



# ACTIVITY SCHEDULE

## NORTH OAKLAND SENIOR CENTER

INCLUDING ACTIVITIES FROM THE WEST OAKLAND SENIOR CENTER

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**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**

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**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**

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**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)



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- 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

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- 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



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