



◆ OMI SENIOR CENTER ◆



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

This program serving the community is
funded by the City of San Francisco's
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/>


June 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
<p>1. USF Health Screening 9-3 PM Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10 –11 AM iPad Training Class w/Andy 1-2:30PM (Cantonese)</p>	<p>2. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM AAMG Health Workshop and Zumba 12:30-1:30 PM</p>	<p>3. BP. Checks w/ Teresa 9-11 AM Felton Tech Talk 9:00-10:30 AM Always Active w/Tiffany 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM</p>	<p>4. Always Active w/On Lok 10-11AM Spanish with Mica 12:30-1:00PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM Tai Chi 1:45 PM – 2:40 PM (Advanced)</p>	<p>5. USF Health Screening 9-3 PM 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</p>
<p>8. USF Health Screening 9-3 PM Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10 –11 AM iPad Training Class w/Andy 1-2:30PM (English)</p>	<p>9. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM</p>	<p>10. Felton Tech Talk 9:00-10:30 AM Kaiser Permanente Tabling 9:30-11:30 AM Always Active w/Tiffany 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM</p>	<p>11. Always Active w/On Lok 10- 11AM Philippines Independence Celebration 12:30-2:30 PM</p>	<p>12. USF Health Screening 9-3 PM 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</p>
<p>15. USF Health Screening 9-3 PM Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10 –11 AM iPad Training Class w/Andy 1-2:30PM (Cantonese)</p>	<p>16. Gentle Seated Yoga 10-11 AM <i>Know it to stop it: Understanding Abuse Presentation with IOA 12:30-1:30 PM</i> Art Class 12:30 – 2:45 PM Tea & Company w/Rachel 1:30-2:30 PM</p>	<p>17. Felton Tech Talk 9:00-10:30 AM Always Active w/Tiffany 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM</p>	<p>18. Always Active w/On Lok 10-11AM Juneteenth 11:30-1 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM Tai Chi 1:45 PM – 2:40 PM (Advanced)</p>	<p>19. Closed for Juneteenth</p>
<p>22. USF Health Screening 9-3 PM Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10 –11 AM iPad Training Class w/Andy 1-2:30PM (English)</p>	<p>23. Gentle Seated Yoga 10-11 AM C.S.C. Informal Concert 12-12:30 PM Fathers' and Birthday Day Celebration 12:30 PM Art Class 12:30 – 2:45 PM</p>	<p>24. Felton Tech Talk 9:00-10:30 AM Always Active w/Tiffany 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM</p>	<p>25. Always Active w/On Lok 10- 11AM Spanish with Mica 12:30-1:00PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM Tai Chi 1:45 PM – 2:40 PM (Advanced)</p>	<p>26. USF Health Screening 9-3 PM 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</p>
<p>29. USF Health Screening 9-3 PM Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10 –11 AM iPad Training Class w/Andy 1-2:30PM (Cantonese)</p>	<p>30. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM Affordable Housing Presentation with Self Help for the Elderly 12:30-1:30PM</p>		<p>The Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM</p>	

WEEKLY ACTIVITIES- CONTINUED

Mahjong

Monday - Friday

Coffee and Tea Social

Monday - Friday 9:30-2:00 PM

Karaoke

Mon., Wed., & Fri., 9:00 AM - 10:00 AM

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)

Breaking Bread with Hope

Saturday, June 20 at 10:30am-1:00pm at 50 Broad St.

Food Pantry/Distribution

ON HOLD

CMC OMI Choir Rehearsal w/ Beth & Sharon

Every Friday @12:30-2 pm

Upcoming July Events:

Wednesday, 7/1 Independence Day Picnic

Friday, 7/3 CC OMI Senior Center **CLOSED** for 4th of July

Volunteer opportunities available!

Please note that all activities are subject to change.