



SENIOR HEALTHY LIVING COUNCIL MEETING SCHEDULE

Senior Healthy Living Councils meet monthly at various centers in Alameda County. Check out the dates, times, and locations for a senior Healthy Living Council near you.

Site	Address	Meeting Days & Times
North Oakland Senior Center	North Oakland Senior Center 5714 MLK Jr. Way Oakland, CA (510) 597-5085	Meetings are held on the 1 st Tuesday of each month, at 10:30 a.m.
Rainbow Recreation Center	Rainbow Senior Center 5800 International Oakland, CA (510) 615-5751	Meetings are held on the 1 st Wednesday of each month, at 11:00 a.m.
East Oakland Senior Center	East Oakland Senior Center 9255 Edes Avenue Oakland, CA (510) 615-5731	Meetings are held on the 1 st Thursday of each month, at 10:00 a.m.
Ashland Community Center	Ashland Community Center 1530 167 th Ave. San Leandro, CA 94578 (510) 881-6755	Meetings are held on the 2 nd Tuesday of each month, at 10:00 a.m.
Manzanita Recreation Center	Manzanita Senior Center 2701 - 22nd Avenue Oakland, CA (510) 535-5625	Meetings are held on the 2 nd Thursday of each month at 11:00 a.m.

Are you interested in starting a Healthy Living Council in your community? Find out how by calling 510.595.6454 for more information.