



**The Oak Park Community Center** – We are among several community centers lead by the City of Sacramento, Department of Youth, Parks, & Community Enrichment. The community center was built in 1980 to serve the Oak Park Community and surrounding areas. The Oak Park Community Center is located near Broadway and Stockton Boulevard and is near the Highway 99 Freeway at the 12<sup>th</sup> Avenue exit. We provide a variety of safe, quality, and recreational programs through human services to children, youth, older adults, and families. Our caring, dedicated, and trained staff will foster a sense of well-being in all individuals and create a compassionate atmosphere for all participants within the community. As well as creating a culture of diversity and inclusion. We are open 5 days a week Monday through Friday from 8 a.m. to 8 p.m. and Saturdays from 8am -4pm Please stop by to see what we have in store for you!



### **REC Express**

Mon. – Fri. (2 p.m. - 6 p.m.)

Rec Express after-school program is an eclectic blend of fun, excitement, and education! Mentors will facilitate an array of STEAM based activities. Science, Technology, Engineering, Arts and Math will guide our program into the exciting world of discovery. Youth will be able to learn while playing fun games, building creative art projects, engaging in healthy online social interactions and MORE! This FREE program will be limited to a first come, first serve basis and registration is REQUIRED! This

program is geared towards children ages 6yrs - 11yrs.



### **Teen Scene**

Mon. – Fri. (3 p.m. - 6 p.m.)

Teen Scene Afterschool Program is going to be on Fire! Featuring special events, activities, and field trips. Such as: Foodie Fridays, Madden Tournaments, Sewing class, Bowling, Skating, K1 Speed and much, much more! Teens will be engaged and have fun in a safe and positive environment. It starts with you, Let's Go!! This program is geared towards teens ages 12yrs - 17yrs. Preregistration is REQUIRED!

All special events, field trips or activities are subject to change or cancellation.



### **Hot Spot**

Monthly on Fridays. (6 p.m. - 9 p.m.) FREE

Hot Spot is a program designed especially for teens. A special event night that features a theme with food, fun activities, and giveaways. All events or activities are subject to change or cancellation.



### **Super Saturdays**

Every 2<sup>nd</sup> Saturday of the month (10a.m.- 11:30a.m.)

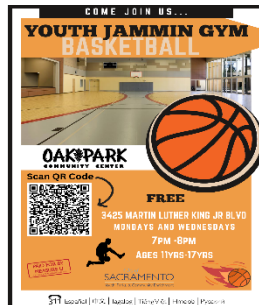
Oak Park Community Parent Involvement Drop-in program for the youth. Here we provide fun activities for you and children to do for FREE. While creating an environment with a sense of community and partnership.



### Recreation Station

Saturdays (12p.m.- 4p.m.)

Come join the Oak Park family for some fun! Where we created adult programs for ages 18+ that keeps you active and youthful. Come play some sports such as, pool, basketball, kickball, soccer and many more sports you're interested in. there's nothing like having a sportful day to yourself for FREE.



### Youth Jamming Gym Basketball

Mondays and Wednesdays (7 p.m.- 8 p.m.)

Youth participants can sign up to learn core concepts of basketball and various basketball drills to perfect skills. This class is aimed towards youth to have their own open gym. Creating a safe place to get a personal one-on-one training and some game time for FREE. Parent and/or guardian must be present during open gym hours.



### Ping Pong

Tuesday and Wednesdays (9:30 a.m.- 12:30 p.m.)

You don't have to be good; you just have to want to play! Ages 50+. Come out & play some competitive ping pong with your friendly neighborhood peers for FREE! You won't regret it! This sport will most definitely work you out.



### Gym fitness

Monday – Friday (9:00 a.m.- 7 p.m.)

Come join our fitness gym! Oak Park Fitness centers provide a wide variety of exercise equipment for you to use. From free weights to resistance training machines to cardio machines to core stability equipment, you can exercise in lots of different ways because there are so many options available. Membership is FREE!



### **Senior Room**

Retro & Active 50+ Program is for our participants to come together and stay active and healthy while having fun in a safe environment.

**Line Dancing** Mon/Friday (9:30 a.m. - 11:30 a.m.)

Ms. Jen who has been leading line dances for a while now have created a fun place for our elder community to step in the name of love, here at the Oak Park CC for FREE. Which gets your heart pumping and muscles moving.

**Beading** Tues/Thurs (9:30 a.m. - 11:30a.m.)

Ms. Jen provides a place of peace and creativity in making jewelry for FREE. Keeping the mind flowing and growing.

**Chair Yoga/ Fitness** Tuesdays (12 p.m. -1:00 p.m.) FREE

Come out & join our Chair yoga class, which increase balance and flexibility, while maintaining balance and flexibility. Also, boosts your mood and mental wellbeing.



**Senior Bingo** Wednesday (10:00 a.m. -11:30 a.m.) FREE

Come and play a round of bingo OPCC family, it increases mental flexibility and alertness, laughter, and socialization.

### **Senior Arts & Ceramic**

**Ceramics with Ms. Sally:** Every Thursday (1 p.m.- 3p.m.) FREE

Join Ms. Sally every Thursday for our Senior Ceramics Hand build for a variety of projects and tips on how to create with clay! Each week, our last hour will be intergenerational programming! A few participants from our Teen Scene program will join our senior program and enjoy our ceramics class together.

**Art with Ms. Sally:** Every Friday (1 p.m. - 3 p.m.) FREE

A variety of art experiences, come on an Art Adventure with Ms. Sally!

Membership is a requirement before participating or registering for any of our classes or activities. If you have any questions,

please contact us at 3425 Martin Luther King Jr. Blvd Sacramento, Ca 95817 916-808-6151

