



NEIGHBORHOOD ACTIVITIES



Sept. 2010

www.ecovillage510.org

Call to confirm event before traveling.
time.

Most events start on

Calendar Cutoff for Getting Events on the Oct "Print" Calendar

Events are posted via the website "Propose an Event" form. Submission is ongoing for online. Cut-off for getting an event on the Oct "print" calendar is Tues, 9/24 @ 11:59 pm. www.ecovillage510.org

Coffee Hour The longest-lived activity on this calendar. Come join in the mix; you can talk, listen, dine & enjoy community. Every Tuesday, 6:00pm @ Leaning Tower of Pizza, 498 Wesley (@ Brooklyn).

Community Movie Night @ Grand Lake Coffee House:

Movie selection: TBA. No admission, but please support his local business and buy some popcorn, a drink and /or a tasty snack (they have great sandwiches and salads). Thanks! Tu 9/28, 7:00 pm, Grand Lake Coffee House, 440 Grand Avenue & Bellevue, Dawn & Loren 625-1209. damaraz@juno.com.

Health Night -Whatever Piques Your Fancy

Tu / /:00 pm. Let's talk about what's on your mind health-wise! Leaning Tower of Pizza: Dave 893-2542 and Laura 986-0879.

LMNOP Weekly Peace Walk

Lake Merritt Neighbors Organized for Peace (LMNOP). Every Sunday, 3:00pm @ The Colonnade (east side of Lake Merritt). Bring signs if you have them. Beth, 763-8712

Monthly "RSVP"

Potluck Party

Ten "I'll be there" are needed before 9:00pm on Friday, 9/24. I'll let you know if it's happening either when you RSVP or at the latest on Saturday morning. Bring a dish for six (we like everything, but we LOVE omni and veggie protein courses). We'll dine, talk, listen, laugh, and if someone remembers we may sing "Happy Birthday" or even have an old-fashioned go-around. Who

knows, maybe we'll play charades again sometime, while allowing for conversations to continue in a quieter area of the kitchen or dining room. RSVP to Laura, lwlaura@yahoo.com or 986-0879 (8am-9pm only). Sa 9/25, 7:00pm @ CSH - 351 Santa Clara Ave

Museum Free Day:

First Sundays are free! OMCA is free all day the first Sunday of every month. Enjoy the new Galleries of California Art and California History. On 10/3/10 tour the building with members of the Museum's Council on Architecture at 1:00 pm (meet at Level 2). Grab a lunch or a snack at Blue Oak. Met at 1:00 p.m. at the entrance on 10th St. Su Oct 3, 11:00 a.m. to 5:00 pm; John C 547-6636 (who may or may not be there, but, regardless, enjoy the museum).

Oakland Tenants Union Monthly Meeting

OTU helps tenants in their dealings with landlords and the city bureaucracies, and also keeps an eye on the operation of the city agencies and City Council proposals that may affect tenants' rights. 2nd Monday every month. For tenant counseling, call 763-0142. Mo13,7:00pm @ Community Room, Madison Park Apts., 100 9th Street (across 9th St. from Lake Merritt BART station; to enter, knock gently on window to right of main entrance). Dave K. 763-3515 <http://www.oaklandtenantsunion.org/>

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Poetry (Short) Appreciation

Karen 839-6012 John 547-6636, camry88@sonic.net. Bring in no more than 12 lines of your favorite verse, oratory, or prayer, and be prepared to talk about why you love it. Ideally, this passage should have aesthetic merits for you, rather than simply political or historic interest. Light refreshments will be served. Th 9/16, 842 Mead Ave Oakland CA.

T'ai Chi Chih & Meditation:

30 minutes of follow-along T'ai Chi Chih (19 movements each done 9 times with stillness in between; 1/2 the movements done in a given week; easy to follow and learn) and then about 30 minutes of silent meditation which ends with a loving-kindness practice and dedication. Donations accepted. Weekly on Wednesdays, 10:30-11:30am @ CSH - 351 Santa Clara Ave. Enter through gate with white "X" on Santa Clara Ave. Paul Ciske 832-5725 paulciske@sbcglobal.net

Also through Paul Ciske Introduction-Your Body Tuning In and Tuning Up.

Transform your movement and posture by learning in this session the 6 "high pay-off" mobility drills along with the principles of Muscle Activation Techniques (MAT) and Z-Health Performance Solutions to train both the body and the brain. 8 week course begins September 21.

Tuesday September 14th 7-8:15 pm. Paul Ciske 832-5725 paulciske@sbcglobal.net (Call for location)

Introductory Experience of Muscle Activation Techniques (MAT).

Is tightness a problem or a protection mechanism for an underlying issue? Learn the principles of MAT to keep your body operation at its maximum. Monday September 20th 7-8:15 pm. Paul Ciske 832-5725 paulciske@sbcglobal.net. (Call for location)

Transforming Stress: An Introduction to the work of Conscious Embodiment.

Monday September 27, 7-8:30 pm. Develop greater capacity to relate to whatever arises from a centered state which accessed presence, confidence and compassion when under pressure. Call Paul Ciske for location. Paul Ciske 832-5725 paulciske@sbcglobal.net. (Call for location)

** Leaning Tower of Pizza, 498 Wesley (@ Brooklyn), 444-6824 Ave (@ Crescent)

*** CSH-Crescent Sangha House, 351 Santa Clara