HOW CAN YOU PLAY THE OPR WAY?

- Get connected to urban greening through our 14 community gardens
- Enjoy Health Benefits—reduce obesity, your risk of chronic diseases, i.e. cancer, diabetes and osteoporosis through our outdoor and indoor gyms.
- Receive Social benefits—through community empowerment, engagement, and awareness. Be a part of volunteerisms at the 28 recreation center and after school sites.
- Bond with Community—enhance your cultural experience and harmony at Sundays in the Redwoods, meet your neighbors at Recreation Center Open Houses during National Parks & Recreation Month, unite families at Holiday Traditions.
- Engage in Mental Benefits—release stress, reduce depression, improve self esteem at our Zumba Classes, Water Aerobics, and Ballroom Dancing, or simply by taking a walk in the park, a jog around Lake Merritt, or by taking out a boat.
- Create Economic Growth—become a park steward and increase property values, attend our festivals and concerts in the various parks, play golf often at the three golf courses, or simply spread the word that Parks Marks Life Better and be a part of the State of California Parks and Recreation campaign.

There are so many ways to play, the important message is that play matters! Please Come Out and Play the OPR Way….

Additional Calendar Events

July 7: Dive In Movies at Fremont Pool
—"Rio" movie viewing at dusk
4550 Foothill Blvd (510) 535-5614

July 7—9: So You Think You Can Hoop 9a–5p
Oracle Arena 7000 Coliseum Way (510) 238-7306
www.soyouthinkyoucanhoop.com

July 9-13: EOSC Summer Art & Swim Camp
(Motown Review) 9a-5p
9161 Edes Drive (510) 615-5838

July 14: Dive In Movies at Lions Pool
"Kung Fu Panda 2" movie viewing at dusk
3860 Hanly Road (510) 482-7852

July 14: Redwood Heights Carnival Day & Movie in the Park—"The Sandlot" movie viewing 10a-1:30p
3883 Aliso Ave (510) 482-7827

July 15: Oakland Municipal Band Concert 1p-3p
Edoff Bandstand, Lakeside Park

July 16-20: EOSC Summer Art & Swim Camp
(Mask Making) 9a-5p
9161 Edes Drive (510) 615-5838

July 20: Malonga Kids Fun Zone 2p-6p
Face painting, magic Show, Arts & Crafts with
Open Classes from 4p-5p
Experience Classes & Programs offered at Malonga for **FREE**
1428 Alice St (510) 238-2785

July 21: Dive In Movies at de Fremery Pool
"Puss In Boots" movie viewing at dusk
1269 18th Street, (510) 238-2205

July 22: Oakland Municipal Band Concert 1p-3p
Edoff Bandstand, Lakeside Park

July 23-27: EOSC Summer Art & Swim Camp
(Circus Time) 9161 Edes Drive (510) 615-5838

July 27: Redwood Heights Movie in the Park—
"Bedtime Stories" movie viewing at dusk
3883 Aliso Ave (510) 482-7827

July 27: Dive In Movies at Fremont Pool
"Rango" movie viewing at dusk
4550 Foothill Blvd (510) 535-5614

July 29: Oakland Municipal Band Concert 1p-3p
Edoff Bandstand, Lakeside Park

July 30-Aug 3: Oakland Junior Tennis Tournament at
Davies Tennis Stadium 4pm-9pm
198 Oak Road (510) 444-5663

City of Oakland
Office of Parks & Recreation

National
Parks & Recreation Month

OPR 2012 Open Houses

Visit an Open House Near You!

City of Oakland
Office of Parks & Recreation

July is National

Parks & Recreation Month

Since 1985, Americans have celebrated national Park and Recreation Month during the month of July to promote the importance of parks and recreation in the U.S.

Our Open Houses are **FREE** to the public & offer **GREAT** fun & entertainment for the whole family!

OPR PLAYS WITH A PURPOSE

There is a purpose for our play– play is more than physical activity and bouncing balls. There is a reason or our play—there are outcomes to be had as well. Our babies learn when they play, our children are healthier when they play. Our youth are engaged when they play, our families are unified when they play. Our communities thrive when we play with a purpose.

CITY OF OAKLAND,
OFFICE OF PARKS & RECREATION
250 FRANK H. OGAWA PLAZA,
SUITE 3330
OAKLAND, CA 94612

PH: (510) 238-PARK (7275)
FAX: (510) 238-3817
EMAIL: parksandrec@oaklandnet.com
www.oaklandnet.com/parks

Oakland OPR

OaklandOPR

July 2: Tassafaronga Rec Center 1p-3p
83rd & E Street (510) 615-5764

July 3: Montclair Rec Center 1p-3p
2477 Monterey Blvd (510) 482-0422

July 6: Allendale Rec Center 3p-6p
3711 Suter St (510) 535-5635

July 7: de Fremery Pool 1p-3pm
1269 18th Street, (510) 238-2205

July 7: de Fremery Rec Center 1p-4pm
1651 Adeline St (510) 238-7739

July 7: Joaquin Miller Splendor Tour 1p-3p
3590 Sanborn Drive (510) 238-3187

July 7: Sequoia Lodge Splendor Tour 1p-3p
2666 Mountain Boulevard (510) 238-3187

July 7: Leona Lodge Splendor Tour 1p-3p
4444 Mountain Blvd (510) 238-3187

July 10: San Antonio Sports Complex 1p-3p
1701 E. 19th St (510) 535-5608

July 11: Bushrod Rec Center 2p-4p
560 59th St (510) 597-5031

July 11: Willie Keyes Rec Center 2p-5p
3131 Union St (510) 597-5042

July 12: Golden Gate Rec Center 1p-4p
1075 62nd Ave (510) 597-5032

July 13: Studio One Art Center 1p-4p
365 45th St (510) 597-5027

July 13: Temescal Pool 1p-4p
371 45th St (510) 597-5013

July 13: FM Smith Rec Center 1p-4p
1969 Park Blvd (510) 238-7742

July 14: Lakeside Park at Lake Merritt

- Garden Center Splendor Tour 1p-3p
  666 Bellevue Ave (510) 238-3187
- Sailboat House Splendor Tour 1p-3p
  568 Bellevue Ave (510) 238-3187
- Lake Merritt Boating Center 1p-3p
  568 Bellevue Ave (510) 238-2196
- Rotary Nature Center 1p-3p
  600 Bellevue Avenue, (510) 238-3739
- Community Gardens 11a-3p
  568 Bellevue Ave (510) 238-2197

July 14: Redwood Heights 10a-1:30p
3883 Aliso Ave (510) 482-7827

July 15: Dimond Park 11a-3:30p
3860 Hanly Road (510) 482-7831

July 15: Lions Pool 11a-3:30p
3860 Hanly Road (510) 482-7852

July 18: Sheffield Rec Center 1p-4p
247 Marlow Drive (510) 638-7190

July 18: Manzanita Rec Center 2p-5p
2701 22nd Ave (510) 535-5625

July 18: Arroyo Viejo 3p-5p 3p-5p
7701 Krause Ave (510) 615-5755

July 20: Franklin Rec Center 1p-4p
1010 East 15th St 510) 238-7741

July 20: East Oakland Sports Center 3p-5p
9161 Edes Drive (510) 615-5838

July 20: Ira Jinkins Rec Center 3p-5p
9175 Edes Ave (510) 615-5959

July 20: Malonga Casqelourd Center 2p-8p
1428 Alice St (510) 238-7219

July 27: Lincoln Square 9a-2p
250 10th St (510) 238-7738

July 27: Rainbow Rec Center 1p-4p
5800 International Blvd (510) 615-5751

July 28: Fremont Pool 1p-3p
4550 Foothill Blvd (510) 535-5614

July 30: Carmen Flores at Josie De La Cruz 1p-4p
1637 Fruitvale Ave (510) 535-5631

July 30: Mosswood Rec Center 1p-3p
2701 22nd Ave (510) 597-5027

CITY OF OAKLAND
OFFICE OF PARKS AND RECREATION