

EAST OAKLAND SENIOR CENTER

9255 Edes Ave • Oakland, CA 94603 | Tel: (510) 615-5731 | Email: EOSC@oaklandca.gov

In Person Daily Schedule • February | March 2022

~All Activities are for members only and are free, unless noted~

CLASS /ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LOCATION	# OF PPL	FACILITATOR
Pool Cards	9:30 – 3:45pm	9:30 – 3:45pm	9:30 – 3:45pm	9:30 – 3:45pm	9:30 – 3:45pm	Game Rm	10	
Food Pantry Distribution			Seniors 8 - 9am Community 9am			Rear Door on Jones St.		Fred Robinson
Line Dancing w/Jewel		11 – 12:30pm		11 – 12:30pm		Multi-Purpose	20	Jewel Lucas
Line Dancing w/Ray	10:45 – 12:15pm				10:45 – 12:15pm	Multi-Purpose	20	Ray Johnson
Step Exercise *Feb 28th	10:15 – 11:30am		10:15 – 11:30am			Music Rm	20	Kay Barrett
Quilting		12:30 – 1:30pm				Lounge	10	Julia Hardy
Zumba		9:30 -10:30am		9:30 -10:30am		Multi-Purpose	20	Meyda R. Arredondo

↻ See next page for virtual activities ↻

NOTE:

- **Beginning February 1, 2022, you will be required to show proof of vaccination and photo ID to enter the building. Mask covering nose and mouth required while in the building.**
- Food Pantry Distribution: Center Members are served first (8am – 9am) then the community afterwards until all food is distributed.

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Virtual Daily Schedule • February | March 2022

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CLASS /ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LOCATION	FACILITATOR
Mayor's Commission on Aging *open to public			*Every 1 st Wednesday 10 am-12 pm			KTOP (TV, online, or in the Canteen)	
PEER2PEER Support Group		1-2 PM				TheGoodLifePath.org	UC Davis, The Good Life
Stretch & Flex w/ Tricia *Open to public	*Strength & Stability 10am KTOP	Mindful Movement 10:00am ZOOM	*Strength & Stability 10am KTOP	*Mindful Movement 10:30am KTOP	*Strength & Stability 10am KTOP	M,W, H,F KTOP Tues ZOOM	Tricia Tangeman
Zoom Practice Meeting		Monthly 3 rd Tuesday 2pm		Monthly 1 st Thursday 9:30am		Zoom	City Staff

NOTE:

KTOP - Oakland's Broadcasting network: Xfinity Channel 10 | AT&T U-Verse Channel 99 | Stream it online.

Times may vary, check KTOP for up-to-date information: <https://www.oaklandca.gov/topics/ktop-tv-10>; [Program Listings](#)

UPCOMING PRESENTATIONS:

Virtual Presentations are open to the public. Please make sure to RSVP to get the zoom link.

To RSVP for any upcoming event, presentation, or class:

 [MyActiveCenter.com](https://www.MyActiveCenter.com) |  510-238-3284; Mon-Fri • 9am - 3pm |  EOSC@oaklandca.gov