

◆ OMI SENIOR CENTER ◆



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!**

August 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

Visit our web page: https://catholiccharitiessf.org/omi-senior-center/				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August		Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM		1. 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
4. Felton Tech Talk 9-10:30 AM	5.	6. Felton Tech Talk 9-10:30 AM	7.	8. Exercise Class w/ Andy
Always Active w/ Tiffany 10:30 AM - 11:30 AM IPad Training Class w/Andy 1-2:30PM (Cantonese)	Gentle Seated Yoga 10:30-11:30 AM Art Class 12:00 – 2:30 PM	Always Active / Rachel 10:30 AM - 11:30 AM Spanish w/Micka 12:30-1:30 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM	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)	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
11. Felton Tech Talk 9-10:30 AM	12.	13.	14.	15.Exercise Class w/ Andy
Always Active w/ Rachel	Zumba 10:30-11:30 AM	Felton Tech Talk 9-10:30 AM	DEEP 6 Weeks workshop (in	10:30 AM – 11:30 AM
10:30 AM - 11:30 AM	Art Class 12:00 – 2:30 PM	Always Active / Rachel	Cantonese) 10 AM-12 PM	Nutrition Education Presentation w/Julie (On
IPad Training Class w/Andy 1-2:30PM (English)		10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	Tai Chi Class Beginners: 1:00 PM – 1:40 PM	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
	19.	20.	1:45 PM – 2:40 PM (Advanced) 21.	-
18. Felton Tech Talk 9-10:30 AM		Felton Tech Talk 9-10:30 AM	DEEP 6 Weeks workshop (in	22. Exercise Class w/ Andy
Always Active w/ Tiffany	Gentle Seated Yoga	Always Active / Rachel	Cantonese) 10 AM-12 PM	10:30 AM - 11:30 AM
10:30 AM - 11:30 AM	10:30-11:30 AM Art Class 12:00 – 2:30 PM	10:30 AM - 11:30 AM	Tai Chi Class Beginners:	Art Class 12:00 PM – 2:30 PM
IPad Training Class w/Andy 1-2:30PM (Cantonese)	Tea & Company w/ Rachel 1:30-2:30	Ballroom Dancing w/ Sanka 1 – 2:30 PM	1:00 PM – 1:40 PM	Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
, , , , , , , , , , , , , , , , , , ,	-		1:45 PM – 2:40 PM (Advanced)	
25.	26.	27. BP Screening w/Teresa 9-11 AM	28.	29. Exercise Class w/ Andy 10:15 AM – 11:15 AM
Felton Tech Talk 9-10:30 AM	Zumba Gold w/Tiffany 10:30-11:30 AM	Felton Tech Talk 9-10:30 AM	Tai Chi Class Beginners: 1:00 PM – 1:40 PM	Early Lunch and Birthday Celebration
Always Active w/ Tiffany		Always Active / Rachel 10:30 AM - 11:30 AM	1:45 PM – 2:40 PM (Advanced)	11:30-12:15 PM
10:30 AM – 11:30 AM	C.S.C. Informal Concert 12-12:30 PM		Tai ? Chi	Summer Free Dance: Hawaiian Thrym
IPad Training Class w/Andy	Art Class 12:00 – 2:30 PM	Spanish w/Micka 12:30-1:30 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM		Time: 12:30-2:30 PM
1-2:30PM (English)	7.1. C.0.00 12.00 2.00 1 1VI	Dain John Dancing W/ Janka 1 2.30 1 W		





Mahjong

Monday – Friday

<u>Coffee and Tea Social</u> Monday - Friday 9:30-2:30 PM

Computer Lab

Monday - Friday, 9:00 AM - 2:00 PM

<u>Virtual Computer Class w/ Linda (Cantonese)</u>

Tuesday: 10-11:30 AM (Beginner)
Wednesday: 10-11:30 AM (Advanced)
1-2:30 PM (intermediate)

Karaoke

Mon.- Fri., 9:00 AM - 10:30 AM 1-2:45 PM

Food Pantry/Distribution (TBD)

Thursday, 9:30 AM – 11:15 AM Serving Zip Codes: 94112, 94127 and 94132

Choir Rehearsal

Every Friday @12:30-2 pm Choir is on Break

Upcoming Sept. Events:

Monday, 9/1 Labor Closed
Friday, 9/5 OMI Senior Center Grand Opening

Volunteer opportunities available!

Please note that all activities are subject to change.



