

# 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/>

## May 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><b>Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM</b></p>		<p>1. IOA Presents: Protecting Older Adults, Addressing Elder Abuse, Neglect, and Online Scams &amp; Digital Fraud at 10:30-11:30 AM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)</p>	<p>2. 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</p>
<p>5. Felton Tech Talk 9-10:30 AM Always Active w/ Rachel 10:30 AM – 11:30 AM Cinco De Mayo Celebration 12-12:45 PM Sunny Line Dance 12:45 - 2:45 PM</p>	<p>6. Library On Wheels 9:30-10:30 AM CPSMP WK-2 (Eng.) 10-12 PM, w/ On Lok Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00 – 2:30 PM Food Smart workshop 1-2 PM (cantonese) w/ Leah's Pantry</p>	<p>7. Felton Tech Talk 9-10:30 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>8. Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)</p> 	<p>9. Mother's Day Breakfast &amp; Red Carpet 9:30-11:45 AM Art Class 12:00 PM – 2:30 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM</p>
<p>12. Felton Tech Talk 9-10:30 AM Always Active w/ Rachel 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM</p>	<p>13. CPSMP WK-3 (Eng.) 10-12 PM, w/ On Lok Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00 – 2:30 PM Food Smart workshop 1-2 PM (cantonese) w/ Leah's Pantry</p>	<p>14. Felton Tech Talk 9-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM</p> 	<p>15. SFSU Health Screening 9-2:30 PM Field Trip to SF County Fair Building (Never Better Elders-CLC Event) 12:30-3:30 PM</p>	<p>16. Exercise Class w/ Andy 10:30 AM – 11:30 AM Nutrition for Heart Health w/ Julie (On Lok) 11:30-11:50 AM Art Class 12:00 PM – 2:30 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM</p>
<p>19. Felton Tech Talk 9-10:30 AM Always Active w/ Rachel 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM</p>	<p>20. CPSMP WK-4 (Eng.) 10-12 PM, w/ On Lok Gentle Seated Yoga 10:30-11:30 AM Food Smart workshop 1-2 PM (cantonese) w/ Leah's Pantry Talk &amp; company w/Rachel 1:30-2:30 PM Art Class 12:00 – 2:30 PM</p>	<p>21. Felton Tech Talk 9-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM CLC Neighbor to Neighbor 12:45-1:30 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM</p>	<p>22. Birthday Celebration 12:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)</p>	<p>23. Early Lunch at 11:45 AM Older Americans Month Celebration 11:30-2:45 PM</p>
<p>26.</p> 	<p>27. Food Box Distribution 9:30-1pm CPSMP WK-5 (Eng.) 10-12 PM w/ On Lok C.S.C. Informal Concert 12-1 PM Food Smart workshop 1-2 PM (cantonese) w/ Leah's Pantry Art Class 12:00 – 2:30 PM</p>	<p>28. BP Screening w/Teresa 9-11 AM Felton Tech Talk 9-10:30 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>29. Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)</p>	<p>30. Dimsum Field Trip 10-3 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</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)

Linda is on Break on 5/6-5/21

Will resume on Tuesday 5/27

**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 June Events:**

**Tuesday, 6/10 Philippine Independence Celebration**

**Friday, 6/13 Father's Day Breakfast**

**Tuesday 6/17 Juneteenth Celebration**

**Thursday, Juneteenth 6/19 CLOSED**

*Volunteer opportunities available!*

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