

• 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)

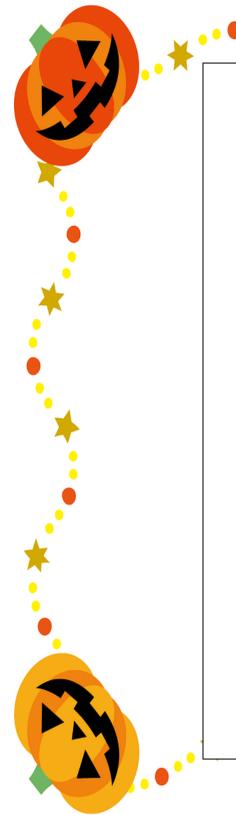
AGE YOUR WAY!

October 2025

FACE MASKS ARE OPTIONAL IN THE CENTER
DAILY HOT MEALS AVAILABLE
TO-GO, 10:30 AM – 11:30 AM & 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
THELLO CONTRACTOR OF THE CONTR	Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM	1. Felton Tech Talk 9-10:30 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	2. Chronic Pain Management Workshop 10 AM- 12 PM (In Cantonese) Tai Chi Class Beginners: 1:00 PM - 1:40 PM Tai Chi 1:45 PM - 2:40 PM (Advanced)	3. Exercise Class w/ Andy 10:30 AM - 11:30 AM Art Class 12:30 PM - 2:50 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM - 2:30 PM
6. Felton Tech Talk 9-10:30 AM Always Active Cancelled Moon Festival Celebration 12:30-3 PM	7. Breast Health Talk w/ Bay Area Cancer Connections 10:30-11:30 AM (Please wear Pink) Art Class 12:30 — 2:50 PM	8. Felton Tech Talk 9-10:30 AM SFMTA Tabling 10 AM- 12 PM Always Active / Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	9. Chronic Pain Management Workshop 10 AM- 12 PM (In Cantonese) Tai Chi Class Beginners: 1:00 PM - 1:40 PM 1:45 PM - 2:40 PM (Advanced)	10.Exercise Class w/ Andy 10:30 AM - 11:30 AM Art Class 12:30 PM - 2:50 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM - 2:30 PM
Staff Retreat Day (Center Closed) 8:30 AM-5 PM	14. Gentle Seated Yoga 10:30-11:30 AM Art Class 12:30 – 2:50 PM	15.Felton Tech Talk 9-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM CLC's N2N Stay Hydrated, Keep Cool 12:30-1:30 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM	16. Chronic Pain Management Workshop 10 AM- 12 PM (In Cantonese) Tai Chi Class Beginners: 1:00 PM - 1:40 PM 1:45 PM - 2:40 PM (Advanced)	17. Exercise Class w/ Andy 10:30 AM - 11:30 AM Art Class 12:30 PM - 2:50 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM - 2:30 PM
20. 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) 27. Felton Tech Talk 9-10:30 AM	21. Field trip to: Pumpkin Patch SF 10 AM-3 PM Gentle Seated Yoga 10:30-11:30 AM Art Class 12:30 — 2:50 PM Tea & Company w/Rachel1:30-2:30 PM 28. Gentle Seated Yoga	22. BP Screening w/Teresa 9-11 AM Felton Tech Talk 9-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM 29.Felton Tech Talk 9-10:30 AM	23. Birthday Celebration 12:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	24. Exercise Class w/ Andy 10:30 AM - 11:30 AM Art Class 12:30 PM - 2:50 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM - 2:30 PM 31.
Always Active w/ Rachel 10:30 AM - 11:30 AM IPad Training Class w/Andy 1-2:30PM (English)	10:30-11:30 AM C.S.C. Informal Concert 12:00-12:30 PM Art Class 12:30 – 2:50 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	Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	Exercise Class w/ Andy 10:30 AM - 11:30 AM Art Class 12:30 PM - 2:50 PM Happy Halloween and Fashion Show



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

<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)

Linda's Fall Break starts on 10/6/25 -11/4/25

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

Every Friday @12:30-2 pm

Upcoming November. Events:

Friday, 11/7 Veterans Day Ceremony at 12:30 – 2:00 pm Friday, 11/14 Community Health & Education Resource Fair Thursday and Friday, 11/27 & 11/28, Thanksgiving Holidays OMI SC. Closed

Volunteer opportunities available!

Please note that all activities are subject to change.

