

◆ 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!

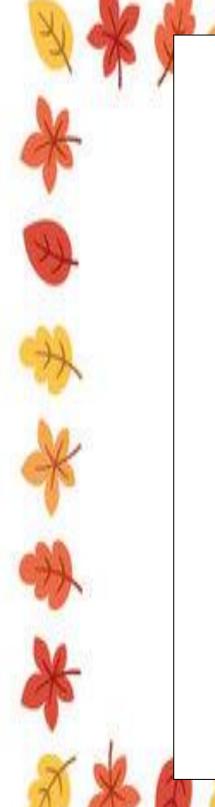
## November 2025

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

Visit our web page: https://catholiccharitiessf.org/omi-senior-center/				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November	Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM		Thanksgiving	
3. Felton Tech Talk 9-10:30 AM	4.	5. Felton Tech Talk 9-10:30 AM	6.	7.
Always Active w/ Rachel	<b>Gentle Seated Yoga</b>	Always Active / Rachel		Exercise Class w/ Andy
10:30 AM - 11:30 AM	10:30-11:30 AM	10:30 AM - 11:30 AM	Tai Chi Class 1-2 PM	10:30 AM - 11:30 AM
IPad Training Class w/Andy 1-2:30PM (Cantonese)	Art Class 12:30 – 2:45 PM	Spanish w/Micka 12:20-1 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM	Tai <b>?</b> Chi	4 <sup>th</sup> Annual Veterans Day Ceremony 12:30-2:00 PM
10.	11.	12.	13.	14.
Felton Tech Talk 9-10:30 AM Always Active w/ Tiffany 10:30 AM - 11:30 AM IPad Training Class w/Andy 1-2:30PM (English)	Gentle Seated Yoga 10:30-11:30 AM Art Class 12:30 – 2:45 PM	Felton Tech Talk 9-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	Tai Chi Class w/ Rachel 1-2 PM Tai Chi	3 <sup>rd</sup> 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 IPad Training Class w/Andy 1-2:30PM (Cantonese)	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  Tai Chi	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.	25.	26.	27.	28.
Felton Tech Talk 9-10:30 AM	Thanksgiving Luncheon 11:30 AM	Felton Tech Talk -10:30 AM		CLOSED FOR
Always Active w/ Tiffany	Need RSVP (space Limited 78)	Always Active / Rachel	". Ihan	ksgiving :
10:30 AM – 11:30 AM	C.S.C. Informal Concert 12-12:30 PM	10:30 AM - 11:30 AM		
IPad Training Class w/Andy 1-2:30PM (English)	Art Class 12:30 – 2:45 PM	Spanish w/Micka 12:30-1:30 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM	HAVE A GF	EAT HOLIDAY!



## WEEKLY ACTIVITIES- CONTINUED

<u>To Go-</u>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

<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., Wed., & Fri., 9:00 AM - 10:30 AM

Food Pantry/Distribution
Currently On Hold

<u>Choir Rehearsal</u> 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.