



# 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/>

## September 2025

FACE MASKS ARE OPTIONAL IN THE CENTER  
DAILY HOT MEALS AVAILABLE SOON  
TO-GO, 10:30 AM – 11:30 AM & Dine-In, 12 PM – 1 PM  
OPEN MONDAY THROUGH FRIDAY, 8:30 – 3 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. 	2. <b>Field Trip to:</b> <b>Conservatory Garden 10A M-3 PM</b> <b>Gentle Seated Yoga w/</b> <b>10:30-11:30 AM</b> <b>Art Class 12:00 – 2:30 PM</b>	3. <b>Felton Tech Talk 9-10:30 AM</b> <b>Always Active / Rachel</b> <b>10:30 AM - 11:30 AM</b> <b>Spanish w/Micka 12:30-1:30 PM</b> Ballroom Dancing w/ Sanka 1 – 2:30 PM	4. <b>Know Your Rights Educational Workshop w/ CAA at 10-11 AM (English &amp; Cantonese)</b> Tai Chi Class Beginners: 1:00 PM – 1:40 PM  1:45 PM – 2:40 PM (Advanced)	5. <b>Grand Opening w/ Ribbon Cutting Day 10:30 AM-2 PM</b> 
8. <b>Felton Tech Talk 9-10:30 AM</b> <b>Always Active w/ Tiffany</b> <b>10:30 AM – 11:30 AM</b> <b>IPad Training Class w/Andy</b> <b>1-2:30PM (Cantonese)</b>	9. <b>Zumba Gold w/Tiffany 10:30-11:30AM</b> <b>CYC SF Presents Pre-Disaster Training</b> <b>12:30-1:30 PM (in Cantonese)</b> <b>Art Class 12:00 – 2:30 PM</b>	10. <b>Felton Tech Talk 9-10:30 AM</b> <b>Always Active / Rachel</b> <b>10:30 AM - 11:30 AM</b> Ballroom Dancing w/ Sanka 1 – 2:30 PM	11. <b>Chronic Pain Management Workshop 10 AM- 12 PM (In Cantonese)</b> Tai Chi Class Beginners: 1:00 PM – 1:40 PM  1:45 PM – 2:40 PM (Advanced)	12. <b>Exercise Class w/ Andy</b> <b>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>
15. <b>Felton Tech Talk 9-10:30 AM</b> <b>Always Active w/ Tiffany</b> <b>10:30 AM – 11:30 AM</b> <b>IPad Training Class w/Andy</b> <b>1-2:30PM (English)</b>	16. <b>Gentle Seated Yoga 10:30-11:30 AM</b> <b>CYC SF Presents During Disaster Training</b> <b>12:30-1:30 PM (in Cantonese)</b> <b>Art Class 12:00 – 2:30 PM</b> <b>Tea &amp; Company w/Rachel</b> <b>1:30-2:30 PM</b>	17. <b>Felton Tech Talk 9-10:30 AM</b> <b>Always Active / Rachel</b> <b>10:30 AM - 11:30 AM</b>  <b>CLC N2N Our Community 12:30-1:30 PM</b> Ballroom Dancing w/ Sanka 1 – 2:30 PM	18. <b>Chronic Pain Management Workshop 10 AM- 12 PM (In Cantonese)</b> Tai Chi Class Beginners: 1:00 PM – 1:40 PM  1:45 PM – 2:40 PM (Advanced)	19. <b>Exercise Class w/ Andy</b> <b>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>
22. <b>Felton Tech Talk 9-10:30 AM</b> <b>Always Active w/ Tiffany</b> <b>10:30 AM – 11:30 AM</b> <b>IPad Training Class w/Andy</b> <b>1-2:30PM (Cantonese)</b>	23. <b>Zumba Gold w/Tiffany</b> <b>10:30-11:30 AM</b> <b>C.S.C. Informal Concert 12-12:30 PM</b> <b>CYC Presents Post Disaster Training</b> <b>12:30-1:30 PM (in Cantonese)</b> <b>Art Class 12:00 – 2:30 PM</b>	24. <b>BP Screening w/Teresa 9-11 AM</b> <b>Felton Tech Talk 9-10:30 AM</b> <b>Always Active / Rachel</b> <b>10:30 AM - 11:30 AM</b> <b>Spanish w/Micka 12:30-1:30 PM</b> Ballroom Dancing w/ Sanka 1 – 2:30 PM	25. <b>Chronic Pain Management Workshop 10 AM- 12 PM (In Cantonese)</b> <b>Birthday Celebration 12:30 PM</b> Tai Chi Class Beginners: 1:00 PM – 1:40 PM  1:45 PM – 2:40 PM (Advanced)	26. <b>Exercise Class w/ Andy</b> <b>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>
29. <b>Felton Tech Talk 9-10:30 AM</b> <b>Always Active w/ Tiffany</b> <b>10:30 AM – 11:30 AM</b> <b>IPad Training Class w/Andy</b> <b>1-2:30PM (English)</b>	30. <b>Zumba Workshop 10:30-11:30 AM</b> <b>Art Class 12:00 – 2:30 PM</b>		<b>OMI Senior center</b> <b>is open for</b> <b>In-Person Activities</b> <b>Monday – Friday</b> <b>8:30 AM - 3 PM</b>	

**WEEKLY ACTIVITIES- CONTINUED**

**Mahjong**

Monday – Friday

**Coffee and Tea Social**

**Monday – Friday 9:30-2:00 PM**

**SF Connected Computer Lab**

**(For Assistance, connect w/ Andy)**

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 October. Events:**

**Wear Pink for Breast Cancer Talk, TBA**

**Entertainment and more.....9:45 AM-2:30 PM**

**Thursday, October 30<sup>th</sup> SFSU Health Screening (All Day) Tentative**

**Friday, 10/31 Halloween Fashion Show- Time: TBA**

**Friday, 11/14 Community Health & Education Resource Fair**

***Volunteer opportunities available!***

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