

# SCHEDULE OF ACTIVITIES

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

DAY	DATES	TIME	INSTRUCTOR	ROOM	FREE/FEE
<b>MONDAY</b>					
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.
Massage	<i>Tuesdays starting April 17</i>				
Spectrum Lunch Program	<i>Reserve 24 hrs. in advance</i>	12:00pm -12:30pm	P. Moniz	Dining Hall	\$3.75 suggested donation
(Pool table/Games)	<i>See office for schedule</i>	10:30am - 4:30pm	Free Play	Games room	FREE
<b>TUESDAY</b>					
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!	<i>Ongoing workshop</i>	9:30am-12:00pm	T. Keith	Arts & Crafts room	FREE
Healthy Living for Seniors	<i>Every 2nd Tuesday</i>	10:00am - 12 Noon	L. Edwards	Computer room	FREE.
Massage by Olive	<i>Tues. &amp; Fri. starting April 17</i>	10:00/11:30am appts	O. Caldwell	TV Lounge	\$20. for 1/2 hr
Spectrum Lunch Program	<i>Reserve 24 hrs. in advance</i>	12:00pm -12:30pm	P. Moniz	Dining Hall	\$3.75 suggested donation
BINGO!	<i>Doors open at 1:00PM</i>	1:00pm - 3:30pm	K. Wallace	Multipurpose room	3/\$3.00 or 6/\$5.00
Knitting/Crochet	<i>Note new time!</i>	1:00pm - 3:30pm	K. Huhta	Arts & Crafts room	\$5. per class
Pool table/Games	<i>See office for schedule</i>	10:45am - 4:30pm	Free Play	Games room	FREE
<b>WEDNESDAY</b>					
Lawyer in the Center	<i>Resumes May 16th</i>	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	<i>Ongoing class. Join anytime</i>	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	<i>Reserve 24 hrs. in advance</i>	12:00pm -12:30pm	P. Moniz	Dining Hall	\$3.75 suggested donation
Knitting/Crochet	<i>Note new time!</i>	1:00pm - 3:30pm	K. Huhta	Arts & Crafts room	\$5. per class
Line Dancing (All Levels)	<i>Beginners (1:00-1:30)</i>	1:00pm - 3:00pm	J. Lucas	Multipurpose room	Donation \$5.
Men's Group-Sharing Stories*	<i>Closed session.</i>	12:30pm-2:00pm	B. Pauw	TV Lounge	FREE
Pool table/Games	<i>See office for schedule</i>	10:30am - 4:30pm	Free Play	Games room	FREE
<b>THURSDAY</b>					
Share-a-Walk		9:00am - 10:30am	H. Mobley	Entry hallway	FREE
Quilting Circle		9:00am - 12:00pm	L. Hayes	Arts & Crafts room	FREE
Cane-Do	<i>Starts April 5. Pre-register now</i>	9:30am-10:30am	J. Donnelly	Multipurpose room	\$5 Donation
AARP Tax-Help	<i>Make appointment in office</i>	9:30am -2:30PM	E. Howard	Computer Room	FREE
Arthritis Exercise	<i>Sponsored by BACS</i>	11:30am - 12:30pm	A. Cartwright	Multipurpose room	FREE
Spectrum Lunch Program	<i>Reserve 24 hrs. in advance</i>	12:00pm -12:30pm	P. Moniz	Dining Hall	\$3.75 suggested donation
Lavender Seniors <i>"We're still here"</i>	<i>1st Thursdays</i>	12:00pm - 2:00pm	M. Simpson	TV Lounge	FREE
HICAP (Medicare Counseling)	<i>2nd &amp; 4th Thursdays.</i>	9:30am -11:30am	M. Johnson	I & A Office	FREE by APPT.
Writing your Memoir	<i>Pre-register! April 19</i>	1:00pm - 2:30pm	A. Borgia	Computer room	FREE
Walt Whitman Poetry & Jazz	<i>Monthly-check flyer</i>	1:30pm - 3:00pm	D. Shockley	Multipurpose room	FREE Donations accepted
Advisory Council	<i>3rd Thursdays</i>	1:00pm - 3:00pm	V. Lofton	Arts & Crafts room	Members Welcome
Pool table/Games	<i>See office for schedule</i>	10:30am - 4:30pm	Free Play	Games room	FREE
<b>FRIDAY</b>					
Yoga		9:15am - 10:15am	J. Stockman	Multipurpose room	Donation \$5.
Computer Lab		9:15am - 4:15pm	Open lab	Computer room	FREE
Foster Grandparents	<i>3rd Fridays</i>	10:00am - 12:00pm	L. Hillen	Arts & Crafts room	FREE
Chair Yoga*		10:30am - 11:30am	L. Newbold	Multipurpose room	\$5 per class.
Massage	<i>Resumes April 20</i>	10:00/11:30am appts	O. Caldwell	TV Lounge	\$20. for 1/2 hr
Alzheimer's Lunch & Learn	<i>1st Fridays</i>	11:30am - 1:00pm	AA staff	Arts & Crafts room	FREE
Spectrum Lunch Program	<i>Reserve 24 hrs. in advance</i>	12:00pm -12:30pm	P. Moniz	Dining Hall	\$3.75 suggested donation
Lavender Seniors Lunch	<i>3rd Fridays</i>	12:00pm - 2:00pm	H. Ogawa	Dining room	FREE
Writing with Ellen & Eleanor*	<i>a few openings for session</i>	1:30pm-3:00pm	E. Levin	Arts & Crafts room	FREE
Whist & More		1:00pm - 4:00pm	D. Hamilton	Games room	FREE
Pool table/Games	<i>See office for schedule</i>	11:30am - 12:30pm	Free Play	Games room	FREE

Updated: April 9, 2018

~ New class/program shaded



