

PROGRAM HIGHLIGHTS ~ 2018

NORTH OAKLAND SENIOR CENTER • 5714 MLK JR. WAY, OAKLAND, CA 94609 • (510) 597-5085

CANTEEN/LUNCH/FARM STAND

KITCHEN CANTEEN – (kitchen window)

MONDAY – THURSDAY, 10:15AM-1:30PM (TUESDAYS, 10:30AM)

Coffee/Tea/Chocolate/Assorted Pastries – Donation of 25¢

LUNCH – SPECTRUM SENIOR NUTRITION LUNCH PROGRAM

MONDAY - FRIDAY, 11:45AM Make reservations in the office by noontime at least one full business day in advance to be assured a lunch. Walk-ins will be accommodated if no show.

HAPPY NOVEMBER BIRTHDAYS - Wed. Nov. 7, 11:45AM.

Complimentary lunch for seniors age 60+ born in November **with reservation!** Music, birthday cake & ice cream for all! **Reserve your lunch in the daily lunch reservation book.**

COMMUNITY PRODUCE STAND BY MANDELA MARKETPLACE

WEDNESDAYS, 10:30AM – 12:30PM. Shop for your discounted **fresh** fruits and vegetables for home and healthy snacking!

SERVICES

HEAP (P.G. & E. ASSISTANCE) Get help with your energy bill! Applications are available at the Reception Desk.

LAWYER IN THE CENTER – 3rd Wednesdays even months. Make your appointment in the office now for December 19th.

AC TRANSIT BUS STICKERS/BART TICKETS – Effective April, 2018: NOSC no longer sells senior stickers or BART green cards.

HICAP (Health Insurance Counseling & Advocacy Program)
Every 2nd & 4th Thursdays, 9:30, 10:30, 11:30AM slots held at NOSC but call **HICAP (510) 839-0393** for your appointment.

MASSAGE BY OLIVE BY APPOINTMENT Tuesdays & Fridays. Make your appointment at Reception Desk.

LOST & FOUND is located in the Reception Office.

GROUPS/SEMINARS/EDUCATION/HEALTH

Flyers on the following programs/events are located on the table in the main hallway and info table outside the office.

HEALTHY LIVING FOR SENIORS NOSC's Healthy Living presents nutrition information and speakers on a pertinent health topic.

SECOND TUESDAYS, 10:30AM - 12:00 NOON

TUES. NOV. 13, 10:30AM ~ Harvest of the Month, The Pumpkin followed by Health Talk on Diabetes by Agita Nair.

LAVENDER LUNCH BUNCH (3rd Friday of each month)

FRIDAY, NOV. 16/DEC. 21- 12:00PM – 2:00PM

Lavender Seniors of the East Bay sponsors a free lunch, entertainment, speakers, discussion and socializing for Lesbian/Gay/Bisexual/Transgender Elders 55+ and friends.

ALZHEIMER'S ASSOCIATION CARETAKERS' SUPPORT GROUP

FIRST FRIDAYS - Nov. 1, 11:30AM-1:00PM No December meeting. Bring a potluck dish to share. Receive support for caring for your loved ones with dementia. See flyer.

BACS CAREGIVERS' SUPPORT GROUP, 4TH THURSDAYS, 1:00-2:30PM. Contact BACS for more information (510) 601-1074.

COMPUTER LAB

MONDAYS & WEDNESDAYS & FRIDAYS-9:15AM-4:15PM

Work independently on your own projects. Access your email, Internet, watch movies. Headphones and printing are available.

No classes currently scheduled at NOSC.

See flyers in the Center for free instruction at Center for Accessible Technology at nearby Ed Roberts Campus.

SAVE-THE-DATES

MEDICARE OPEN ENROLLMENT, Nov. 15, 10:30AM HICAP presents important plan changes for 2019. RSVP.

HOLIDAY PARTY! Thursday, Dec. 13. Tickets on sale Nov. 13.

TRIPS/TOURS/TICKETS

- **THURS. NOV. 8** Red Hawk Casino Fun Bus. \$35. **Full.**
- **SUN. DEC. 9, 2:00PM** Beach Blanket Babylon Holiday Show. Sign-up opens. Nov. 5. NOSC members -\$25

FRIENDLY EXCURSIONS, INC.

2019 FEATURED TRIPS:

- **MARCH, 2019** - Southern Delights
- **JUNE, 2019** - California Missions
- **JULY, 2019** - Yellowstone and Mount Rushmore
- **SEPT. 2019** - Canadian Rockies & Glacier Nat. Park

PREMIER WORLD DISCOVERY 2018

See flyers in the Center for costs and complete itineraries for exciting 2019 trips including Europe.

- ICELAND
- FRENCH RIVERA
- YELLOWSTONE
- CANADIAN CITIES

SPECIAL EVENTS

- **SAT. DEC. 1.** Holiday Crafts Fair. Registration is open!
- **HOLIDAY PARTY, DEC. 13,** Tickets on sale Nov. 13.

HOURS OF OPERATION: M-F, 9:00AM-4:30PM

CLOSED: VETERANS DAY (MONDAY, Nov. 12)

THANKSGIVING BREAK (THURS. NOV. 22 & FRI. NOV. 23)

RECYCLE! NOSC IS GREEN! EVERYONE MUST SORT COMPOST, TRASH, PAPER & BOTTLES IN RECEPTACLES PROVIDED! PLEASE PUT ALL FOOD WASTE OR FOOD SOILED PAPER INCLUDING PAPER COFFEE CUPS IN THE COMPOST CONTAINER (BROWN SLIM JIM) PLEASE NO STYROFOAM!

- ☹ Senior Center, parking lot, grounds, sidewalks and entry are **smoke free**. Thank you for **Not** Smoking. ☹
- ☹ **SIGN-IN:** All participants and visitors **MUST** sign-in everyday in the lobby where you will be the first to see new and late-breaking programs on the sign-in table!

