



◆ OMI SENIOR CENTER ◆



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/>

April 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
	1. Book Mobile on Wheels 9:30-10:30 AM Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00 – 2:30 PM ChatGPT AI User w/Andy (Chinese) 1:30 PM – 2:30 PM	2. 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	3. Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced) Tai Chi	4. Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class 12:00 PM – 2:30 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
7. Felton Tech Talk 9:30-10:30 AM Always Active w/ Rachel 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM	8. CYC Safety on The Street Educational Presentation 10:30-11:30 AM (Cantonese) Tea & Company (Eng.) w/Rachel 10:30-11:30 AM Art Class 12:00 – 2:30 PM	9. Felton Tech Talk 9:30-10:30 AM Always Active w/ Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	10. Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced) Tai Chi	11. Field Trip: Filoli Garden 9:30-3 PM Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class 12:00 PM – 2:30 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
14. Felton Tech Talk 9:30-10:30 AM Always Active w/ Rachel 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM	15. Gentle Seated Yoga 10:30-11:30 AM C.S.C Informal Concerts w/Ben 12-1 PM Art Class 12:00 – 2:30 PM ChatGPT AI User w/Andy (English) 1:30-2:30 PM	16. Felton Tech Talk 9:30-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM CLC Neighbor to Neighbor Earthquake Preparedness Training 12:45-1:30 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM	17. Healthcare Decisions Month Presentation w/ API Legal Outreach 10-11 AM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	18. Closed for Good Friday
21. Felton Tech Talk 9:30-10:30 AM Always Active w/ Rachel 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM	22. CYC - Safety on The Street Educational Presentation 10:30-11:30 AM (English) Art Class 12:00 – 2:30 PM	23. 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	24. Lick -Wilmerding HS Photography Project. 9:15 am - 12:00 pm (Tentative) Birthday Celebration 12:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced) Tai Chi	25. Exercise Class 10:30 AM – 11:30 AM Art Class 12:00 PM – 2:30 PM
28. Felton Tech Talk 9:30-10:30 AM Food Box Distribution 9:30-1:00 PM Always Active w/ Rachel 10:30 AM – 11:30 AM Sunny Line Dance 12:45 PM – 2:45 PM	29. Chronic Pain Self-Management Workshop (Eng.) 10-12 PM w/ On Lok Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00 – 2:30 PM	30. 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		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 9:30-2:00 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 PM

Upcoming May Events:

Monday, 5/5 Cinco De Mayo Celebration

Friday, 5/9 Mother's Day Red Carpet Event

Thursday, 5/15 SFSU Health Screening

Saturday, 5/17 Breaking Bread with Hope

Friday, 5/23 Older Americans Day Celebration

Monday, 5/26 Memorial Day - Center Closed

Volunteer opportunities available!

Please note that all activities are subject to change.