



# EAST OAKLAND SENIOR CENTER

9255 Edes Ave • Oakland, CA 94603 | Tel: (510) 615-5731 | Email: [EOSC@oaklandca.gov](mailto:EOSC@oaklandca.gov)

## In Person Daily Schedule • May | June 2022

~All Activities are for members only and are free, unless noted~

CLASS /ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LOCATION	# OF PPL	FACILITATOR
POOL   CARDS	9:30 – 3:45pm	9:30 – 3:45pm	9:30 – 3:45pm	9:30 – 3:45pm	9:30 – 3:45pm	Game Rm	10	
FOOD PANTRY DISTRIBUTION			Seniors 8 - 9am Community 9am			Rear Door on Jones St.		Fred Robinson
LINE DANCING W/JEWEL		11 – 12:30pm (\$5 fee)		11 – 12:30pm (\$5 fee)		Multi-Purpose	20	Jewel Lucas
LINE DANCING W/RAY	10:45 – 12:15pm				10:45 – 12:15pm	Arts & Crafts	20	Ray Johnson
STEP EXERCISE	10:15 – 11:30am		10:15 – 11:30am			Multi-Purpose	20	Kay Barrett
QUILTING		12:30 – 2:30pm				Arts & Crafts	10	Julia Hardy
ZUMBA		9:30 -10:30am		9:30 -10:30am		Multi-Purpose	20	Meyda R. Arredondo

↻ See next page for virtual activities ↻

### NOTE:

- **Beginning February 1, 2022, all persons are required to show proof of vaccination and photo ID to enter the building. Mask covering nose and mouth required while in the building.**
- Food Pantry Distribution: Center Members are served first (8am – 9am) then the community afterwards until all food is distributed.



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## Virtual Daily Schedule • May | June 2022

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CLASS /ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LOCATION	FACILITATOR
<b>MAYOR'S COMMISSION ON AGING</b> <i>*Open to public</i>			*Every 1 <sup>st</sup> Wednesday 10 am-12 pm			KTOP (TV, online, or in the Canteen)	
<b>PEER2PEER Support Group</b>		1-2 PM				TheGoodLifePath.org	UC Davis, The Good Life
<b>STRETCH &amp; FLEX w/ TRICIA</b> <i>*Open to public</i>	*Strength & Stability 10am KTOP	Mindful Movement 10:00am ZOOM	*Strength & Stability 10am KTOP	*Mindful Movement 10:30am KTOP	*Strength & Stability 10am KTOP	M,W, TH,F KTOP Tues ZOOM	Tricia Tangeman
<b>ZOOM PRACTICE MEETING</b>		Monthly 3 <sup>rd</sup> Tuesday 2pm		Monthly 1 <sup>st</sup> Thursday 9:30am		Zoom	City Staff

### NOTE:

KTOP - Oakland's Broadcasting network: Xfinity Channel 10 | AT&T U-Verse Channel 99 | Stream it online.

Times may vary, check KTOP for up-to-date information: <https://www.oaklandca.gov/topics/ktop-tv-10>; [Program Listings](#)

### UPCOMING PRESENTATIONS:

Virtual Presentations are open to the public. Please make sure to RSVP to get the zoom link.

To RSVP for any upcoming event, presentation, or class:

 [MyActiveCenter.com](https://myactivecenter.com) |  (510) 615-5731 | Mon-Fri • 9am - 3pm |  [EOSC@oaklandca.gov](mailto:EOSC@oaklandca.gov)