



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

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/>

January 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	The Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM		1. New Year Closed	2. 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
5. Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM iPad Training Class w/Andy 1-2:30PM (Cantonese)	6. Emergency Preparedness Presentation 10:30-11:30 AM Art Class 12:30 – 2:45 PM	7. Felton Tech Talk 9:00-10:30 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	8. Audiobooks 10-11:30 AM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	9. 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
12. Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM iPad Training Class w/Andy 1-2:30PM (English)	13. Cal Fresh Presentation 10:30-11:30 AM Cal Fresh Application 11:30 AM-1:00 PM Art Class 12:30 – 2:45 PM	14. Felton Tech Talk 9:00-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	15. Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	16. Field Trip to Treasure Island Cityside Park 10:30 AM-2:30 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
19. Martin Lurther King Jr. Day Closed	20. Zumba Gold w/Tiffany 10:30-11:30 AM Tea Chat w/Rachel 1:30-2:30 PM Art Class 12:30 – 2:45 PM	21. Felton Tech Talk 9:00-10:30 AM Always Active / Rachel 10:30 AM - 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	22. Advance Care Planning Class (collaboration w/ Palliative Care Work Group) 10:30-11:30 AM Birthday Celebration 12:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	23. 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
26. Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10:30 AM – 11:30 AM iPad Training Class w/Andy 1-2:30PM (English)	27. Zumba Gold w/Tiffany 10:30-11:30 AM C.S.C. Informal Concert 12-12:30 PM Art Class 12:30 – 2:45 PM	28. BP Screening w/Teresa 9-11 AM Felton Tech Talk 9:00-10:30 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	29. Healthy Living for Your Brain & Body (Eng.) 10:30-11:30 AM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	30. 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

Happy New Year

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

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

Serving Zip Codes: 94112, 94127 and 94132

Choir Rehearsal

Every Friday @12:30-2 pm (Returns Jan 9)

Upcoming February Events:

Wednesday, 2/11 Valentine's Day Red Carpet

Monday, 2/16 President Day OMI SC. Closed

Friday, 2/20 Black History Month celebration

Wednesday, 2/25 Lunar New Year Celebration

Volunteer opportunities available!