



City of
OAKLAND
California

Media Contact:

Jada Chiu
Oakland Parks & Recreation
510-238-3053
Jchiu2@oaklandnet.com



News from: **Oakland Parks & Recreation**

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Oakland Parks & Recreation Hosts Adult Recess

Oakland, CA – Oakland Parks & Recreation (OPR) hosts the 2nd annual Adult Recess on the Plaza on Friday, May 29, from 11:00 a.m. to 2:00 p.m. The free event will transform Frank H. Ogawa Plaza, located at 14th Street and Broadway in front of historic City Hall, into a playground for adults where they can relive grade school memories of lunchtime recess. Activities will include Zumba, double-dutch, a Zen zone, a rock-climbing wall, arts & crafts, games such as tug-o-war and much more. Participants can purchase tasty treats from local food trucks and visit resource booths for helpful information. Creative types will gravitate to the mobile art wall, while gamers will flock to the video game truck.

“OPR invites downtown workers to take a break from work and come out and play the OPR way during Adult Recess,” said Audree V. Jones-Taylor, OPR Director. “Staff members from City departments and downtown businesses are encouraged to come together and participate in team competitions. Don’t think about it – play about it.”

Event goers may also purchase tickets for upcoming OPR special events including Sundays in the Redwoods, An Intimate Evening and Dads & Jazz.

During the inaugural event in 2014, more than 500 downtown workers came out and played. Event organizers expect an even larger crowd this year.

OPR strives to serve the dynamic and diverse community of Oakland with a purpose. The purpose of OPR’s Play is to expose, enlighten, empower and encourage educational excellence through recreational experiences. Play is more than just a physical activity and is important for adults, not just children and youth.

OPR offers a broad range of recreational activities to all ages. OPR adult programs enrich the Oakland community by encouraging healthy living and active lifestyles, promote positive physical and mental health, and strengthen neighborhood connections and bonds. A few of OPR’s many adult programs include slow-pitch softball, basketball, bowling, flag football, soccer, kickball, poetry readings at Studio One Art Center, boating lessons and rentals, art classes and fitness courses as well as numerous special events throughout the year. Come Out & Play the OPR Way, where we play with a purpose.

For more information on Adult Recess and OPR’s other programs and events, visit oaklandnet.com/parks.

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