

vival buildings house individual storefronts, restaurants and businesses. In this amiable community, located on the slopes of the Oakland foothills, residents pick up a few items at the local grocer, buy necessary items at the hardware store, pamper themselves with a pedicure, take a dance class or dine out.

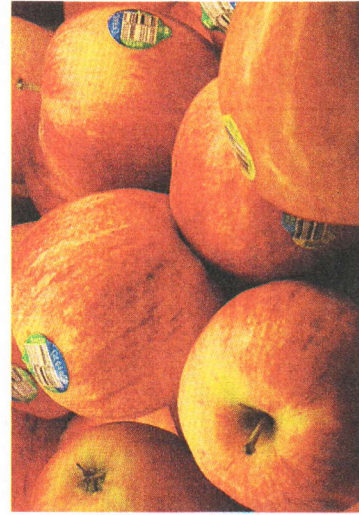
Oakland

— Stephanie Wright Hession, 96hours@sfbchronicle.com



1. Femi Macus Nails

4195 Park Blvd.: Seated in a row of spa chairs at this nail salon, their feet soaking in the basins below, women indulge in a manicure and pedicure — which includes wrapping their lower legs in warm towels, followed by a massage. (510) 482-4567.



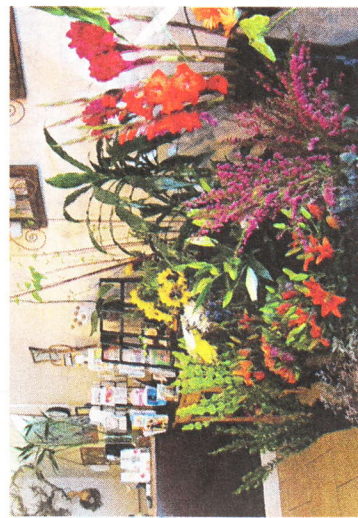
2. Savemore Market

4219 Park Blvd.: This neighborhood grocery stocks fair-trade whole-bean coffees, organic produce such as gala apples and cremini mushrooms, natural personal care and household products, vegan products, organic dairy items, imported cheeses, Acme breads, wines, and microbrews. (510) 530-6296.



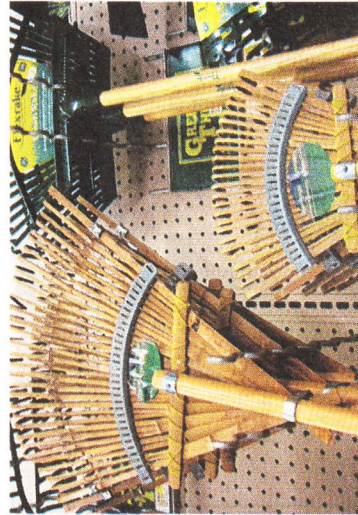
3. Ultimate Grounds Et Al Coffee & Tea

4225 Park Blvd.: Choose a sandwich made with roast beef, sun-dried tomatoes, spinach, pepper jack and Dijon mustard or prosciutto with cinnamon pears, then order up a specialty coffee and head out back to the tiny patio with its trickling fountain. Free Wi-Fi. (510) 482-8206.



4. Glenview Florist

4224 Park Blvd.: Vibrant sunflowers, tiger lilies, bells of Ireland, blue larkspur and potted phalaenopsis orchids dot this shop. Drawing from 25 years' spent working as a florist, proprietor Shawn Misaghi designs impromptu bouquets and formal arrangements for weddings and other special occasions. (510) 482-2392. www.glenviewflorist.com.



5. Glenview True Value Hardware

4218 Park Blvd.: The service at this neighborhood hardware store distinguishes it from the experience of being in a larger store, where customers can waste a lot of time wandering around looking for assistance. It's stocked with practical, expected items — from bulk nails to rakes. (510) 530-6222. ww3.truevalue.com/glenview.



Photos by Stephanie Wright Hession / Special to The Chronicle

6. East Bay Dance Center

1318 Glenfield Ave.: Whether stirred by Savion Glover's magnificent tap dancing, the elegance of Sylvie Guillem, or the steps and moves of jazz choreographer and dancer Bob Fosse, kids and adults can get their groove on at this dance studio. Classes include tap, jazz, ballet and hip-hop. (510) 336-3262. www.eastbaydancecenter.org.

PARKING

Pay to Park, \$2 per hour with a two-hour maximum, on Park Boulevard.

GETTING THERE

By public transit: From the 12th Street/Oakland City Center BART Station, walk to 14th Street and Broadway. Take the AC Transit bus No. 18 toward Mountain Boulevard/Montclair and exit at Park Boulevard and Glenfield Avenue. www.bart.gov, www.actransit.org.

By car: From S.F., cross the Bay Bridge and merge onto Interstate 580 east toward Hayward/Stockton. Take the Park Boulevard exit and merge onto MacArthur Boulevard. Turn left on to 13th Avenue and merge right on Park Boulevard.

GOOD TO KNOW

A popular breakfast spot, the Blackberry Bistro (www.theblackberrybistro.com), serves vanilla-orange-scented French toast. For Italian fare there's Bellanico (www.bellanico.net), Marzani on Park (www.marzanorestaurant.com) and Pastino's Pasta and Pizza (www.pastinospizza.com).