

WEST OAKLAND SENIOR CENTER

SCHEDULE OF ACTIVITIES & CLASSES

1724 Adeline St. ■ Oakland, CA 94607 ■ (510)238-7016

Monday - Friday ■ 9:00am - 4:30pm

"Where ABILITY IS AGELESS"

ACTIVITY/CLASS	TIME	FEE	INSTRUCTOR	ROOM
MONDAY				
Line Dancing (All Levels)	10:30am - 12:00pm	\$3.00 or Donation	L. Walker	Multipurpose Rm
New 2 Me Boutique	11:00am - 3:00pm	N/A		Boutique
Line Dancing (Beginners)	1:00pm - 3:00pm	\$5.00	D. Hollingsworth	Multipurpose Rm
TUESDAY				
Chair Yoga	1:00pm - 2:00pm	DONATION	S. Maxwell	Multipurpose Rm
WEDNESDAY				
Notary Public Services	9:00am - 12:00pm	FREE BASIC SERVICE @WOSC	J. Dawson	Lobby Office
Line Dancing (All Levels)	10:00am - 12:00pm	DONATION	D. Hollingsworth	Multipurpose Rm
Asian Cultural Class	10:30am - 12:00pm	FREE	Q. Huynh	Arts & Crafts
THURSDAY				
New 2 Me Boutique	11:00am - 3:00pm	N/A		Boutique
Zumba (Beginning Jan 8, 2015)	9:30am - 10:30am	\$3.00	H. Vaughn	Multipurpose Rm
FRIDAY				
Creative Writing	9:30am - 11:30am	DONATION	C. Tate	Arts & Crafts
Low Impact Aerobics	12:00pm - 1:00pm	DONATION	C. Flippin	Multipurpose Rm
Beginning Spanish	12:00pm - 1:00pm	DONATION	D. Oyamasela	Arts & Crafts
All the Way Live (1 st Friday)	6:00pm - 10:00pm	\$5.00	D. Hollingsworth R. Johnson	Multipurpose Rm
Game Night (2 nd & 4 th Friday)	3:00pm - 8:00pm	DONATION	A. Arnett T. Bursey	Multipurpose Rm

DAILY

Cards & Games (Game Room) & **Information & Assistance** (Reception Desk)

PROGRAM HIGHLIGHTS

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BREAKFAST

- Hot Breakfast served every Friday ~ 9:30am – 11:00am, \$4.00 per person

LUNCH

- Spectrum Lunch ~ Every Monday and Wednesday - Friday ~ 12:00noon -1:00pm, \$3.75 donation
- FREE Community Lunch ~ Every Tuesday ~ 12noon – 1:00pm (Sponsored by Affirming Hope Ministries)

REFRESHMENTS

- Served daily ~ 9:00am - 4:30pm
- Coffee and Tea ~ **FREE** - 50¢ donation for the cup
- Other beverages are available from vending machine - most are \$1.00.
- Bread and pastries are delivered regularly and are free. Pastries are one (1) package per person unless otherwise notified. ***Please bring your own bag.***



***The West Oakland Senior Center presents a wide variety of events throughout the year.
We invite everyone to join us for our day trips around the Bay Area,
enjoy dinners which often include live music, and attend our special presentations.***

AC TRANSIT BUS STICKERS

- Senior/Disabled stickers are available monthly at the Reception desk for \$20.00.

FOOT CLINIC

- Every other month throughout the year on Wednesdays, 9:00am - 11:15am. Dates are subject to change.

INFORMATION & ASSISTANCE

- Information and Assistance is available daily. Please request information at the Reception desk from one of our specialists.

NEW TO ME BOUTIQUE

- Gently used clothing and accessories for both men and women.
- Open Mondays and Thursdays, 11:00am - 4:00pm.

NOTARY PUBLIC

- Wednesdays, 9:00am – 12:00noon or by appointment; Contact Mr. James Dawson at (510) 508-5477.
- Basic document signing and related services provided at no cost. Additional services may have a charge.

SERVICES

- Applications for HEAP, Renters Assistance and Homeowners Energy Assistance programs are available. Monday – Friday, 9:00am - 4:30pm. Please ask at our Reception desk.