

Winter 2020

# 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	INSTRUCTOR/CHAIR	FEE / DONATION
Taiji Basics	9:00 - 10:00	Ballroom	Mike Pompa	Free
Pilates	9:00 - 10:30	Hall 1	Pamela "Mela" Grande	\$4.00 per class
Yoga	9:30 - 10:45	Lounge	Scottie McCauley	\$5.00 per class
Computer Instruction	9:30 - 11:30 12:30 - 2:30	Computer Lab	George Wilson	See Flyer for Dates
English as a Second Language (ESL)	10:00 - 11:00	Hall 5	Margaret Pillsbury, Ruby Long, Jane Freeman	Free - DOSC Members \$2.00 - Non-Members
Taiji Fan / Sword Chuan	10:00 - 11:00	Ballroom	Lesley Chan / Pat Miller	Free
Consignment Shop	10:00 - 2:00	Lower Level	Volunteer Staff	
Bridge	10:00 - 2:30	Multi-Purpose Rm	Debra Aoki	.50 a day
Aphasia	10:00 - 2:45	Dinette	Roberta Elman	\$ / Fee
Aerobics/Fitness	11:00 - 12:00	Ballroom	Elyse Dukatz	\$2.00 per class
Line Dance	11:00 - 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	\$5.00 per class
Crafting Workshop	1:30 - 4:00	Arts & Crafts Rm	Cassandra Edwards	\$5.00 per class See Flyer for Dates

## TUESDAY

PROGRAM	TIME	ROOM	INSTRUCTOR/CHAIR	FEE / DONATION
Brain Aerobics	9:00 - 10:00	Multi-Purpose Rm	Arnita Calloway	\$3.00 per class
Aphasia	9:00 - 2:45	Dinette	Roberta Elman	\$/Fee
Dance Instruction (Intermed.)	9:15 - 10:15	Ballroom	David Henry	See Flyer for \$\$
Bridge: Learn & Play	10:00 - 12:00	Multi-Purpose Rm	Arnita Calloway	\$/Fee
Art Classes (Various)	10:00 – 12:30	Arts & Crafts Rm	Annette Starks	See Flyer for \$\$ and Dates
Consignment Shop	10:00 - 2:00	Lower Level	Volunteer Staff	
Dance Instruction (Beginners)	10:15 - 11:30	Ballroom	David Henry	See Flyer for \$\$
Tea Dance	12:00 - 3:30	Ballroom	Debbie Aoki	\$3.00 - DOSC Members \$4.00 - Non Members
AA Meetings	12:00 - 1:00	Hall 3	☞ Meetings held Tuesday through Friday ☞	

## WEDNESDAY

PROGRAM	TIME	ROOM	INSTRUCTOR/CHAIR	FEE / DONATION
Taiji Basics	9:00 – 10:15	Ballroom	Mike Pompa	Free
Taiji Yang Hand Form	9:00 – 11:00	Hall 1	Leslie Chan / Pat Miller	Free
Aphasia	9:00 – 12:00	Multi-Purpose Rm	Roberta Elman	\$ / Fee
Writing Workshop	9:15 – 11:15	Room 211	Norman Lemoine	Free

*Updated: 02/26/2020*

## (WEDNESDAY CONTINUED)

PROGRAM	TIME	ROOM	INSTRUCTOR/CHAIR	FEE / DONATION
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 for Dates
Taiji Yang Sword Class	10:00 – 11:00	Hall 1	Lesley Chan / Pat Miller	Free
English as a Second Language (ESL)	10:00 – 11:00	Hall 5	Margaret Pillsbury, Ruby Long, Jane Freeman	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	\$5.00 per class
Movies	1:15 - 3:30	Multi-Purpose Rm	Volunteer Staff	Free

## THURSDAY

PROGRAM	TIME	ROOM	INSTRUCTOR/CHAIR	FEE / DONATION
Strengthening Exercises	9:00 – 10:00	Lounge	Arnita Calloway	\$3.00 per class
Knitting & Crocheting	9:00 – 11:00	Arts & Crafts Rm	Sala Ajaniku	Free
Aphasia	9:00 – 2:45	Dinette	Roberta Elman	\$/Fee
Consignment Shop	10:00 – 2:00	Lower Level	Volunteer Staff	
Bridge	10:00 – 2:30	Multi-Purpose Rm	Debra Aoki	.50 a day
Yoga	10:30 – 11:30	Hall 1	Jenny Ma	Free
Tea Dance	12:00 – 3:30	Ballroom	Anita Sun Scott Harrison	\$3.00 - DOSC Members \$4.00 - Non Members
Tap Dancing ( <i>Intermed.</i> )	1:00 – 2:00	Hall 1	Bruce Biada	\$5.00 per class

## FRIDAY

PROGRAM	TIME	ROOM	INSTRUCTOR/CHAIR	FEE / DONATION
Taiji Basics	9:00 – 10:00	Ballroom	Mike Pompa	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 for Dates
Consignment Shop	10:00 – 2:00	Lower Level	Volunteer Staff	
Senior Companions Training ( <i>Vietnamese &amp; Chinese Translations</i> )	10:00 – 12:00	Hall 2	Liz Hillen **	Free
Zumba for Mature Adults	10:30 – 11:30	Ballroom	Helen Vaughn	\$3.00 per class
Current Events	10:30 – 12:00	Hall 4	Samar Mukhopahyay	Free
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	\$5.00 per class
Dance Instruction - <i>Advanced</i>	12:00 – 2:00	Ballroom	David Henry	See Flyer for \$\$
Senior Companions Training ( <i>English Only</i> )	12:30 – 2:00	Hall 2	Liz Hillen**	Free
Yoga	1:30 – 3:00	Lounge	Nancy Manos	Free

\*\* 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