

CITY OF OAKLAND SENIOR CENTERS

HUMAN SERVICES DEPARTMENT, AGING & ADULT SERVICES DIVISION



HAPPY FALL!

Dear Senior Center Members:

We welcome you to the next phase of reopening the City of Oakland Senior Centers! Registered members are able to enter the facilities by making appointments for games/pool rooms, lounge spaces/TV rooms, computer labs and other site-specific activities.

We are meeting with all facilitators to make sure what we offer is safe and consistent across all sites. Aerobic exercise classes will not be offered until we can safely engage in physical activities. For those of you who are not ready for in-person activities, we will continue to offer a wide variety of virtual programming. See page 5 for ways to sign up for programs.

Thank you for your continued support!

Downtown | East | North | West
Oakland Senior Centers



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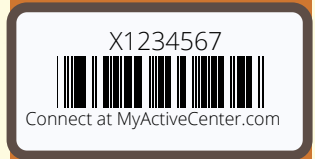


SCHEDULE YOUR MEMBERSHIP REGISTRATION APPOINTMENT TODAY!

Call your local Center today to make an appointment to renew your annual membership (\$12) and get your MyActive Center (MAC) Key Tag.



Works on any computer and device. Just login and start managing your profile!



REGISTER FOR MY ACTIVE CENTER (MAC)

MyActiveCenter (MAC) is a website where members can view and register for center activities. Go to MyActiveCenter.com:

- Click "New Users" in the upper right corner
- Enter your zip code to choose a center
- Use the number on the back of your Key Tag to fill out the form
- Write down your password to remember for next time:

Write Your Password Here!

X _____



JOIN OUR EMAIL LIST!

Are you receiving emails from us?

If not, send an email to your local Senior Center to receive the latest information directly in your email inbox!

Save the email addresses below in your contacts:

SeniorCenters@oaklandca.gov

DOSC@oaklandca.gov | EOSC@oaklandca.gov

NOSC@oaklandca.gov | WOSC@oaklandca.gov

GET SET UP (GSU) E-LEARNING PLATFORM



Learn new things, meet new people and unlock new life experiences. The City of Oakland Aging and Adult Services has partnered with GetSetUp (GSU) to provide live virtual classes taught by older adults. With 300+ classes in technology, fitness, finance, travel, and much more, you'll have everything you need to pursue your passions.

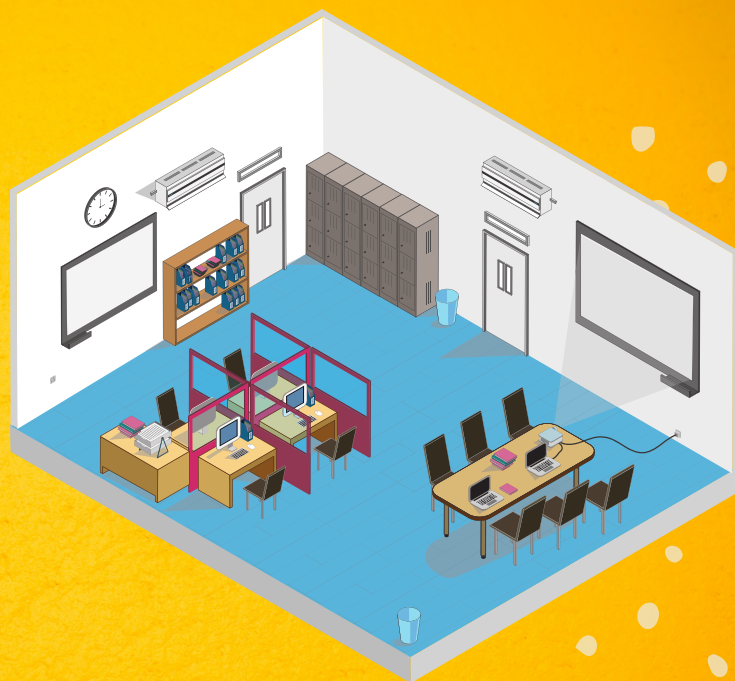
New Member Orientation:

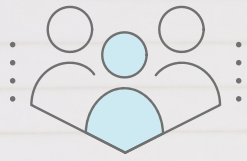
Introduction for new members to the GetSetUp website, class offerings, and where to request Customer Support assistance.



**Don't have a
computer at home?**

Contact your local
Senior Center to book
an appointment!





Now Recruiting Advisory Council Members!

Are you interested in contributing your voice and making an impact on the senior population of the City of Oakland?

We are looking for good leaders to help advise City staff in the development of programs, services, planning, and to conduct fund-raising, advocacy, networking, lobbying and outreach to benefit seniors.

***Advisory Council Applications will be out in October.
Let your local center know if you are interested.***



Information & Assistance



Need help finding critical services that are available to you? Our wonderful Information & Assistance Specialists can help!

Monday – Thursday

10:00am – 2:00pm | (510) 615-5733

or

Tuesday – Friday

10:00am – 2:00pm | (510) 597-5085



Visit our YouTube Channel

Oakland Senior Centers



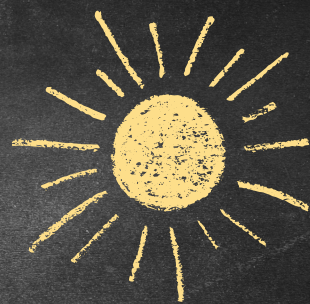
Subscribe to our YouTube Channel!

Holiday Closures

- Nov 11 - Veterans Day
- Nov 25 - Thanksgiving Day
- Nov 26 - Day after Thanksgiving



Sign up for Upcoming Events, Presentations, and Classes Today!



www.MyActiveCenter.com



(510) 238-3284 | Mon – Fri | 9am – 3pm



SeniorCenters@oaklandca.gov



RSVP 1 week before event

STRETCH & FLEX WITH TRICIA

BALANCE & STABILITY

MON | WED | FRI 10:00 AM | KTOP

*First Wednesday of the month | 9:00 AM

MINDFUL MOVEMENT

TUESDAY | 10:30 AM | ZOOM



THURSDAY | 9:30 AM | KTOP



KTOP Channel 10 | AT&T U-Verse Channel 99

or LIVE STREAM:

<https://www.oaklandca.gov/resources/ktop-program-schedule-2>

Simple Steps to Manage Your Stress

S T R E S S

When: Tuesday, September 21, 2021

Time: 2:00pm - 3:00pm

Where: Zoom Presentation

Presenter: Kaiser

Learn how stress impacts your health and simple steps to improve your peace of mind.

Healthy Heart, Heart Disease Presentation

When: Wed, Sept 29, 2021

Time: 3:00pm - 4:00pm

Where: Zoom Presentation

Presenter:

Bonnie Harris Hayden, Esq.

Learn some of the causes and warnings of a heart attack and how to prevent heart disease.

Multipurpose Senior Services Program Presentation



When: Thursday, October 7, 2021

Time: TBD

Where: Zoom Presentation

Presenter(s): Nancy Barreda & Lucila Hernandez

MSSP is a case management program that serves MediCal eligible seniors to live safe independently.



Oakland Public Library

When: Tues, Oct 19, 2021

Time: 2:00pm - 3:00pm

Where: Zoom Presentation

Presenter:

Oakland Public Library

Learn about all the wonders the Oakland Public Library has to offer.

Medicare & the Annual Enrollment Period Changes for 2022



When: Wednesday, October 27, 2021

Time: 10:00am – 11:00am

Where: Zoom Presentation

Presenter:

HICAP (Health Insurance Counseling & Advocacy Program)

- Changes to the Medicare Prescription Drug (Part D) Plans & Medicare Advantage (Part C) Plans
- An overview of eligibility, costs, benefits, and changes in Medicare Parts A and B
- Options for supplementing Medicare and getting help with medical costs (including the Extra Help program)

Home Sharing with Home Match

When: Tuesday, November 9, 2021

Time: 3:00pm – 4:00pm

Where: Zoom Presentation

Presenter: Home Match

Learn about the benefits of home sharing.

Mindful Eating Virtual Presentation

When: Wednesday, December 8, 2021

Time: 10:00am – 11:00am

Where: Zoom Presentation

Presenter: Kaiser

Learn how to detox your environmental toxins by examining your daily routines to increase your health.

Clean Living: How To Reduce Toxic Load

When: Tuesday, November 16, 2021

Time: 10:00am – 11:00am

Where: Zoom Presentation

Presenter: Kaiser

Rediscover how to have a healthy and joyful relationship with food.



Return Service Requested

DOWNTOWN | EAST | NORTH | WEST

OAKLAND SENIOR CENTERS

HUMAN SERVICES DEPARTMENT

150 FRANK H. OGAWA PLAZA, SUITE 4340

OAKLAND, CA 94612

SENIORCENTERS@OAKLANDCA.GOV

DOWNTOWN OAKLAND SENIOR CENTER

200 Grand Ave

Oakland, CA 94610

(510) 238-3284 | DOSC@oaklandca.gov

EAST OAKLAND SENIOR CENTER

9255 Edes Ave

Oakland, CA 94603

(510) 615-5731 | EOSC@oaklandca.gov

**"If everyone is moving together, then
success takes care of itself."**

-Henry Ford



NORTH OAKLAND SENIOR CENTER

5714 Martin Luther King Jr. Way

Oakland, CA 94609

(510) 597-5085 | NOSC@oaklandca.gov

WEST OAKLAND SENIOR CENTER

1724 Adeline St

Oakland, CA 94607

(510) 238-7016 | WOSC@oaklandca.gov