Catholic Charities
◆ 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!

November 2026

FACE MASKS ARE OPTIONAL IN THE CENTER
DAILY HOT MEALS AVAILABLE
TO-GO, 10:30 -11:30 AM & Dine In, 11:30AM –1 PM
OPEN MONDAY THROUGH FRIDAY, 8:30 – 3 PM

Visit our web page: https://catholiccharitiessf.org/omi-senior-center/

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2.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)*	3. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM	4. 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	5. USF Health Screening 9-3 PM Always Active Livestream 10-11 AM Nutrition Presentation 11-11:30 AM (USF Student) Tai Chi Class Beginners: 1 – 1:40 PM 1:45 PM – 2:40 PM (Advanced)	6. Exercise Class w/ Andy 10–11 AM Veteran's Day Celebration 12:30-2:30 PM
9. 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)*	10. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM	11. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	12.USF Health Screening 9-3 PM Alzheimer's Walk in the Neighbor 10-11 AM (please wear Purple) Spanish with Mica 12:30-1 PM Tai Chi Class Beginners:1– 1:40 PM 1:45 PM – 2:40 PM (Advanced)	13. Online Exercise 10–11 AM CMC OMI Choir 12:30-2 PM Art Class 12:30 PM – 2:45 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
16. 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)*	17. Gentle Seated Yoga 10-11 AM Advanced Directive Workshop 12:30-1:30PM Art Class 12:30 – 2:45 PM Tea & Company w/Rachel 1:30-2:30 PM	18. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	19.USF Health Screening 9-3 PM Always Active Livestream 10-11 AM Signs of Stroke & Heart Attack Presentation 11-11:30 AM (USF Student) Birthday Celebration 11:30 AM Spanish with Mica 12:30-1 PM Tai Chi Class Beginners:1– 1:40 PM 1:45 PM – 2:40 PM (Advanced)	20. Online Exercise 10–11 AM CMC OMI Choir 12:30-2 PM Art Class 12:30 PM – 2:45 PM Mobile Tutor w/Andy, Call to RSVP 1:30 PM – 2:30 PM
23. Felton Tech Talk 9:00-10:30 AM Always Active w/ Tiffany 10 –11 AM *iPad, iPhone Basic Class w/Andy 1-2:30PM (English)*	24. Gentle Seated Yoga 10-11 AM Art Class 12:30 – 2:45 PM C.S.C. Informal Concert 12-12:30 PM	25. Felton Tech Talk 9:00-10:30 AM Always Active w/Rachel 10- 11 AM Thanksgiving Luncheon at 11:30 AM Ballroom Dancing w/ Sanka 1 – 2:30 PM	26. 	27. 
30. 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)*		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

OMI Senior Pantry at SFSU
Launching on Fridays starting November 13
New members must register at the front desk
Volunteers, please contact Sophia Lindsey at (415)334-5556

Breaking Bread with Hope
Saturday, 11/21 @ 50 Broad Street 10:30-1 PM

Upcoming December Events:

Wednesday, 12/23 Christmas Luncheon (Must RVSP)
Thursday & Friday,12/24 & 12/25 Christmas Eve & Christmas Holiday, CC OMI Senior Center Closed