

OMI SENIOR CENTER

2616 Ocean Ave
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/>







July 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. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00 – 2:30 PM Food Smart workshop 1-2 PM (Cantonese)	2. Felton Tech Talk 9-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM 4th of July Celebration 11:30-1 PM No Spanish Class Ballroom Dancing w/ Sanka 1 – 2:30 PM	3. Tai Chi Class Beginners: 1:00 PM – 1:40 PM  Chi 1:45 PM – 2:40 PM (Advanced)	4.  
7. Felton Tech Talk 9-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM	8. Zumba Gold w/Tiffany 10:30-11:30 AM Art Class 12:00 – 2:30 PM	9. Felton Tech Talk 9-10:30 AM Always Active / 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  Chi 1:45 PM – 2:40 PM (Advanced)	11. 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 9-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM	15. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00 – 2:30 PM Tea & Company w/Rachel 1:30-2:30 PM	16. Felton Tech Talk 9-10:30 AM Always Active / Rachel  10:30 AM - 11:30 AM CLC Neighbor to Neighbor: SF Fire Department 12:45-1:30 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM	17. DEEP 6 Weeks workshop (in Cantonese) 10 AM-12 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	18. 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
21. Felton Tech Talk 9-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM	22. Zumba Gold w/Tiffany 10:30-11:30 AM C.S.C. Informal Concert 12-1 PM Art Class 12:00 – 2:30 PM	23. BP Screening w/Teresa 9-11 AM Felton Tech Talk 9-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM	24. DEEP 6 Weeks workshop (in Cantonese) 10 AM-12 PM Birthday Celebration 12:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	25. 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
28. Felton Tech Talk 9-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM Sunny Line Dance 12:45 - 2:45 PM	29. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00 – 2:30 PM	30. Felton Tech Talk 9-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	31. DEEP 6 Weeks workshop (in Cantonese) 10 AM-12 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	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 (TBD)

Thursday, 9:30 AM – 11:15 AM

Serving Zip Codes: 94112, 94127 and 94132

Will Notify for New Pantry Location

Choir Rehearsal

On Break

Upcoming August Events:

Friday 8/29, Summer Free Dance & Birthday Celebration



Volunteer opportunities available!

Please note that all activities are subject to change.