

# ACTIVITY SCHEDULE

## NORTH OAKLAND SENIOR CENTER

INCLUDING ACTIVITIES FROM THE WEST OAKLAND SENIOR CENTER

**M  
O  
N  
D  
A  
Y**

**9:15A-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**

**1P-2:30P DROP-IN GRIEF GROUP ARTS & CRAFTS ROOM**



**2P-3P LIFE'S REFLECTIONS TV ROOM**

**MONTHLY LEGAL ASSISTANCE FOR SENIORS/HICAP PRESENTATIONS 1P-2P CLASSROOM EVERY 3RD MONDAY  
OPEN TO THE PUBLIC-PLEASE REGISTER SEE FLYER FOR TOPIC OF THE MONTH**

**T  
U  
E  
S  
D  
A  
Y**

**9:10A-10:10A KEEP IT MOVING "AEROBICS" \$5/CLASS MULTIPURPOSE ROOM**

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

**11A-12P GAME ROOM IS CLOSED**

**11A-1P CRAFT CLASS ARTS & CRAFTS ROOM**

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

**SPECIAL EVENTS MEETING 11A ACTIVITY ROOM - 2ND TUESDAY EVERY MONTH**

**W  
E  
D  
N  
E  
S  
D  
A  
Y**

**9:30A - 10:30A YOGA FOR SENIORS \$5/CLASS MULTIPURPOSE ROOM**

**9:30A- 10:30A GAME ROOM CLOSED**

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

**10:45A-11:45A TAI CHI \$5/CLASS ACTIVITY ROOM**

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

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

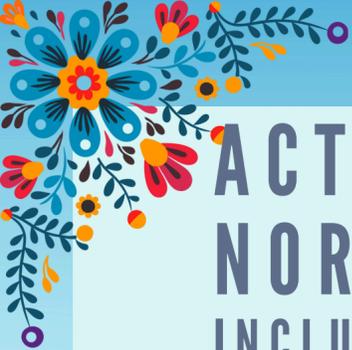
**1P-3P DROP IN DISCUSSION GROUP TV ROOM**

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

**NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES 1P-3P CLASSROOM - 2ND WEDNESDAY EVERY MONTH**

**COFFEE, TEA & MEET 11A-12P TV ROOM - 1ST WEDNESDAY EVERY MONTH**

Sign up for many classes via [MyActiveCenter.com](https://MyActiveCenter.com)



# ACTIVITY SCHEDULE

## NORTH OAKLAND SENIOR CENTER

INCLUDING ACTIVITIES FROM THE WEST OAKLAND SENIOR CENTER

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

**9:10A-10:10A KEEP IT MOVING "AEROBICS" \$5/CLASS MULTIPURPOSE ROOM**

**10:30A-11:30A ZUMBA MULTIPURPOSE ROOM**

**11A-1P AFRICAN AMERICAN MOVIES CLASSROOM**

**12P-3P PICKLEBALL MULTIPURPOSE ROOM**

**MERCY BROWN BAG 9A-10A DINING HALL - 2ND & 4TH EVERY MONTH**

**TRAVEL COMMITTEE MEETING 11A-12P ACTIVITY ROOM - 2ND THURSDAY EVERY MONTH**

**BOOK CLUB 1P-3P ARTS & CRAFTS RM - 1ST & 3RD THURSDAYS EVERY MONTH**

**NOSC ADVISORY COUNCIL MEETING 1P-2P ACTIVITY ROOM - 3RD THURSDAY EVERY MONTH**

**WOSC ADVISORY COUNCIL MEETING 1P-2P ACTIVITY 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**

**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)**

**2025 CITY OF OAKLAND HOLIDAYS - CENTERS WILL BE CLOSED**

**WEDNESDAY, JANUARY 1 - NEW YEARS DAY**

**MONDAY, JANUARY 20 - DR. MARTIN LUTHER KING JR. DAY**

**MONDAY, FEBRUARY 17 - PRESIDENTS DAY**

**MONDAY, MARCH 31 - CESAR CHAVEZ DAY**

**MONDAY, MAY 26 - MEMORIAL DAY**

**THURSDAY, JUNE 19 2025 - JUNETEENTH**

**FRIDAY, JULY 4 2025 - INDEPENDENCE DAY**

**MONDAY, SEPTEMBER 1 2025 - LABOR DAY**

**TUESDAY, SEPTEMBER 9 2025 - ADMISSION DAY**

**TUESDAY, NOVEMBER 11 2025 - VETERANS DAY**

**THURSDAY, NOVEMBER 27 2025 - THANKSGIVING DAY**

**FRIDAY, NOVEMBER 28 2025 - DAY AFTER THANKSGIVING**

**THURSDAY, DECEMBER 25 2025 - CHRISTMAS DAY**



Sign up for many classes via [MyActiveCenter.com](https://MyActiveCenter.com)