



# EAST OAKLAND SENIOR CENTER

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

## IN-PERSON DAILY SCHEDULE | JUNE 2023

*\*As of December 21, 2022, members and Senior Center staff are required again to wear a mask while in the building. Please note: proof of vaccination (first two shots) is still required and therefore the EOSC will still be open to members.*

DANCE	Day   Time	Room	Instructor	Fee
Line Dancing w/Jewel	Tues, Thurs   11am – 12:30pm	Multipurpose	Jewel Lucas	\$5.00
Line Dancing w/Ray	Tues, Thurs   1:00pm – 3:00pm	Multipurpose	Ray Johnson	\$3.00
EXERCISE & FITNESS	Day   Time	Room	Instructor	Fee
Step Exercise	Mon, Wed   10:15am – 11:30pm (4 <sup>th</sup> Monday - Meet at San Leandro Marina)	Multipurpose	Kay Barrett	Free
Zumba	Tues, Thurs   9:30am – 10:30am	Multipurpose	Medya Arredondo	Free
FOOD PANTRY	Day   Time	Location	Instructor	Fee
Center Members	Wednesday   8:00am – 9:00am	Rear Door - Jones St.	Pantry Volunteers	Free
Community	Wednesday   9:00am	Rear Door - Jones St.	Pantry Volunteers	Free
GAMES	Day   Time	Room	Instructor	Fee
Pool & Cards	Mon – Fri   9:30am – 3:45pm	Game Room	N/A	Free
Bowling	Friday June 9   1:30pm (2 <sup>nd</sup> Friday of each month)	Castro Valley Bowl	Kay Barrett	\$5.00
HOBBIES	Day   Time	Room	Instructor	Fee
Quilting	Tuesday   12:30pm – 2:30pm	Arts & Crafts	Julia Hardy	Free
SPECIAL EVENTS	Day   Time	Room	Host	Fee
Karaoke Party	Friday June 2   12noon – 3:00pm	Multipurpose	EOSC Team	Free
Friday Night Live	Friday, June 9   4:00pm – 7:00pm	Multipurpose	Jewel & Ray	\$5.00
Juneteenth BBQ	Friday, June 16   11:00am – 3pm	Multipurpose & Patio	EOSC Team	Free
TRAVEL	Day   Time	Location	Host	Fee
Inc. Casino Bus Trip	Tues, June 13   8:00am – 6:00pm (2 <sup>nd</sup> Tuesday of each month)	Sky River Casino	EOSC, Inc.	\$50.00

**DAY TRIPS** ~ Pick up our Day Trips Calendar and ask at the Reception Desk for more details.

*RSVP!*

**HOURS OF OPERATION: Monday - Friday | 9:00am – 3:00pm**  
To register for any upcoming event, presentation, or class:

(510) 615-5731 | [EOSC@oaklandca.gov](mailto:EOSC@oaklandca.gov) | [MyActiveCenter.com](http://MyActiveCenter.com)

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## VIRTUAL DAILY SCHEDULE | JUNE 2023

### MAYOR'S COMMISSION ON AGING (MCOA)

	Day   Time	Virtual
*Open to Public	1 <sup>st</sup> Wednesday   10:00am – 12noon	KTOP (TV   On-line)

### EXERCISE & FITNESS

	Day   Time	Virtual	Instructor
Stretch & Flex w/Tricia Balance & Stability (*Open to Public)	Mon, Wed, Fri   10:00am – 11am	KTOP	Tricia Tangeman
Mindful Movement (*Open to Public)	Tues   10:00am Thurs   10:30am	ZOOM KTOP	Tricia Tangeman

### TECH SUPPORT

	Day   Time	Virtual	Instructor
Zoom Practice	Monthly   Times: Call (510) 238-3284	ZOOM	City Staff @ DOSC

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](#)

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

## COMMUNITY EDUCATION PRESENTATIONS

**Sponsored by: Legal Assistance of Seniors (LAS) | In person @ DOSC**

### Keeping Elders Safe: An Overview of Elder Abuse & Legal Remedies

Tues, June 13 | 1pm – 2pm

- Reviews definitions of skilled care and personal care and explains available payment sources
- Covers tips for success and how to identify care needs to safely remain in the home
- Explains differences between hiring through an agency or other methods
- Provides resources for how to hire and maintain employment of a caregiver

### Knowledge is Key: Know your Medicare Rights

Tues, July 11 | 1pm – 2pm

- Explains consumer protections for Medicare beneficiaries
- Reviews appeal rights for traditional Medicare and Medicare Advantage Plans
- Discusses specific hospital and nursing home rights
- Provides important contact information on advocacy organizations, agencies, and websites

### CENTER CLOSURE DAYS (All City of Oakland Offices will be closed)

Juneteenth National Independence Day	Monday   June 19
Independence Day	Tuesday   July 4
Labor Day	Monday   September 4



*"Try to be the RAINBOW in someone's cloud!"*

--- MAYA ANGELOU