

Spring 2018

Downtown Oakland Senior Center's  
**DAYTIME PROGRAM SCHEDULE**

Downtown Oakland Senior Center  
200 Grand Ave., Oakland, CA 94610

Phone: (510) 238-3284  
Fax: (510) 238-7118

### MONDAY

PROGRAM	TIME	ROOM	INSTR./CHAIR	FEE / DONATION
Taiji with Zochi	9:00 – 10:15	Ballroom	Zochi Young	Free
Pilates	9:00 – 10:00	Hall 1	Pamela "Mela" Grande	\$4.00 per class
Table Tennis (Ping Pong)	9:00 – 12:00 12:00 – 3:00	Canteen Hall 2	Fred Montanez	Free
Yoga	9:30 – 10:45	Lounge	Scottie McCauley	Free
Bridge	9:30 – 2:30	Multi-Purpose Room	Debra Aoki	.50 a day
Computer Instruction	9:30 - 11:30 12:30 – 2:30	Computer Lab	George Wilson	See flyer
English as a Second Language (ESL)	10:00 – 11:00	Arts & Crafts Room (Mondays) Hall 4 (Wednesdays)	Margaret Pillsbury Ruby Long	Free-DOSC Members \$2.00 –Non-Members
Consignment Shop	10:00 – 2:00	Lower Level	Volunteer Staff	
Aphasia	10:00 – 2:45	Dinette	Roberta Elman	\$/Fee
Taiji Fan	10:15 – 11:00	Ballroom	Pat Miller	Free
Aerobics/Fitness	11:00 – 12:00	Ballroom	Elyse Dukatz	\$2.00 per class
Line Dance	11:30 – 2:45	Hall 1	Gloria Willis	\$3.00 per class
Healthy Back Class	12:00 – 12:30	Ballroom	Elyse Dukatz	Free
Al-Anon Meeting	12:00 – 1:00	Room 211	Mondays Only	
Aerobics – <i>Keep It Movin'</i>	1:00 – 2:00	Ballroom	Sam Robinson	\$3.00 per Class
Crafting Workshop	1:30 – 4:00	Arts & Crafts Room	Cassandra Edwards	\$5.00 See Flyer for Dates

### TUESDAY

PROGRAM	TIME	ROOM	INSTR./CHAIR	FEE / DONATION
Brain Aerobics	9:00 – 10:00	Multi-Purpose Room	Arnita Calloway	\$3.00 per class
Aphasia	9:00 – 2:45	Dinette	Roberta Elman	\$/Fee
Dance Inst. (Intermed.)	9:15 - 10:15	Ballroom	David Henry	\$32/\$40***
Bridge: Learn & Play	10:00 - 12:00	Multi-Purpose Room	Arnita Calloway	\$/Fee
Art Classes (Various)	10:00 – 12:30	Arts & Crafts Room	Annette Starks	See Flyer for \$\$ and dates
Consignment Shop	10:00 - 2.00	Lower Level	Volunteer Staff	
Dance Instruction (Beg.)	10:15 - 11:30	Ballroom	David Henry	\$6.00 per class
Tea Dancing	12:00 - 3:45	Ballroom	Debbie Aoki	\$3.00 *
AA Meetings	12:00 - 1:00	Hall 3	Meetings held Tuesday through Friday	

### WEDNESDAY

PROGRAM	TIME	ROOM	INSTR./CHAIR	FEE / DONATION
Taiji with Zochi	9:00 – 10:15	Ballroom	Zochi Young	Free
Sewing <i>In Recess until June</i>	9:00 – 2:00	Arts & Crafts Room	Gladys Levy	Free
Aphasia	9:00 – 2:45	Multi-Purpose Room	Roberta Elman	\$/Fee
Writing Workshop	9:15 – 11:15	Room 211	Norman Lemoine	Free

**(WEDNESDAY CONTINUED)**

PROGRAM	TIME	ROOM	INSTR./CHAIR	FEE / DONATION
Table Tennis (Ping Pong)	9:00 – 12:00 12:00 – 3:00	Hall 2 Canteen	Fred Montanez	Free
Yoga	9:30 – 11:00	Lounge	Connie Cronin	Free
Computer Instruction	9:30 – 11:30 12:30 – 2:30	Computer Lab	George Wilson	See flyer
Taiji Sword Class	9:50 – 10:50	Ballroom	Lesley Chan / Pat Miller	Free
English as a Second Language (ESL)	10:00 – 11:00	Hall 4	Margaret Pillsbury Ruby Long	Free-DOSC Members \$2.00 –Non-Members
Aerobics / Fitness	11:00 – 12:00	Ballroom	Elyse Dukatz	\$2.00 per class
Healthy Back Class	12:00 – 12:30	Ballroom	Elyse Dukatz	Free
Bid Whist Games	12:30 – 4:30	Hall 2	Arnita Calloway	Free
Restorative Tai Chi	12:45 – 1:45	Lounge	Nic Ramos	Free
Aerobics – <i>Keep It Movin'</i>	1:00 – 2:00	Ballroom	Sam Robinson	\$3.00 per Class
Movies	1:15 - 3:30	Multi-Purpose Room	Volunteer Staff	Free
Ballroom Dance (Intermed.)	1:45 – 2:45	Lounge	Linda Liu	\$20/4 weeks

**THURSDAY**

PROGRAM	TIME	ROOM	INSTR./CHAIR	FEE / DONATION
Aphasia	9:00 – 2:45	Dinette	Roberta Elman	\$/Fee
Strengthening Exercises	9:00 – 10:00	Lounge	Arnita Calloway	\$3.00 per class
Knitting & Crocheting	9:00 – 11:00	Dining Hall Annex	Sala Ajaniku	Free
Bridge	9:30 – 2:30	Multi-Purpose Room	Debra Aoki	.50 a day
Consignment Shop	10:00 – 2:00	Lower Level	Volunteer Staff	
Yoga	10:30 – 11:30	Hall 1	Jenny Ma	Free
Tea Dance	12:00 – 3:45	Ballroom	Elizabeth Song / David Von Terstegge	\$3.00*
Tap Dancing – Intermed.	1:00 – 2:00	Hall 1	Bruce Biada	\$5 per class

**FRIDAY**

PROGRAM	TIME	ROOM	INSTR./CHAIR	FEE / DONATION
Taiji with Zochi	9:00 – 10:15	Ballroom	Zochi Young	Free
Poetry Writing Workshop	9:15 – 11:00 No meeting on 3 <sup>rd</sup> Friday	Hall 3	Jennifer D. King	Free
Computer Instruction	9:30 – 11:30 12:30 – 2:30	Computer Lab	George Wilson	See flyer
Consignment Shop	10:00 – 2:00	Lower Level	Volunteer Staff	
Senior Companions Training (Vietnamese & Chinese Translations)	10:00 – 12:00	Hall 2	Liz Hillen **	Free
Current Events	10:30 – 12:00	Hall 4	Joe Como	Free
Zumba for Mature Adults	10:30 – 11:30	Ballroom	Helen Vaughn	\$3.00 per class
Yoga for Beginners	11:00 – 12:15	Lounge	Petra Fibrichova	\$5.00 per class
Aerobics – <i>Keep It Movin'</i>	12:00 – 1:00	Hall 1	Sam Robinson	\$3.00 per Class
Dance Instruction - Advanced	12:00 – 2:00	Ballroom	David Henry	\$56/\$70 Monthly***
Senior Companions Training (English Only)	12:30 – 2:00	Hall 2	Liz Hillen**	Free
Yoga	1:30 – 3:00	Lounge	Nancy Manos	Free

\* Non-members: \$4.00

\*\* This monthly class is held through the City of Oakland's Senior Companions Program. Please call Senior Companions at 238-3620 for more information.

\*\*\* Need instructor's approval