

AUGUST 2024 ACTIVITY SCHEDULE NORTH OAKLAND SENIOR CENTER



INCLUDING ACTIVITIES FROM THE WEST OAKLAND SENIOR CENTER

M O N D A Y	9:15A- 10:15A BEGINNING LINE DANCE CLASS \$5/CLASS MULTIPURPOSE ROOM
	10A- 11:30A SEWING & QUILTING ARTS& CRAFTS ROOM
	10:20A- 11:45A LINE DANCE CLASS \$5/CLASS MULTIPURPOSE ROOM
	12P-3P PICKLEBALL MULTIPURPOSE ROOM
	2P-3P LIFE'S REFLECTIONS TV ROOM
	HOW TO AGE IN PLACE: HIRING AND WORKING WITH A CAREGIVER MONDAY, AUG. 19TH 1P-2P CLASSROOM OPEN TO THE PUBLIC-PLEASE REGISTER
T U E S D A Y	9:10A- 10:10A KEEP IT MOVING "AEROBICS " \$5/CLASS MULTIPURPOSE ROOM
	11A- 12P STRENGTH & STABILITY MULTIPURPOSE ROOM
	11A- 12P GAME ROOM IS CLOSED
	11A- 1P CRAFT CLASS ARTS & CRAFTS ROOM
	1P-3P SOCIAL BINGO \$3/3 BOARDS OR \$5/6 BOARDS MULTIPURPOSE ROOM
	SPECIAL EVENTS MEETING AUGUST 13TH, 11A ACTIVITY ROOM - 2ND TUESDAY EVERY MONTH
W E D N E S D A Y	9:30A - 10:30A YOGA FOR SENIORS
	9:30A- 10:30A GAME ROOM CLOSED
	10A- 12P CURRENT EVENTS ZOOM
	10:45A- 11:45A TAI CHI \$5/CLASS ACTIVITY ROOM
	11A- 12P HOOK & LATCH ARTS & CRAFT ROOM
	1P-3P WEEKLY PING PONG PLAY MULTIPURPOSE ROOM
	LIONS CLUB FOR VISUALLY IMPAIRED AUGUST 14TH, 10A-11A TV ROOM - 2ND WEDNESDAY EVERY MONTH
	CALIFORNIA BRAIN GAMES AUGUST 14TH & 28TH, 11:30A-12:30P TV RM - 2ND & 4TH WEDNESDAY EVERY MONTH
	NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES AUGUST 14TH, 1P-3P CLASSROOM - 2ND WEDNESDAY EVERY MONTH
	DROP-IN ART THERAPY GROUP JULY 17TH - SEPT. 11TH 12:45PM-2:15PM - ARTS & CRAFTS ROOM
COFFEE, TEA & MEET AUGUST 7TH, 11A-12P TV ROOM - 1ST WEDNESDAY EVERY MONTH	

Sign up for many classes via MyActiveCenter.com

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9:10A- 10:10A KEEP IT MOVING "AEROBICS" \$5/CLASS MULTIPURPOSE ROOM

10:30A- 11:30A ZUMBA MULTIPURPOSE ROOM

11A- 1P AFRICAN AMERICAN MOVIES CLASSROOM

12P-3P PICKLEBALL MULTIPURPOSE ROOM

TRAVEL COMMITTEE MEETING AUGUST 8TH, 11A-12P ACTIVITY ROOM - 2ND THURSDAY EVERY MONTH

BOOK CLUB AUGUST 1ST & 15TH 1P-3P ARTS & CRAFTS RM - 1ST & 3RD THURSDAYS EVERY MONTH

NOSC ADVISORY COUNCIL MEETING AUGUST 15TH, 1P ACTIVITY ROOM - 3RD THURSDAY EVERY MONTH

SIP & PAINT \$20 (INCLUDES SUPPLIES) 1P-3P ARTS & CRAFTS ROOM - 4TH THURSDAY EVERY MONTH

WOSC ADVISORY COUNCIL MEETING AUGUST 22ND, 1P ACTIVITY ROOM - 4TH THURSDAY EVERY MONTH

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9:30A- 10:30A BRAIN FIT CARDIO MULTIPURPOSE ROOM

10A- 11:30A SEWING & QUILTING ARTS & CRAFTS ROOM

12P- 1:15P BEGINNING SPANISH (DROP INS WELCOME) ARTS & CRAFTS ROOM

12P-3P BID WHIST ACTIVITY ROOM

LAVENDER SENIORS LUNCH BUNCH FOR LGBTQ+ SENIORS AND ALLIES

AUGUST 16TH, 12:30P-2:30P MULTIPURPOSE ROOM - 3RD FRIDAY EVERY MONTH

REGISTER WITH JESSIE SPIVEY AT 510-882-2286 OR EMAIL JESSI@OAKLANDLGBTQCENTER.ORG

OTHER HAPPENINGS

FREE 3RD ANNUAL ICE CREAM SOCIAL WED, AUG. 14TH 1P-2:30P

MERCY BROWN BAG AUGUST 8TH & 22ND 9A- 10A DINING ROOM - 2ND AND 4TH THURSDAYS EVERY MONTH

UPCOMING TRIPS

~~**JELLY BELLY FACTORY WEDNESDAY, JULY 31ST \$5/NOSC MEMBER (PRICES FOR TRANSPORTATION ONLY)**~~

SF ZOO WED., AUGUST 7TH \$5/NOSC MEMBER \$10/DOSC-EOSC MEMBERS (PRICES FOR TRANSPORTATION ONLY)

GOLDEN CORRAL (TRACY) FRIDAY, AUGUST 16TH, \$10/NOSC MEMBER (PRICES FOR TRANSPORTATION ONLY)

WICKED - ORPHEUM THEATER IN SF THURS. AUGUST 29TH. SIGN UPS START SOON

HEALTHY LIVING FESTIVAL THURS. SEPT. 26TH, 2024 SIGN UPS START SOON

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