

SCHEDULE OF ACTIVITIES

North Oakland Senior Center • 5714 MLK Jr. Way, Oakland, CA 94609 • (510) 597-5085

DAY	DATES	TIME	INSTRUCTOR	ROOM	FREE/FEE
MONDAY					
Breathe & Move Fitness		9:15am - 10:15am	S. Saunders	Multipurpose room	\$5. per class
Computer Lab		9:15am - 4:15pm	Open lab	Computer room	FREE
Sewing Circle		10:00am - 2:00pm	L. Hayes	Arts & Crafts room	FREE
Exercise Class		10:30am - 11:30am	D. Helman	Multipurpose room	Donation \$2. - \$5.
Spectrum Lunch Program	Note earlier serving time	11:45am-12:15pm	D. Williams	Dining Hall	\$3.75 suggested donation
(Pool table/Games)	See office for schedule	10:30am - 4:30pm	Free Play	Games room	FREE
TUESDAY					
Yoga		9:15am - 10:30am	J. Stockman	Multipurpose room	Donation \$5.
Share-a-Walk		9:00am - 10:30am	H. Mobley	Computer room	FREE
Beading and Beyond!	Ongoing workshop	9:30am-12:00pm	T. Keith	Arts & Crafts room	FREE
Healthy Living for Seniors	Every 2nd Tuesday	10:00am - 12 Noon	L. Edwards	Computer room	FREE.
Massage by Olive		10:00/11:30am appts	O. Caldwell	TV Lounge	\$20. for 1/2 hr
Spectrum Lunch Program	Reserve 24 hrs. in advance	11:45am -12:15pm	D. Williams	Dining Hall	\$3.75 suggested donation
BINGO!	Doors open at 1:00PM	1:00pm - 3:30pm	K. Wallace	Multipurpose room	3/\$3.00 or 6/\$5.00
Knitting/Crochet		1:00pm - 3:30pm	K. Huhta	Arts & Crafts room	\$5. per class
Pool table/Games	See office for schedule	10:45am - 4:30pm	Free Play	Games room	FREE
WEDNESDAY					
Lawyer in the Center	Next: Dec 19.	9:00am-11:40am	J. Wood	I & A Office	FREE by APPT.
Computer Lab		9:15am - 4:15pm	Open lab	Computer room	FREE
Current Events		9:30am - 11:30am	D. Haytin	TV Lounge	FREE
Tai Chi For Beginners	Join anytime!	9:15am - 10:15am	L. Wagner	Multipurpose room	Donation \$5.
Mandela Marketplace		10:30am-12:30PM	Various	Entry hall or on parking lot	Discounted fresh organics
Exercise Class		10:30am - 11:30am	D. Helman	Multipurpose room	Donation \$2 - \$5
Spectrum Lunch Program	Reserve 24 hrs. in advance	11:45am -12:15pm	D. Williams	Dining Hall	\$3.75 suggested donation
Knitting/Crochet		1:00pm - 3:30pm	K. Huhta	Arts & Crafts room	\$5. per class
Line Dancing (All Levels)	Beginners (1:00-1:30)	1:00pm - 3:00pm	J. Lucas	Multipurpose room	Donation \$5.
Pool table/Games	See office for schedule	10:30am - 4:30pm	Free Play	Games room	FREE
THURSDAY					
Share-a-Walk		9:00am - 10:30am	H. Mobley	Computer room	FREE
Quilting Circle		9:00am - 12:00pm	L. Hayes	Arts & Crafts room	FREE
Cane-Do	TBA.Pre-Register in office	9:30am-10:30am	J. Donnelly	Multipurpose room	\$5 Donation.
Arthritis Exercise	Sponsored by BACS	11:30am - 12:30pm	A. Cartwright	Multipurpose room	FREE
Spectrum Lunch Program	Reserve 24 hrs. in advance	11:45am-12:15pm	P. Jackson	Dining Hall	\$3.75 suggested donation
Lavender Seniors <i>"We're still here"</i>	1st Thursdays	12:00pm - 2:00pm	M. Simpson	TV Lounge	FREE
HICAP (Medicare Counseling)	2nd & 4th Thursdays.	9:30am -11:30am	M. Johnson	I & A Office	FREE by APPT.
Advisory Council	3rd Thursdays	1:00pm - 3:00pm	V. Lofton	Arts & Crafts room	Members welcome
Pool table/Games	See office for schedule	10:30am - 4:30pm	Free Play	Games room	FREE
FRIDAY					
Yoga		9:15am - 10:15am	J. Stockman	Multipurpose room	Donation \$5.
Computer Lab		9:15am - 4:15pm	Open lab	Computer room	FREE
Foster Grandparents	3rd Fridays	10:00am - 12:00pm	L. Hillen	Arts & Crafts room	FREE
Chair Yoga*		10:30am - 11:30am	L. Newbold	Multipurpose room	\$5 per class.
Massage		10:00/11:30am appts	O. Caldwell	TV Lounge	\$20. for 1/2 hr
Alzheimer's Lunch & Learn	1st Fridays	11:30am - 1:00pm	AA staff	Arts & Crafts room	FREE
Spectrum Lunch Program	No Spectrum 3rd Fridays	11:45am -12:15pm	P. Jackson	Dining Hall	\$3.75 suggested donation
Lavender Seniors Lunch	3rd Fridays	12:00pm - 2:00pm	H. Ogawa	Dining room	FREE
Writing with Ellen & Eleanor*		1:30pm-3:00pm	E. Levin	Arts & Crafts room	FREE
Whist & More		1:00pm - 4:00pm	D. Hamilton	Games room	FREE
Pool table/Games	See office for schedule	11:30am - 12:30pm	Free Play	Games room	FREE
Updated: November 1, 2018 ~ New class/program shaded					

