



Catholic Charities OMI Senior Center

About

Catholic Charities OMI Senior Center located in San Francisco's Oceanview, Merced, and Ingleside neighborhoods offers a safe and welcoming location for seniors and adults with disabilities. This diverse, safe, and multi-purpose community center offers daily hot nutritious meals and daily fitness activities such as Always Active Program, Tai Chi and Ballroom dancing. Social activities include choir, karaoke, creative and expressive arts program, and competitive games to challenge the mind and allow individuals to learn about each other while having fun.

OMI Senior Center also offers on-site case management services from qualified staff who create personal care plans for each individual to connect them to appropriate community services and resources that can include home care, meal delivery, adult day programs, environmental safety checks, patient advocacy, mental health counseling, and psychological, emotional, and spiritual support. The OMI Senior Center provides programming that helps seniors and adults with disabilities stay physically, mentally and socially active while residing in the community. Our goal is for our clients to age their way.

Services

- Translation and Social Services
- Case Management Referral
- Hybrid Programs
- Social activities including exercise classes, dance classes, choir, games, yoga, Zumba, arts and crafts, field trips, computer lab, technology literacy classes, health and educational programs and cultural events.
- Referral to Weekly Food Distribution
- Referral to Monthly Food Box
- Hot and Nutritious Meals (To- go and dine- in options available)
- Catholic Charities Breaking Bread with Hope referrals

2025 Impact Stats

755

seniors and adults with disabilities served.

5,470

hours of group activities held

965

hours of translation assistance

661

hours of social services assistance

50

volunteers engaged in **5,950** hours

99%

of clients surveyed reported the physical activities they did at the program had a positive impact on their health

98%

of clients surveyed reported their socialization and interaction with others increased because of this program

99%

of clients surveyed reported their quality of life improved as a result of participation in this program

100%

of clients surveyed reported they would recommend this program to a friend or loved one with similar needs.