Volunteering? Good for You!

When people donate their time and resources to others, they often benefit as much as those they serve. We have countless ways to donate our time and resources to people and programs in need. To find a good fit, think about the kind of experience that’s suitable to your abilities, your personality and your likes and dislikes.

Food For Seniors
Seniors aged 60+, sign up in advance for our Food for Seniors box giveaway. Must qualify to receive box. Must have proof of Identification, Age, and Address. More information at the reception desk.

Older Adult Ceramics Class
Thursday at 1:00PM
No Cost
Register in Advance

KIDS KAMP
AGES: 6yrs - 12yrs
June 24 - August 16, 2019
10AM - 4PM
Monday - Friday

TEEN SCENE
AGES: 12yrs — 17yrs
June 24 - August 16, 2019
4PM - 7:30PM
Monday - Friday

Swimming “FREE” TO ALL YOUTH & TEENS

Follow Us:
@Oakparkcc
@OakParkCommunityCenter

Summer is coming to Oak Park CC! Come out, read a book and enjoy some fun activities all summer long.
May 4 & 18
June 1 & 15
July 6 & 20
August 3 & 17
10:00am to 12:00pm

All information and programs are subject to change or adjust to fit the needs of the community.
**Monday**

**Ping Pong**
10:30am-2:30pm
Enjoy playing this fun sport on one of our 5 ping pong tables.

**Flexibility & Stretch**
10:30am - 11:30am
Fitness that helps increase freedom of movement

**Tuesday**

**Senior Social**
2nd Tuesday @ 11am
Bingo, activities, fun and much more!

**Flexibility & Stretch**
10:30am - 11:30am
Fitness that helps increase freedom of movement

**Movie Matinee**
Every 4th Tuesday @ 11am
A new film to view with friends

**Wednesday**

**Ping Pong**
10:30am-2:30pm
You don’t have to be good, you just have to want to play!

**Belly Dancing**
10:30am - 11:30am
Hip belts not required

**Pinch & Roll Ceramics**
1:00-2:00pm

**Thursday**

**Flexibility & Stretch**
10:30am—11:30am
Fitness that helps increase freedom of movement

**Friday**

**Flexibility & Stretch**
10:30am—11:30am
Fitness that helps increase freedom of movement

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**Activities Happening at the Oak Park Community Center**

<table>
<thead>
<tr>
<th>Community Organizations</th>
<th>Day of Usage</th>
<th>Time of Usage</th>
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<tbody>
<tr>
<td>Associated Prison Ministries</td>
<td>Friday</td>
<td>6:00pm-7:45pm</td>
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<tr>
<td>Counseling - Cornerstone Recovery</td>
<td>Tuesday &amp; Friday</td>
<td>10:00am-1:00pm</td>
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<tr>
<td>Karate class</td>
<td>Saturday</td>
<td>11:00am-1:00pm</td>
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<tr>
<td>Narcotics Anonymous Book Study</td>
<td>Friday</td>
<td>6:00pm-7:30pm</td>
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<tr>
<td>Narcotics Anonymous General</td>
<td>Tuesday</td>
<td>6:00pm-7:30pm</td>
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<tr>
<td>Narcotics Anonymous Men</td>
<td>Saturday</td>
<td>11:00am-1:00pm</td>
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<tr>
<td>Narcotics Anonymous Women</td>
<td>Wednesday</td>
<td>6:00pm-7:30pm</td>
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<tr>
<td>Oak Park Neighborhood Association</td>
<td>1st Thursday</td>
<td>5:30pm-8:00pm</td>
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<tr>
<td>Senior Link Belly Dance</td>
<td>Thursday</td>
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<td>Senior Link Social</td>
<td>2nd Friday</td>
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<tr>
<td>Senior Link Spanish Social</td>
<td>2nd &amp; 4th Monday</td>
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<tr>
<td>Senior Link Movie Group</td>
<td>4th Saturday</td>
<td>10:45am-1:45pm</td>
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<td>Sister's Quilting Collective</td>
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<td>Street Soccer USA Adults</td>
<td>Tuesdays</td>
<td>6:00pm-7:45pm</td>
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<tr>
<td>Youth Xplosion YXP</td>
<td>1st, 2nd, 3rd Saturdays</td>
<td>10am-1pm</td>
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<td>Youth Xplosion YXP Fitness</td>
<td>3rd Saturday</td>
<td>9am-10am</td>
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<td>1st and 2nd Saturday</td>
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<td>4th Saturday</td>
<td>9am-10am</td>
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May 10, 17, 31
Registration Form required for new attendees!

SENIOR SOCIAL
Join us every 2nd Tuesday of the month from 11 am to 1 pm for a fun time!

BINGO!
Our social includes Bingo, games and activities! Don’t forget to bring a lunch or a store bought item to share.

Wellness Room
FREE WEIGHTS-TREADMILL-BICYCLE-STEP
FREE
Monday - Friday 10:00am - 7:45pm
Saturday 9:00am - 2:45pm
Make an appointment to learn the machines with Mr. Charles Tuesday or Friday at 11:30
Registration Required
Must wear workout attire & tennis shoes

Senior Flexibility & Stretch Class
Tuesday & Friday
10:30am - 11:30am
Instructor:
Mr. Charles Kidd
Flexibility and Stretch Class Increase Freedom of Movement
If you are new to exercise, have been out of it for some time, or just want to exercise with people your own age, consider our 50+ Fitness Class. Register in advance.

Senior Gym
Indoor Basketball 18 years and older
THURSDAYS
5:30PM - 7:30PM
@ OAK PARK COMMUNITY CENTER

Senior Movie
Tuesday, May 28
11:00am
Aquaman
Is he worthy of who he was born to be?

Senior Movie
Tuesday, May 28
11:00am
Aquaman
Is he worthy of who he was born to be?

The Oak Park Community Center would like to give a big THANK YOU to all of our volunteers who helped make our Egg-stravaganza the best it could be.

Senior Movie
Tuesday, May 28
11:00am
Aquaman
Is he worthy of who he was born to be?

Computer Access
Oak Park Community Center offers a computer room and B/W printer for work or school related material. For adult use only.

Monday-Friday:
10:00am-1:30pm
Thursdays:10:00am-1:00pm
Saturdays: 9:00am-2:30pm
SUMMER HOURS STARTING JUNE
Saturdays 9am-2:30pm
# May

**City of SACRAMENTO**

**Youth, Parks, & Community Enrichment**

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Closed: **MEMORIAL DAY**

Oak Park Community Center
3425 Martin Luther King Jr. Blvd.  916-808-6151