

SCHEDULE OF ACTIVITIES

EAST OAKLAND SENIOR CENTER 9255 EDES AVE ■ OAKLAND, CA 94603 ■ (510) 615-5731

DAY	DATES	TIME	INSTRUCTOR	ROOM	Fee/Donation
MONDAY					
Massage by Appointm.	Mondays	9:00-2:00 pm	Rena /510-386-3730	Music	\$20.00 ½ hr.
Group Exercise	Mon-Wed -Fri	9:00-10:15 am	Julia Hardy	MPR	Music Don.
Beginning Computer	Mondays	10:30-12:00 pm	Velora/Deborah	Computer	Free
Computer Class/Lab	Mon-Wed-Fri	9:00-4:00 pm	Will August/Self-User	Computer	Free
Pool /Domino Tables	Monday-to-Friday	9:00-4:00 pm	Free play	Game	Free
Beginning Spanish	Mondays	2:00-3:00 pm	TBA	Dinning	Donations
TUESDAY					
ZUMBA GOLD	Tuesdays &Thurs	9:30-10:30 am	TBA	Music	\$3 Donation
Therapy Exercise	Tuesdays & Thurs	9:00-10:15 am	Freddie Dickerson	MPR	Free
Pool/Domino Tables	Monday-to-Friday	9:00 to 4:00 pm	Free play	Game	Free
Line Dancer	Tuesdays & Thurs	10:30-11:30 am	Jewel Lucas	MPR	Donations
Line Dancer	Tuesdays	12:30-1:30 pm	Ray Johnson	MPR	Donations
Quilting Class	Tuesday	1:00-2:45 pm	Julia Hardy	Art & Craft	Free
Bid Whist	Tuesday & Thurs	12:00-4:00 pm	Coordinator	Music	Free
WEDNESDAY					
Group Exercise	Mon-Wed-Friday	9:00-10:15 am	Julia Hardy	MPR	Music Don.
Choral Singing	Wednesdays	10:30-12:00 pm	Bernice Bates	Music	Free
Computer Intermediate	Wednesdays	10:30-12:00 pm	Velora/Deborah	Computer	Free
Computer Lab	Mon-Wed-Fri	12:00-4:00 pm	Self-User	Computer	Free
Pool/Dominos Table	Monday to Friday	9:00-4:00 pm	Free play	Games	Free
EXERCISE	Wednesdays	11:00-12:00 pm	TBA	MPR	Free
THURSDAY					
Healthy Living	1 st Thu. Monthly	10:00-12:00 pm	Lucille Jackson	Art & Craft	Free
Therapy Exercise	Tuesday & Thurs	9:00-10:15 am	Freddie Dickerson	MPR	Free
Line Dancer	Tuesday & Thurs	10:30-11:30 am	Jewel Lucas	MPR	Donations
SEWING/KNITTING	Thursday	12:30-3:30 pm	Julia Hardy	Art & Craft	Free
Bid Whist	Tuesday & Thurs	12:00-4:00 pm	Coordinator	Music	Free
Zumba Gold	Tuesday & Thurs	9:30-10:30 am	TBA	Music	\$3.00 Don.
Pool/Dominos Tables	Monday to Friday	9:00-4:00 pm	Free Play	Game	Free
FRIDAY					
Group Exercise	Mon-Wed-Fri	9:00-10:15 am	Julia Hardy	MPR	Music Don.
Breath & Move	Fridays	11:00-12:00 pm	Sylvester Saunders	MPR	\$5.00 Don.
Computer Class/Lab	Mondays& Fridays	9:00-4:00 pm	Will August/Self User	Computer	Free
Friday Nite Live	2 nd Fri. Monthly	5:00-8:00 pm	Ray Johnson	MPR	\$5.00 Door
Movie Day	2 nd Fri. Monthly	1:30-3:30 pm	Tina/Evelyn	Dinning	\$1.00 Don.

■ Self-Fitness Gym Hours: 9. 00a.m - 4:00 p.m. ~ Monday - Friday ■ TBA= (TO BE ANNOUNCED)

SPECTRUM Lunch served: 12:00 Noon to 12:30 pm ~ Tuesdays & Thursday until we have Volunteer to serve 5 days of the week.

(Schedule Subject to Change Periodically)

ANTONIA R./ Revised 8/22/18