



# JULY 2024 ACTIVITY SCHEDULE

## NORTH OAKLAND SENIOR CENTER

INCLUDING ACTIVITIES FROM THE WEST OAKLAND SENIOR CENTER

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**9A-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**

**FINANCIAL ASSISTANCE: HOW TO GET HELP WITH HEALTHCARE COSTS JULY 15TH, 1P-2P**

**CLASSROOM OPEN TO THE PUBLIC-PLEASE REGISTER**

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**9:30A-10:30A LOW IMPACT AEROBICS \$5/CLASS MULTIPURPOSE ROOM**

**11A-12P STRENGTH & STABILITY MULTIPURPOSE ROOM**

**1P-3P SOCIAL BINGO \$1/GAME OR \$5/6 GAMES MULTIPURPOSE ROOM**

**1P-3P CRAFT CLASS ARTS & CRAFTS ROOM**

**SPECIAL EVENTS MEETING JULY 9TH, 11A ACTIVITY ROOM - 2ND TUESDAY EVERY MONTH**

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**10A-12P CURRENT EVENTS ZOOM**

**10:45A-11:45A TAI CHI \$5/CLASS ACTIVITY ROOM ON HOLD - RESUMES AUGUST 7TH**

**11A-12P HOOK & LATCH ARTS & CRAFT ROOM**

**1P-3P WEEKLY PING PONG PLAY MULTIPURPOSE ROOM**

**LIONS CLUB FOR VISUALLY IMPAIRED JULY 10TH, 10A-11A TV ROOM - 2ND WEDNESDAY EVERY MONTH**

**CALIFORNIA BRAIN GAMES JULY 10TH & 24TH, 11:30A-12:30P TV ROOM - 2ND & 4TH WEDNESDAY EVERY MONTH**

**NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES JULY 10TH, 1P-3P COMPUTER ROOM - 2ND WEDNESDAY EVERY MONTH**

**WOSC ADVISORY COUNCIL MEETING JULY 17, 11A-1P ACTIVITY ROOM - 3RD WEDNESDAY EVERY MONTH**

**DROP-IN ART THERAPY GROUP START DATE AND TIME TBD ARTS & CRAFTS ROOM**

# JULY 2024 ACTIVITY SCHEDULE NORTH OAKLAND SENIOR CENTER



INCLUDING ACTIVITIES FROM THE WEST OAKLAND SENIOR CENTER

**T H U R S D A Y**

**9A-10A LOW IMPACT AEROBICS \$5/CLASS MULTIPURPOSE ROOM**  
**10:30A-11:30A ZUMBA MULTIPURPOSE ROOM**  
**12P-2P AFRICAN AMERICAN MOVIES CLASSROOM**  
**12P-3P PICKLEBALL MULTIPURPOSE ROOM**

**TRAVEL COMMITTEE MEETING JULY 11TH, 11A-12P ACTIVITY ROOM - 2ND THURSDAY EVERY MONTH**  
**BOOK CLUB JULY 18TH (4TH CANCELLED) 1P-3P ARTS & CRAFTS RM - 1ST & 3RD THURSDAYS EVERY MONTH**  
**NOSC ADVISORY COUNCIL MEETING JULY 18TH, 1P ACTIVITY ROOM - 3RD THURSDAY EVERY MONTH**  
**SIP & PAINT JULY 25TH, 1P-3P ARTS & CRAFTS ROOM 4TH THURSDAY EVERY MONTH**

**F R I D A Y**

**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**  
**JULY 19TH, 12:30P-2:30P MULTIPURPOSE ROOM - 3RD FRIDAY EVERY MONTH**  
**REGISTER WITH JESSIE SPIVEY AT 510-882-2286 OR EMAIL [JESSI@OAKLANDLGBTQCENTER.ORG](mailto:JESSI@OAKLANDLGBTQCENTER.ORG)**

## OTHER OFFERINGS

**MERCY BROWN BAG JULY 11TH & 25TH, 9A-10A DINING ROOM - 2ND AND 4TH THURSDAYS EVERY MONTH**

**MEDICARE HICAP COUNSELING THURSDAYS 12P-3P TV ROOM - (CONFLICT 3RD & 4TH THURS.)**

**HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM CALL 510-839-0393 \*APPT. ONLY\***

**SUPPORT GROUP FOR PEOPLE WITH PARKINSON'S DISEASE JULY 25TH, 1PM-2:30PM NO COST TO ATTEND**  
**ACTIVITY ROOM - 4TH THURSDAY EVERY MONTH, OFFERED BY PDACTIVE**