



EAST OAKLAND SENIOR CENTER

9255 Edes Ave • Oakland, CA 94603 | (510) 615-5731 | EOSC@oaklandca.gov

In-Person Daily Schedule | November / December 2022

Beginning February 1, 2022, proof of vaccination and photo ID is required to enter the building. Mask covering nose & mouth required while in the building and day bus trips.

DANCE	Day Time	Room	Instructor	Fee
Line Dancing w/Jewel	Tues, Thurs 11am – 12:30pm	Multi-Purpose	Jewel Lucas	\$5.00
Beginner Line Dancing	Mon 11:30am – 1:00pm Fri 10:00am – 11:30am	Arts & Crafts Multi-Purpose	Ray Johnson Ray Johnson	\$3.00 \$3.00
EXERCISE & FITNESS	Day Time	Room	Instructor	Fee
Step Exercise	Mon, Wed 10:15am – 11:30pm	Multi-Purpose	Kay Barrett	Free
Zumba	Tues, Thurs 9:30am – 10:30am	Arts & Crafts	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
HOBBIES	Day Time	Room	Instructor	Fee
Quilting	Tuesday 12:30pm – 2:30pm	Arts & Crafts	Julia Hardy	Free
SPECIAL EVENTS	Day Time	Room/Location	Instructor	Fee
Medicare Questions Seminar	Tuesday, Nov 15 10:00am	Arts & Crafts	United Healthcare	Free
TECHNOLOGY	Day Time	Room	Instructor	Fee
Android Tablet Training (Spanish)	Tues & Thurs 10am – 12noon Nov, 29, Dec 1, 6 and 8	Computer Lab	Community Tech Network	Free
Android Smart Phone Training	Tuesday 11:00am – 1:00pm Dec 13	Computer Lab	California Phones	Free
iPhone Smart Phone Training	Tuesday 11:00am – 1:00pm Dec 20	Computer Lab	California Phones	Free
TRAVEL	Day Time	Location	Host	Fee
Inc. Casino Bus Trip (monthly)	2 nd Tuesday 7:30pm – 6:00pm <i>(No trip in December)</i>	Various Casinos	EOSC, Inc.	\$30.00

Day Trips ~ Ask at the Reception Desk for more details.

As of: Nov 21, 2022

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Virtual Daily Schedule | November / December 2022

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MAYOR'S COMMISSION ON AGING (MCOA)

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

EXERCISE & FITNESS

	Day Time	Virtual	Instructor
Stretch & Flex w/Tricia Strength & Stability (*Open to Public)	Mon, Wed, Fri 10:00am	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



- 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.

RSVP!

Monday - Friday | 9:00am – 3:00pm

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

 (510) 615-5731

 EOSC@oaklandca.gov |  MyActiveCenter.com



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

--- MAYA ANGELOU