



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/>

February 2026

FACE MASKS ARE OPTIONAL IN THE CENTER

DAILY HOT MEALS AVAILABLE

0-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
2. Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10– 11AM iPad Training Class w/Andy 1-2:30PM (Cantonese)	3. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM	4. Felton Tech Talk 9:00-10:30 AM Always Active / Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	5. Cantonese Healthy Living For Your Brain & Body 10:30-11:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM Tai Chi 1:45 PM – 2:40 PM (Advanced)	6. Exercise Class w/ Andy 10 -11 AM Art Class 12:30 PM – 2:45 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
9. Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10– 11AM iPad Training Class w/Andy 1-2:30PM (English)	10. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM	11. Felton Tech Talk 9:00-10:30 AM Always Active / Rachel 10- 11 AM Valentine's Dance, Red Carpet & Birthday celebration 12:30-2:45 PM	12. AAMG Senior Health Workshop 10:30-11:30 AM Tai Chi Class Beginners: 1:00 PM – 1:40 PM Tai Chi 1:45 PM – 2:40 PM (Advanced)	13. Exercise Class w/ Andy 10 -11 AM Art Class 12:30 PM – 2:45 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
16. Presidents' Day Closed	17. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM Tea & Company w/Rachel 1:30-2:30 PM	18. Felton Tech Talk 9:00-10:30 AM Always Active / Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	19. Always Active w/ Monique 10-11 AM ai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	20. Exercise Class w/ Andy 10 -11 AM Black History Month Celebration 12:30-2:30 PM
23. Blood Pressure Checks w/ Teresa 9-11 AM Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10– 11AM iPad Training Class w/Andy 1-2:30PM (English)	24. Gentle Seated Yoga 10-11 AM C.S.C. Informal Concert 12-12:30 PM Art Class 12:30 – 2:45 PM	25. Felton Tech Talk 9:00-10:30 AM Lunar New Year Celebration 10:30 AM-3 PM (@ 2550 Ocean Ave)	26. Always Active w/ Monique 10-11 AM Tai Chi Class Beginners: 1:00 PM – 1:40 PM Tai Chi 1:45 PM – 2:40 PM (Advanced)	27. Exercise Class w/ Andy 10 -11 AM Art Class 12:30 PM – 2:45 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
 FEBRUARY	 Happy Valentine's Day	The Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM	 CHINESE NEW YEAR 2026 YEAR OF THE HORSE	 BLACK HISTORY MONTH

WEEKLY ACTIVITIES- CONTINUED

Mahjong

Monday – Friday

Coffee and Tea Social

Monday – Friday 9:30-2:00 PM

Computer Lab (Please Connect w/ Andy for Assistance)

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

ON HOLD

CMC OMI Senior Choir w/ Beth & Sharon

Every Friday @12:30-2 pm

Upcoming March Events:

Friday 3/6 Women History Month Celebration

Tuesday, 3/17 St. Patrick Day

Volunteer opportunities available!

Please note that all activities are subject to change.