

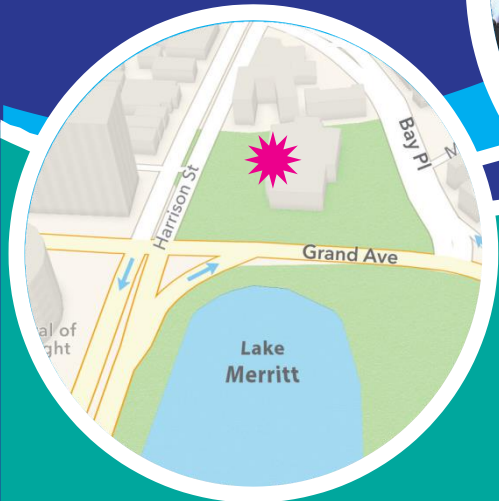
DOWNTOWN OAKLAND SENIOR CENTER



Come
join us.
We are holding
this spot just
for you.



Downtown Oakland Senior Center
200 Grand Avenue • Oakland, CA 94610
510.238.3284



*Celebrating
Vibrant Living*

DOWNTOWN OAKLAND SENIOR CENTER



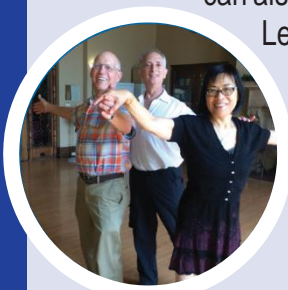
Life may not begin at 55, but here at the Downtown Oakland Senior Center (DOSC) we believe life starts getting better! Whether you are 55 and recently retired, or 85 and in full swing - DOSC is a terrific place to socialize and interact with other active seniors.

Located across from Lake Merritt, DOSC is Oakland's oldest and largest senior center. DOSC focuses on providing seniors with innovative programs and services that address the physical, mental, and emotional well being of older adults.



DOSC offers more than 35 classes – most are free or for a nominal cost. Physical fitness is addressed through aerobics, yoga, Pilates, Stretching, Tai Chi, and Feldenkreis classes. DOSC members interested in the fine arts can select from art classes, sewing, or any one of our three creative writing classes.

Dancing is a major activity here at DOSC. Seniors can find classes for ballroom (including Waltz, Rumba, ChaCha, Tango and Fox Trot). Seniors can also take Tap Dancing Lessons, and the ever popular Line Dancing. Two weekly Tea Dances provide a chance for seniors to socialize and polish their dancing skills.



Card players are always welcome. Not only do we have Bridge games and classes, we have weekly Bid Whist, Pinochle and POKENO.

Are you a movie buff? Join us every Wednesday afternoon for a free movie on our big screen television. We show current and classic movies. Foreign films and documentaries are also included in our movie line-ups.



Many of our members enjoy spending time in our canteen. There, they can enjoy a cup of freshly brewed coffee and a pastry. We offer a delicious and low-cost hot meal in the DOSC Dining Hall between Noon and 1:00 p.m. Reservations are needed, so do call first.



Let's not forget about health services. Here at DOSC you can get quarterly diabetes and blood pressure checks, and medications screenings. We also offer podiatry services and free dental consultations.

A trained counselor with Health Counseling & Advocacy Programs (HICAP) is available by appointment to seniors seeking free counseling on prescription drug resources, Medicare and Medi-gap policies, HMOs and all other health insurance related questions.



Older adults seeking legal consultations may take advantage of our monthly Lawyers in the Library Program. Between February and April, trained AARP Tax Counselors are on hand to assist seniors in preparing their state and federal income tax filings.

Membership to DOSC is only \$12 for the entire year. Now, how's that for a deal?



DOSC has a vibrant travel program. Whether you're interested in trips to Carmel, attending the Gilroy Garlic Festival, museum tours, the latest theater performances, or leisurely trips to the Oregon Shakespeare Festival—you'll find that our travel opportunities are quite comprehensive.