



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/>

July 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. Felton Tech Talk 9:00-10:30 AM 4th of July Picnic at Lake Merced Park 10-3 PM Ballroom Dancing w/ Sanka 1 – 2:30 PM	2. Always Active w/ on Lok Zoom 10-11 AM Spanish Class w/ Micka 12:30-1 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM  Chi 1:45 PM – 2:40 PM (Advanced)	
6. 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)	7. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM	8. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	9. Always Active w/ on Lok Zoom 10-11 AM Spanish Class w/ Micka 12:30-1 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM  Chi 1:45 PM – 2:40 PM (Advanced)	10. 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
13. 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)	14. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM CYC Safety workshop (in Cantonese) 12:45-1:45 PM	15. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	16. Always Active w/ on Lok Zoom 10-11 AM Birthday Celebration 12:30 PM Spanish Class w/ Micka 12:30-1 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM  Chi 1:45 PM – 2:40 PM (Advanced)	17. 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
20. 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)	21. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM Caltrans Pedestrian Improvement Project 12:30-1:30 PM Tea & Company w/Rachel 1:30-2:30 PM	22. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM "	23. Always Active w/ on Lok Zoom 10-11 AM Spanish Class w/ Micka 12:30-1 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM  Chi 1:45 PM – 2:40 PM (Advanced)	24. 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
27. USF Health Screening 9-3 PM BP. Checks w/ Teresa 9-11 AM Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10 –11 AM iPad Training Class w/Andy 1-2:30PM (English)	28. Gentle Seated Yoga 10-11 AM C.S.C. Informal Concert 12-12:30 PM Art Class 12:30 – 2:45 PM	29. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	30. Always Active w/ on Lok Zoom 10-11 AM Spanish Class w/ Micka 12:30-1 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM  Chi 1:45 PM – 2:40 PM (Advanced)	31. 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

WEEKLY ACTIVITIES- CONTINUED

Mahjong

Monday – Friday

Coffee and Tea Social

Monday – Friday 9:30-2:00 PM

Computer Lab Please Connect w/ Andy 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, July 18 at 10:30am-1:00pm at 50 Broad St.

Karaoke

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

Food Pantry/Distribution

ON HOLD

CMC OMI Choir Rehearsal w/ Beth & Sharon

Every other Friday 7/10 & 7/24

Volunteer opportunities available!

Please note that all activities are subject to change.