



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/>

August 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
3. USF Health Screening 9-3 PM Felton Tech Talk 9:00-10:30 AM <i>Always Active w/ Tiffany 10 –11 AM</i> USF Health Activity 12:30-1:30 PM <i>iPad Training Class w/Andy 1-2:30PM (Cantonese)</i>	4. <i>Zumba with Tiffany 10-11 AM</i> Art Class 12:30 – 2:45 PM Sugar-Sweetened Beverages Workshop (w/NICOS) 12:45-1:45 PM	5. BP Checks w/ Teresa 9-11 AM <i>Felton Tech Talk 9:00-10:30 AM</i> <i>Always Active w/Rachel 10- 11 AM</i> Ballroom Dancing w/ Sanka 1 – 2:30 PM	6. <i>Always Active Livestream 10-11 AM</i> Spanish w/ Mica 12:30-1 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	7. USF Health Screening 9-3 PM Exercise Class w/ Andy 10–11 AM Art Class 12:30 PM – 2:45 PM USF Health Activity 12:30-1:30 PM <i>Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM</i>
10. USF Health Screening 9-3 PM Felton Tech Talk 9:00-10:30 AM <i>Always Active w/ Tiffany 10 –11 AM</i> USF Health Activity 12:30-1:30 PM <i>iPad Training Class w/Andy 1-2:30PM (English)</i>	11. <i>Gentle Seated Yoga 10-11 AM</i> The 2030 Agenda for Sustainable Development Presentation (w/NEJA) 12:45-1:45 PM Art Class 12:30 – 2:45 PM	12. <i>Felton Tech Talk 9:00-10:30 AM</i> <i>Always Active w/Rachel 10- 11 AM</i> Ballroom Dancing w/ Sanka 1 – 2:30 PM	13. <i>Always Active Livestream 10-11 AM</i> Spanish w/ Mica 12:30-1 PM Tai Chi Class Cancelled	14. USF Health Screening 9-3 PM Exercise Class w/ Andy 10–11 AM Art Class 12:30 PM – 2:45 PM USF Health Activity 12:30-1:30 PM <i>Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM</i>
17. Felton Tech Talk 9:00-10:30 AM <i>Always Active w/ Tiffany 10 –11 AM</i> <i>iPad Training Class w/Andy 1-2:30PM (Cantonese)</i>	18. <i>Gentle Seated Yoga 10-11 AM</i> Art Class 12:30 – 2:45 PM Tea & Company w/Rachel 1:30-2:30 PM	19. <i>Felton Tech Talk 9:00-10:30 AM</i> <i>Always Active w/Rachel 10- 11 AM</i> Ballroom Dancing w/ Sanka 1 – 2:30 PM	20. <i>Always Active Livestream 10-11 AM</i> Spanish w/ Mica 12:30-1 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	21. Exercise Class w/ Andy 10–11 AM Art Class 12:30 PM – 2:45 PM <i>Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM</i>
24. BP. Checks w/ Teresa 9-11 AM Felton Tech Talk 9:00-10:30 AM <i>Always Active w/ Tiffany 10 –11 AM</i> <i>iPad Training Class w/Andy 1-2:30PM (English)</i>	25. <i>Gentle Seated Yoga 10-11 AM</i> Art Class 12:30 – 2:45 PM C.S.C. Informal Concert 12-12:30 PM	26. <i>Felton Tech Talk 9:00-10:30 AM</i> <i>Always Active w/Rachel 10- 11 AM</i> Birthday & Summer Dance Party 12:30-2:30 PM	27. <i>Always Active Livestream 10-11 AM</i> Spanish w/ Mica 12:30-1 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	28. Exercise Class w/ Andy 10–11 AM Art Class 12:30 PM – 2:45 PM <i>Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM</i>
31. Felton Tech Talk 9:00-10:30 AM <i>Always Active w/ Tiffany 10 –11 AM</i> <i>iPad Training Class w/Andy 1-2:30PM (Cantonese)</i>		The Center is open for In-Person Activities Monday – Friday 8:30 AM - 3 PM		

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 Iphone 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 – 10:00 AM

Food Pantry/Distribution (ON HOLD)

CMC OMI Choir Rehearsal w/ Beth & Sharon

Summer Practice Sessions 8/7 & 8/21

Breaking Bread With Hope

Saturday, 8/15 At 50 Broad Street 10:30-1 PM

Upcoming Sepember Events:

Monday, 9/7 Labor Day CC OMI Senior Center Closed

Thursday , 9/17 OMI 1st Year Anniversary celebration

Wednesday, 9/23 Moon Festival & Red Carpet

Friday, 9/25 Always Active Anniversary Celebration

Volunteer opportunities available!

Please note that all activities are subject to change.