

Oakland's Heartlands are a feast for fashionistas and hair-design devotees with many quaint eateries and small businesses geared to serve the surrounding community.

In the **Millsmont** neighborhood, located next to the scenic Mills College campus, students, employees and community residents can be found perusing the various vendors' wares at the Millsmont Farmer's Market every Saturday during the months of May through October.



The **Havenscourt** district is a friendly commercial area between 63rd and 66th Avenues along Bancroft Boulevard. Here, you can sip on a latte while having your car professionally detailed, do some light shopping, take care of your beauty needs or feast on delicious yet affordable food. The **Foothill-Seminary** district is a quiet neighborhood where you can enjoy a variety of ethnic cuisine, and find an array of stores and services. This area is home of the historic flatiron building which houses professional offices and retailers within its Beaux Arts exterior. Stylemavens will find edgy fashions at bargain prices in the **Eastmont-MacArthur** neighborhoods. Savvy shoppers find the hottest shoes and unique treasures, then pick up Oakland's best BBQ and head for home.

Don't hassle with parking, battle traffic, navigate tunnels or freeway mazes. Discover these areas' hidden charm, and find something for everyone on your list in **Oakland's HEARTLANDS!**



Services

P.Thorn Records
5852 Foothill Blvd
510-568-3590

Poodle Parlor
6207 MacArthur Blvd.
510-775-0187

Professional Property Management
5864 Foothill Blvd
510-430-8484

Profit's Production
5848 Foothill Blvd

P-Thorn Records
5852 MacArthur Blvd.
510-568-3590

Realty World
5754 Foothill Blvd.
510-533-6003

Realty World
5845 Seminary Ave.
510-568-2274

Realty World Coliseum
5845 MacArthur Blvd.
510-568-0707

Rug Doctor Rents
6132 Foothill Blvd.
510-569-7464

The Tax Man
2633 Seminary Ave.
510-632-9438

Tune Masters
5525 Bancroft Ave.

Whitted Williams Funeral Home
5500 Foothill Blvd.
510-261-1105

Shoes

Athlete's Foot
7200 Bancroft Ave.
510-636-7910

Footlocker 7201
7200 Bancroft Ave.
510-639-7020

Payless Shoe Source
7000 Bancroft Ave. #107
510-569-2344

Residential Medical Services
7200 Bancroft Ave.
510-553-9159

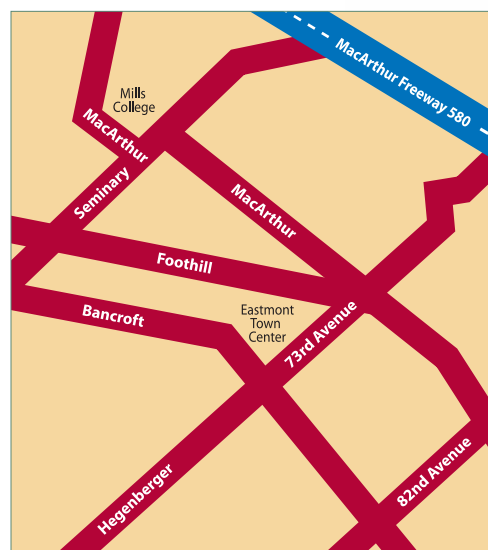
Transportation

ACTransit Bus Plaza
Eastmont Town Center
510-891-4901

Youth Services

Girls Incorporated
13666 East 14th Street
510-357-5515

YMCA Teen Center
5908 Foothill Blvd.
510-638-3984



Sponsored by the Offices of Council Member Desley Brooks and the District 6 Main Street Project

Shop & Save in Oakland's Heartlands

YOUR NEIGHBORHOOD SHOPPING DISTRICTS



The Oakland foothills are home to a variety of small business communities, including Foothill-Seminary, Havenscourt-Bancroft, Eastmont-MacArthur, International and Millsmont. We call these areas Oakland's Heartlands. Discover their hidden charm and find something for everyone on your list in Oakland's Heartlands.



Shop & Save in Oakland's *Heartlands*

Adult/Day Programs

One Step Closer Inc
7622 MacArthur Blvd.
510-636-0216

Friendly Elderly Home Care Service
5797 Foothill Blvd.
510-430-1000

Auto

Autozone
Eastmont Town Center #334
510-866-6244

Foothill Auto Service & Body Shop
6821 Foothill Blvd.
510-638-6664

Golden Finish Detail Center
6690 Bancroft Ave.
510-569-4192

Harry's Quality Auto Center
6548 Foothill Blvd.
510-638-7135

Havenscourt Garage
6001 Foothill Blvd.
510-632-3640

Minute Muffler Service
6818 Foothill Blvd.
510-568-0968

Oak Bay Auto Detailing Center
5625 Foothill Blvd.
510-261-8347

Owen's Auto Electric Parts
7425 MacArthur Blvd
510-632-8576

Salvamex Auto Repair
5538 Foothill Blvd.
510-535-1564

Schleicher Motors
7956 MacArthur Blvd
510-569-4767

Willie's Unique Auto Body
5525 Foothill Blvd.
510-261-2420

Quality Tune Up
6548 Foothill Blvd
510-568-3219

Bar/Club

Rumors
5921 Foothill Blvd.
510-638-7071

Beauty

A Touch of Magic
5930 Foothill Blvd.
510-639-4886

Barbara's Final Touch
5859 MacArthur Blvd.
510-568-3888

Braids R Us
6004 Foothill Blvd
510-562-9866

Candy's Beauty Island
5844 Bancroft Ave.
510-635-6870



Choppin' It Up Barber Shop
5844 Bancroft Ave.
510-568-6317

Christian Beauty
7327 MacArthur Blvd.
510-553-9311

Class A Cuts
7314 MacArthur Blvd.
510-635-6880

Curley's Barber Shop
6627 Bancroft Ave.
510-632-9977

Cut Close
7864 MacArthur Blvd.
510-633-3087

Cuts & Bends Hair Center
6126 Foothill Blvd.
510-568-9577

DeBorah's Hair Affair
5508 Foothill Blvd.
510-534-7677

Dolphin Health
7326 MacArthur Blvd.
510-436-5744

Golden Touch Barber Shop
7314 MacArthur Blvd.
510-569-1368

Hair Quarters
6139 MacArthur Blvd.
510-632-2139

Jackie's Cuts & Styles
6660 Bancroft Ave.
510-632-7011

Jean's Empire Salon
2734 73rd Ave.
510-632-6260

Klip Appeal Barber Shop
5930 MacArthur Blvd.
510-635-8441

Lady Kay's Style Salon
2766 73rd Ave.
510-568-0546

MacArthur Nails
7305 MacArthur Blvd.
510-569-6522

Marcella's Beauty Concept
6345 MacArthur Blvd.
510-635-8768

Miss Vicki's Hair Works
5942 MacArthur Blvd.
Ste. E
510-635-2621

MO Betta Cuts
5958 MacArthur Blvd.
510-638-4269

Nail Specialist
6662 Bancroft Ave. Ste. A
510-638-5421

Nails USA
5927 MacArthur Blvd.
510-568-6670

New Creations Salon
5859 MacArthur Blvd.
510-530-2205

O La Cosmetics
2681 Havenscourt Blvd.
510-569-8826

Omar's Hair Design
6631 Bancroft Ave.
510-430-2820

Palace Beauty Salon and Barber Shop
2550 Seminary Ave.

Rose Nail
2740 73rd Ave.
510-638-6620

Rosena's Beauty Salon
6688 Foothill Blvd.
510-638-9932

Shandle's Beauty Island
5624 Foothill Blvd.
510-261-1470

Sherry's Beauty Salon
5930 MacArthur Blvd.
510-562-9559

The Do Barber Shop
5937 MacArthur Blvd.
510-453-1952

U Go Girl Style Salon
7711 MacArthur Blvd.
510-530-5044

Unlimited Images Beauty Salon
5937 MacArthur Blvd.
510-382-1105

Town Business Barbers
2558 Seminary Ave.
510-430-8003

Clothing

Adonte's Boutique
6656 Bancroft Ave.
510-777-0006

All African Imports
Eastmont Town Center #131
510-635-0230

American Fruit with African Roots
5848 Foothill Blvd.
Suite 209
510-638-7746

Amok Men's Clothing Store
2562 Seminary Ave.

dd's Discounts - Ross Stores
7100 Bancroft Ave.
510-965-4400

Far Creations Clothing Design
5848 Foothill Blvd
Suite 208

Higher Spirit Fashions
7645 MacArthur Blvd.
510-567-8841

One Price & More
7200 Bancroft Ave. 100
510-382-0878

Phillip's Design
5848A MacArthur Blvd.
510-635-5977

Rainbow Shop
7200 Bancroft Ave.
510-635-6206



Coffee & Specialty Shops

Heavenly Grounds Coffee
6686 Bancroft Ave.
510-430-9800

Lee's Donuts 12
7000 Bancroft Ave.
510-729-6165

Loard's Ice Cream and Candy
5942 MacArthur Blvd.
510-632-8951

Computers & Electronics

Business Electronix
153 Eastmont Mall
510-569-9765

Department & Variety

Eastmont Properties
7200 Bancroft Ave.
510-632-1131

Elmhurst Pharmacy
7400 MacArthur Blvd.
510-638-3788

Value Plus
6900 Bancroft Ave.
510-569-6446

Electronics

Express Paging & Cellular Touchdown Wireless
5856 Foothill Blvd.
510-568-5661

Financial

Bank of America
Eastmont Town Center #20
510-615-1805

Florists

Crystals Flowers
1724 81st Ave.
510-562-4503

Golden Ginger Florist
5507 Foothill Blvd.
510-872-9550

Furniture

Dewey Furniture Co
7800 MacArthur Blvd.
510-568-5861

Over & Over Thrift
5926 Foothill Blvd.
510-569-5124

San Felipe Furniture
2338 81st Ave.
510-390-4154

Gas Stations

Fast Gas and Shop
5910 MacArthur Blvd.
510-569-0237

Sekhon Gas Station
6600 Foothill Blvd.
510-568-4664

Seminary Gas & Food Mart

6235 Seminary Ave.
510-639-7260

Gifts

Karen's Flowers
7407 MacArthur Blvd.
510-569-3409

Mei Lan Flower and Gift Shop
6625 Foothill Blvd
510-638-7283

Sudear's Flowers
7320 MacArthur Blvd.
510-638-6413

Things for Less
5935 MacArthur Blvd.
510-382-1105

Grocery

3 M Food
6349 MacArthur Blvd.
510-562-5527

A & M Market
1774 82nd Ave.
510-562-3554

Arrwa One Stop Market
8607 Bancroft Ave.
510-568-8263

Benny's Market
1854 Church St
510-638-5771

Elmhurst Food Pantry
7324 Halliday Ave.
510-562-7843

Foothill Discount Grocery
6510-Foothill Blvd.
510-638-1208

Gazzalis Supermarket
7000 Bancroft Ave.
510-910-1077

Happy Market
6682 Bancroft Ave.
510-632-4510

Harold's Market
7615 MacArthur Blvd.
510-569-0289

Joseph's Liquor's
8138 MacArthur
510-569-6400

M & M Market
8135 Bancroft Ave.
510-568-3446



Mills Food Center
5911 MacArthur Blvd.
510-635-2153

Millsmont Certified Farmers' Market
1 Frank Ogawa Plaza,
2nd Floor
510-238-7006

New Market
7475 Bancroft Ave.
510-635-1522

Royal Foods
7615 MacArthur Blvd.
510-569-0289

Safe Land Market
5701 Foothill Blvd.
510-532-6599

Seminary Market and Liquors
2611 Seminary Ave.
510-633-0897

Shop Rite Market
5800 Bancroft Ave.
510-632-5426

Star N Star Meat Market
6839 Foothill Blvd.
510-569-9363

Health

Ambulatory Services
6955 Foothill Blvd
510-577-5668

Apothecary Pharmacy
Eastmont Town Center #268
510-587-2605

Avenal Chiropractic Office
5750 Foothill Blvd.
510-569-9900

Brookdale Offices
550 Foothill Blvd
510-569-9900

Central Health Center
6955 Foothill Blvd
510-271-4279

Diego's Power Alley Gym
5775 Foothill Blvd.
510-632-7673

Earl Jones III, DDS
6534 Foothill Blvd
510-569-1817

Eastmont Dental
6995 Foothill Blvd.
510382-5145

Eastmont Wellness Center
6955 Foothill Blvd
510-383-5094

Frohman's Martial Arts and Karate
5864 Foothill Blvd.
510-632-8326

Ralph Ortiz DC
6706 Foothill Blvd
510-569-1386

Resultz Health and Fitness
5775 Foothill Blvd.
510-632-3771

James Sweeny, III, DDS
7930 MacArthur Blvd
510-562-0508

Home

B & C Tile
5829 Bancroft Ave.
510-569-8337

CC Williams Construction
7036 MacArthur Blvd
510-638-7721

Golden Ginger Florist
5507 Foothill Blvd.
510-872-9550

Miller's Landscape
5700 Foothill Blvd.
510-261-5049



Laundry

Clean Scene
5817 Bancroft Ave.
510-569-5815

Mills Launderette
6010 MacArthur Blvd.
510-632-943

Poppy's Bubble Wash
7851 MacArthur Blvd.
510-569-5641

Rentals

A-Arrow Rents and Sales
6132 Foothill Blvd.
510-569-7464

Restaurants

A Taste From Heaven
7312 MacArthur Blvd.
510-638-0249

Andrews Johnny
7625 MacArthur Blvd.
510-562-6800

Angelica's Restaurant
5941 MacArthur Blvd.
510-553-9033

Burger King
7200 Bancroft Ave.
510-639-4563

Café La Fong's
5885 Bancroft Ave.
510-568-9988

Charlie's Las Palmas Restaurant
5941 MacArthur Blvd.
510-639-7220

China Cafe
8012 MacArthur Blvd.
510-632-1212

Church's Chicken
7301 Bancroft Ave.
510-568-5152

Egg Roll Kitchen
6650 Bancroft Ave.
510-638-2108

Evelyn's Taqueria
6403 Foothill Blvd.
510-430-2745

Five Points BBQ
6637 Bancroft Ave.
510-777-1311

Fong's Cafe
6807 Foothill Blvd.
510-568-3050

Hanks Seafood
6018 MacArthur Blvd.
510-383-9696

MacArthur Deli
5927 MacArthur Blvd.
510-568-6670

Manuel's BBQ and Seafood Delivery
2529 Seminary Ave.
510-639-0392

McDonald's
271 73rd St.
510-562-0345

Old Weang Ping Village
6217 MacArthur Blvd.
510-430-8771

Parrots Seafood and More
2529 Seminary Ave.
510-568-8355

Seminary Coffee Shop
2566 Seminary Ave.
510-568-6196

Shaneie's Fish & Soul Food
7312 MacArthur Blvd.
510-569-6699

Sicilian Pizza
5941 MacArthur Blvd.
510-569-8781

Taco Bell
6900 Bancroft Ave.
510-568-5231

Tasty Szechuan Restaurant
2811 Havenscourt Bl.
510-562-2865

Services

Able Packaging Co.
167 Eastmont Mall
510-635-1489

Action Mortgage
5845 MacArthur Blvd
510-568-0707

All Purpose Insurance
5857 Seminary Ave.
510-382-1900

Annie's Magic Touch
5930 Foothill Blvd.
510-568-8355



JM Realty Investments
5528 Foothill Blvd.
510-536-0464

John Harris Real Estate & Construction Co
6125 Foothill Blvd.
510-430-1766

Lavine & Company Heating and Air Conditioning
5933 Foothill Blvd.
510-632-4105

MacArthur Tours
5848 Foothill Blvd.
Ste. 206
510-638-1235

Marina Driving School
5515 Foothill Blvd.
510-532-7176

May Tax Service
5763 Foothill Blvd
510-636-1750

Mi Casa Realty
5824 Bancroft Ave.
510-567-8440

Michael Smith Realtors
7862 MacArthur Blvd.
510-562-9870

Diana's