

Hong Lok Senior Center



A Welcoming Space for Seniors

The Hong Lok Senior Center offer a safe and welcoming environment for community members, ages 55 and older, to build social connections, engage in meaningful activities, and maintain their independence. Located at two convenient sites (168 11th Street, Oakland and 3889th Street, Ste. 290, Oakland), we provide a hub for enriching senior life.



- Educational & Recreational Programs: Classes, Workshop, and events to stay engaged and active.
- Field Trips & Holiday Celebrations: Fun outings and festive events
- Exercise & Safety: Fitness classes and personal safety workshops
- Health Education: Updated essential health - related information



Office Hours

168 11th Street
Monday - Friday
9:00 a.m. - 2:00 p.m.

388 9th Street #290
Monday - Wednesday
9:30 a.m. - 2:30 p.m.



Eligibility

Seniors must be independent or accompanied by a care attendant to participate. Walk in to enroll with a simple form, only required once a year.



Contact Information

168 11th Street,
Oakland, CA 94607

Tel: (510) 763-9017

