



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/>

September 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. USF Health Screening 9-3 PM Zumba Gold w/ Tiffany 10-11 AM Art Class 12:30 – 2:45 PM	2. BP. Checks w/ Teresa 9-11 AM Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	3. USF Health Screening 9-3 PM Always Active Livestream 10-11 AM Spanish w/ Mica 12:30-1:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM  1:45 PM – 2:40 PM (Advanced)	4. Exercise Class w/ Andy 10–11 AM Art Class 12:30 PM – 2:45 PM CMC OMI Choir 12:30-2:00 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
7.  Happy Labor Day! WE'RE CLOSED	8. USF Health Screening 9-3 PM Video Yoga 10-11 AM Art Class 12:30 – 2:45 PM SF Health Plan Medi-Cal and Medicare Presentation (Cantonese) 12:45-1:45 PM	9. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	10. USF Health Screening 9-3 PM Always Active Livestream 10-11 AM Spanish w/ Mica 12:30-1:30 PM Tai Chi Class Beginners: 1:00 PM – 1:40 PM  1:45 PM – 2:40 PM (Advanced)	11. Exercise Class w/ Andy 10–11 AM Art Class 12:30 PM – 2:45 PM CMC OMI Choir 12:30-2:00 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
14. Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10 –11 AM iPad, iPhone Basic Class w/Andy 1-2:30PM (Cantonese)	15. USF Health Screening 9-3 PM Zumba Gold w/ Tiffany 10-11 AM Art Class 12:30 – 2:45 PM SF Health Plan Medi-Cal and Medicare Presentation (English) 12:45-1:45 PM Tea & Company w/Rachel 1:30-2:30 PM	16. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Bone Health Presentation w/ OnLok 11:00-11:30AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	17. USF Health Screening 9-3 PM Always Active Livestream 10-11 AM 1st Year Anniversary at 2616 Ocean & Birthday Celebration 12:30 -2:30	18. Exercise Class w/ Andy 10–11 AM Art Class 12:30 PM – 2:45 PM CMC OMI Choir 12:30-2:00 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
21. Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10 –11 AM Food Smarts in Cantonese w/ Leah's Pantry 12:45-1:45 PM" iPad, iPhone Basic Class w/Andy 1-2:30PM (English)	22. USF Health Screening 9-3 PM Video Yoga 10-11 AM Art Class 12:30 – 2:45 PM C.S.C. Informal Concert 12-12:30 PM AAMG Health Workshop 12:30-1:3 PM	23. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Moon Festival Celebration 12:30-2:30 PM	24. USF Health Screening 9-3 PM Always Active Livestream 10-11 AM Spanish w/ Mica 12:30-1:30 PM Understanding Alzheimer's and Dementia Presentation 1:00-2:00pm (English) And 2:00-3:00pm (Cantonese)	25. Exercise Class w/ Andy 10–11 AM Art Class 12:30 PM – 2:45 PM CMC OMI Choir 12:30-2:00 PM Always Active Field Trip 12:30-4 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
28. Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10 –11 AM Food Smarts in Cantonese w/ Leah's Pantry 12:45-1:45 PM" iPad, iPhone Basic Class w/Andy 1-2:30PM (Cantonese)	29. USF Health Screening 9-3 PM Zumba Gold w/ Tiffany 10-11 AM Art Class 12:30 – 2:45 PM Medicare 101 Presentation 1:00-2:00 PM (Eng. & Cantonese)	30. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 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)

Karaoke

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

Food Pantry/Distribution (ON HOLD)

Breaking Bread With Hope

Saturday, 9/19 @ 50 Broad Street 10:30-1 PM

CMC OMI Choir w/ Beth & Sharon

Every Friday @12:30-2 pm

Upcoming October Events:

Monday, 10/12 **Closed** for Staff Retreat

Friday, 10/23 Health and Education Fair

Friday, 10/30 Halloween Celebration

Volunteer opportunities available!