

EAST OAKLAND SENIOR CENTER

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

SCHEDULE OF DAILY ACTIVITIES

DAY	CLASS	TIME	INSTRUCTOR	ROOM	FEE	
MONDAY	Pool Table Games	9:00 am – 4:15 pm	Free Play	Game Room	Free	
	Dominos/Cards	9:00 am – 4:15 pm	Free Play	Game Room	Free	
	Gym Exercise	9:00 am – 4:15pm	No Instructor	Game Room	Free	
	Group Exercise	9:30 am - 10:30 a.m.	Lee/Landreaux	MPR	Free	
	Massage	By Appointment	Rena B. 386-3730	Choir Room	\$20	
	Computer Lab	9:00 am-12:00 pm	Will August	Computer Room	Free	
	Spanish Class	2:00 pm- 3:00 pm	Antonia Rivera	Diner Room	Free	
TUESDAY	Pool Table Games	9:00 am – 4:15 pm	Free Play	Game Room	Free	
	Therapy Exercise	9:00 am - 10:15 am	Dickerson/Landreaux	MPR	Free	
	Line Dancer	10:30 am - 11:30 am	Jewel Lucas	MPR	Free	
	Beginners Computer Class	9:30 am-11:00 am	Velora Savage	Computer Room	Free	
	Line Dancing	12:30 pm – 1:30 pm	Ray Johnson	MPR	Free	
	Quilting Class	1:00 pm – 2:45 pm	Davis/Jackson	Craft Lab	Free	
	Bid Whist	12:30 pm – 4:00 pm	Patricia Lewis Coordinator	Choir Room	Free	
WEDNESDAY	Gym Exercise	9:00 am – 4:15 pm	No Instructor	Game Room	Free	
	Hula Dance	11:00-12:00 Noon	Alberta K. Jay	Choir Room	Free	
	Exercise Class	Open 9:30am- 10:30	Lee/Landreaux	MPR	Free	
	Choral Singing	10:30 am - 12:00 pm	Bernice Bates.	Choir Room	Free	
	Chicago Stepping	11:00-12:00 Noon	David/Martha	MPR	Free	
	Gym Exercise	9:00 am – 4:15 pm	No Instructor	Game Room	Free	
	Computer Lab	9:00am -12:00 pm	Will August	Computer Room	Free	
THURSDAY	Therapy Exercise	9:00 am - 10:15 am	Dickerson/Landreaux	MPR	Free	
	Line Dancing	10:30am.-11:30 am	Jewel Lucas	MPR	Free	
	Beginners Computer Class	9:30 am-11:00 am	Velora Savage TBA	Computer Room	Free	
	Sewing/Knitting	12:30 pm - 3:30 pm	Julia Hardy	Craft Room	Free	
	Bid Whist	11:30 pm -4:00 pm	Patricia Lewis Coordinator	Choir Room	Free	
1 st Th. Monthly	Healthy Living	10:00 am -12:00 pm	Lucille Jackson	Craft Room	Free	
FRIDAY	Pool Table Games	9:00 am – 4:15 pm	Free Play	Game Room	Free	
	Dominos/Cards	9:00 am – 4:15 pm	Free Play	Game Room	Free	
	Exercise Class	9:30 am - 10:30 am	Lee/Landreaux	MPR	Free	
	Gym Exercise	9:30 am – 4:15 pm	Not Instructor	Game Room	Free	
	Breathe & Move	11:00am-12:00 pm	Sylvester Saunders	MPR	\$5.00	
	2 nd /3 rd /4 th	Ceramic & Craft	1:00 pm - 2:45 pm	Eva Aguillard on call	729-0852/C. room	Free
		Computer Lab	9:00 am - 12:00 pm	Will August	Computer Lab	Free

■ Self-Fitness Gym Hours: 9.00a.m – 4:15p.m. ~ Monday – Friday ■

Nutrition Lunch served: 12:00 Noon ~ Monday - Friday (*Schedule Subject to Change Periodically*)