Class 12:00 PM – 2:30 PM</b> <b>Mobile Tutor w/Andy, Call to RSVP</b> <b>1:30 PM – 2:30 PM</b>
17. <b>Felton Tech Talk 9:30-10:30 AM</b> <b>Always Active w/ Rachel</b> 10:30 AM – 11:30 AM <b>ST. Patrick's Day Celebration 12:30</b> Sunny Line Dance 12:45 - 2:45 PM	18. <b>Gentle Seated Yoga</b> <b>10:30-11:30 AM</b> <b>Art Class 12:00 – 2:30 PM</b>	19. <b>Felton Tech Talk 9:30-10:30 AM</b> <b>Always Active / Rachel</b> <b>10:30 AM - 11:30 AM</b> <b>Neighbor to Neighbor Program w/ CLC 12:45 PM- 1:30 PM ****</b> Ballroom Dancing w/ Sanka 1 – 2:30 PM	20. <b>Tai Chi Class Is Cancelled.</b> We will Resume on April 10 <sup>th</sup> .	21. <b>Exercise Class w/ Andy 10:30–11:30 AM</b> <b>International Women's Month Celebration 12:30-2:15 PM</b> <b>Art Class 12:00 PM – 2:30 PM</b>
24. <b>Felton Tech Talk 9:30-10:30 AM</b> <b>Food Box Distribution 9:30-1pm</b> <b>Always Active w/ Rachel</b> 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM	25. <b>HICAP Presentation w/ Charito</b> <b>(Tentative) 10:30-11:30 AM</b> <b>Art Class 12:00 – 2:30 PM</b>	26. <b>BP Screening w/Teresa 9-11 AM</b> <b>Felton Tech Talk 9:30-10:30 AM</b> <b>Always Active / Rachel</b> <b>10:30 AM - 11:30 AM</b> <b>Spanish w/Micka 12:20-1 PM</b> Ballroom Dancing w/ Sanka 1 – 2:30 PM	27. Tai Chi Class is Cancelled. We will resume on April 10 <sup>th</sup> . <b>Birthday Celebration 12:30 PM</b> 	28. <b>Aquarium of the Bay field trip 10:30-2:30PM</b> <b>Exercise Class w/ Andy</b> 10:30 AM – 11:30 AM <b>Art Class 12:00 PM – 2:30 PM</b> <b>Mobile Tutor w/Andy, Call to RSVP</b> <b>1:30 PM – 2:30 PM</b>
31. <b>Felton Tech Talk 9:30-10:30 AM</b> <b>Always Active w/ Rachel</b> 10:30 AM – 11:30 AM <b>Sunny Line Dance 12:45–2:45 PM</b>			<b>Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM</b>	

**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**

**Every Friday @ 12:30-2 PM**

**Upcoming April Events:**

SFSU Health Screening on 4/3 ( 9- 2:30 PM)

**\*\*\*\* Good Friday, 4/18 CLOSED \*\*\*\***

Chronic Disease Self-Management (TBA)  
(English & Cantonese)

Tea & Company w/ Rachel, 4/8

Breaking Bread with Hope, Sat. 4/26

*Volunteer opportunities available!*

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