

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/>

November 2025

FACE MASKS ARE OPTIONAL IN THE CENTER

DAILY HOT MEALS AVAILABLE

TO-GO, 10:30 AM – 11:30 AM- **RSVP Required**

Dine In 12 PM – 1 PM

OPEN MONDAY THROUGH FRIDAY, 8:30 – 3 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM			
3. Felton Tech Talk 9-10:30 AM Always Active w/ Rachel 10:30 AM – 11:30 AM <i>IPad Training Class w/Andy</i> <i>1-2:30PM (Cantonese)</i>	4. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:30 – 2:45 PM	5. 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	6. Tai Chi Class 1-2 PM 	7. Exercise Class w/ Andy 10:30 AM – 11:30 AM 4th Annual Veterans Day Ceremony 12:30-2:00 PM
10. Felton Tech Talk 9-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM <i>IPad Training Class w/Andy</i> <i>1-2:30PM (English)</i>	11. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:30 – 2:45 PM	12. Felton Tech Talk 9-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM 	13. Tai Chi Class w/ Rachel 1-2 PM 	14. 3rd Annual Community Health & Education Resource Fair Entertainment and more..... Time: 9:45 AM-2:30 PM
17. Felton Tech Talk 9-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM <i>IPad Training Class w/Andy</i> <i>1-2:30PM (Cantonese)</i>	18. Zumba Gold w/Tiffany 10:30-11:30 AM Art Class 12:30 – 2:45PM Tea & Company w/Rachel 1:30-2:30 PM	19. Felton Tech Talk 9-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	20. Birthday Celebration 12:30 PM Tai Chi Class w/ Rachel 1-2 PM 	21. Field Trip: Treasure Island Cityside Park 10-3 PM Exercise Class w/ Andy 10:30 AM – 11:30 AM Art Class 12:30 PM – 2:45 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
24. Felton Tech Talk 9-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM <i>IPad Training Class w/Andy</i> <i>1-2:30PM (English)</i>	25. Thanksgiving Luncheon 11:30 AM Need RSVP (space Limited 78) C.S.C. Informal Concert 12-12:30 PM Art Class 12:30 – 2:45 PM	26. Felton Tech Talk -10:30 AM 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	27. 	28.

WEEKLY ACTIVITIES- CONTINUED

**To Go-Reservation for to go meal
Please Call Between 9 AM-2 PM**

**Mahjong
Monday - Friday**

**Coffee and Tea Social
Monday - Friday 9:30-2:00 PM**

**Computer Lab
For Support Contact 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
Currently On Hold**

**Choir Rehearsal
w/Community Music Center_OMI Senior Center
Every Friday @12:30-2 pm**

Breaking Bread with Hope: Saturday 11/15 @ 10:30 AM-1:00 PM

Upcoming December. Events:

Wednesday & Thursday, 12/24 & 12/25 Christmas Holiday
OMI SC. Closed and will reopen on Friday 12/26

**Breaking Bread with Hope
Saturday 12/20 @ 10:30 AM - 1:00 PM**

*Volunteer opportunities available!
Please note that all activities are subject to change.*