

PROGRAM HIGHLIGHTS~2018

East Oakland Senior Center~ 9255 Edes Avenue, Oakland, CA 94603
(510)615-5731

SPECTRUM SENIOR NUTRITION LUNCH PROGRAM:

Only Tuesdays and Thursdays Until we have a new Meal Site Coordinator. Lunch Served at 12:00-12:45 pm. Please make reservation by noon time at front desk 24 hrs. In Advance. Senior 60+ \$3.75 Donation.

EOSC AUGUST BIRTHDAY LUNCH:

Complementary lunch for seniors 60+ August 29th. 12:00-12:45. Happy August Birthdays!!!!

CANTEEN:

Enjoy a cup of coffee, tea, chocolate and pastry, Mon-Wed and Friday from 9-11 am. Just \$1.00 Donation.

COMPUTER:

Class/Lab Mondays & Fridays. Class: 9:00-10:00 am
Lab 9:00 -4:00 pm. Work independently on your own Document or online project.
Beginners: Mon. 10:30am-12:00 Noon.
Intermediate: Wed. 10:30-12:00.

SPECIAL EVENTS, CLASSES, SERVICES & HEALTH:

- **Movie Day!** 2nd Friday of each month 1:30-3:30 pm enjoy a good movie and popcorn! Just \$1.00 Donation. Starting September 14th. Buy your ticket at Front desk now!!! By Ernestine Thomas.
- **Zumba Gold!** Tuesdays & Thursdays 9:30-10:30 A.M. Have fun dancing! Sing-up at front desk, \$3.00 donation.
- **Attorney Services**, Beginning Sept. 19th. 9:00am-12:00pm Please see Kay Barrett, I&A for Appointment. Jim Wood (Lawyer).
- **Massage by Rena**. Make an appointment at (510)386-3730 ½ hr. \$20.00
- **I&A Specialist Kay Barrett**. Referral for Health, Housing, and Services for seniors. (510) 615-5731
- **HEAP Application (PG &E assistance)**
Request application at Front Desk.
- **HEALTHY LIVING FOR SENIOR**. First Thursday of each month 10:00 am-12:00 pm, join to this group and learn about Nutrition food and more.
By Lucille Jackson

FUNDRAISING & TRIPS:

▪ **Seniors Day A's Game.**

September 20th, Sing-up at front desk \$2.00 Donation. A's Vs. Los Angeles. See flyers in the center. Shuttle OPED City of Oakland
Opal Harper Travel Committee Chair

▪ **Seniors on the move**

. Dubai 8-Days Travel. November. For more information call Kay Barrett at (510)615-5731

▪ **Senior Prom Night**

August 25th, \$25.00 Ticket for more information see flyers in the Center. By Ray Johnson.
Fundraising Chair.

▪ **Casino Trip by INC.**

Cache Creek, September 11th, 2018.
Bus leave 9:00 am Returning 5:30 pm
Cost \$30.00 By Minnie Jackson. See flyers in the Center.

▪ **Healthy Living Festival at the Oakland Zoo Shuttle.**

Thursday, September 13th Organized by United Seniors of Oakland and Alameda County. Sign-up at front desk. For information contact Mary at (510)729-0852 or visit www.usoac.org

▪ **Beginning Spanish Class.**

Starting October 4th. Sign interested list at front desk. \$2.00 Donation. (open August 31st)

VOLUNTEER NEED:

WE NEED VOLUNTEER FOR THE KITCHEN IF YOU'RE INTERESTED TO VOLUNTEER, PLEASE CONTACT ANTONIA RIVERA AT (510)615-5731 OR EMAIL: arivera@oaklandnet.com

Thank you!

HOURS OF OPERATIONS:
MON - FRI, 9:00 AM TO 4:30 PM.

