Let’s Pool Our Tools

Has the native flora in your backyard grown waist-high, but you really don’t want to own a weed wacker? Have turkeys permanently defaced your power drill? Are you circular-saw impaired?

The City of Albany Recreation & Community Services Department’s tool lending library—Albany Tool Pool—makes it possible for you to use those tools you only need every once in a while. Tool lending libraries work like regular libraries, except you don’t read the tools, you use them instead. Tool lending libraries give the community access to needed tools, without people having to purchase and store such things. Albany Tool Pool provides low-cost access to tools, fosters sustainability, and builds community through sharing. All good, right?

Donations are accepted. Drop off your extra hand tools, gardening tools, working power tools or anything else your neighbors might need for do-it-yourself home improvement projects. To schedule a donation drop-off or to borrow a tool contact Lauren Alves, lalves@albanyca.org.
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twitter.com/AlbanyRecDept
facebook.com/albanyrec
instagram.com/albanyrecreation

ORANGE YOU READY FOR SPRING?
Winter is the perfect time to be planning for spring, and—believe it or not—it’s already time to be thinking about summer if you have offspring in Albany. Be warned that our popular camps fill up fast. See the Summer Camp Preview in this edition of the Activity Guide, and register early!
Youth Clay for Kids
AGES 3.5–7
Explore your creativity with clay. Have fun making sculptures, pots, and tiles, learning basic hand building techniques. Parents are welcome in the classroom to create with their children and make their own pieces. $10 material fee/per person paid to instructor.

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Instructor: Pauquerette Clark
Location: Albany Community Center, Rooms 1 & 2
Min: 6; Max: 25

Advanced Clay for Kids
AGES 8–12
Explore your creativity with clay. Make unique sculptures, pots, and tiles. Discover the magic of seeing your painted pieces come to life as they emerge from the kiln. Enjoy a fun collage project the last day. $10 material fee paid to instructor.

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Instructor: Pauquerette Clark
Location: Albany Community Center, Craft Room
Min: 6; Max: 25

Open House at the last class of ballet & tap sessions. Students can sign up for “Summer Holiday” or “Winter Wonderland.” Fee & rehearsal required.
**Draw/Paint from Life & Beyond**

**Ages 5–12**

Explore fun techniques in drawing, painting, and mixed media. Classes start with warm up exercises, leading into more developed artworks. We use different kinds of materials to draw from life and your imagination. $10 material fee paid to instructor.

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**Instructor:** Paquerette Clark  
**Location:** Albany Community Center, Craft Room  
Min: 5; Max: 12  
*No class on Feb 19 & Apr 9

**Techsplosion.org: Minecraft YouTubers—Let’s Play!**

**Ages 8–12**

Learn what it takes to make epic Minecraft videos for YouTube like TheDiamondMinecart, Captain Sparklez, Stampy, and more! Whether you want to make a “Let’s Play” video, a funny skit, a build battle, or something even cooler, you’ll have the tools and expert help needed to make your dreams a reality! And all the while we’ll learn about internet safety so that when class is over, we can upload your video to YouTube.

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**Instructor:** Techsplosion.org Staff  
**Location:** Albany Community Center, Rooms 1 & 2  
Min: 10; Max: 12

**Techsplosion.org: Stop-Motion Minecraft Animated!**

**Ages 5–12**

Get ready to use cameras and Minecraft characters to create amazing stop-motion animation movies! Whether your story is about fighting the wither, going on an adventure, or building the coolest pixel art in the overworld, you’ll have an opportunity to tell it at Stop-Motion Minecraft Animated! We’ll create real-life sets as we learn about stop-motion animation (think Wallace and Gromit!), then film, edit, and upload our creations to YouTube.

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**Ages 8–12**

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</table>

**Instructor:** Techsplosion.org Staff  
**Location:** Albany Community Center, Rooms 1 & 2  
Min: 10; Max: 12  
*No class on Feb 7

**Cartooning 101**

**Ages 7–11**

Anyone can do this class—if you have a pencil & an imagination! This class will help develop your drawing skills and creativity. Design your own cartoon character, understand the creative process and development of a cartoon from brainstorming, create your own comic book, learn about bird’s eye view, gag punch lines, props (a flying hamburger, speech bubbles and thumb nail sketches). Note: Students with special needs are required to have an assistant. Come join the fun with our local artist, Jamie Aberegg. $5 material fee paid to instructor.

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**Instructor:** Jamie Aberegg  
**Location:** Albany Community Center, Craft Room  
Min: 5; Max: 12  
*No class on Feb 7
**Kids' Carpentry**

**AGES 5–12**

Kids have enjoyed working with wood and learning how to use hand tools in Kids' Carpentry since 1982. Boys and girls are encouraged to develop problem-solving skills while building their own cool projects using applied math and fractions. The kids are also introduced to a wide range of woodworking hand tools, safety and craftsmanship. Projects include: super tops, boats, clocks, games, doll furniture, bird-feeders, trucks and many other projects to choose from. Our goal is to empower the students to become independent thinkers! This program may be taken year-round with different projects offered each session. Our motto is: “Building confidence and teaching with respect in a safe and happy environment.”

**Jump, Jiggle & Roll: Kinder Gym Drop-in**

**AGES 0–2.5**

Come wiggle your waggles away at Kindergym! Children can jump, crawl, run, move and groove for one and a half hours of free play. A parent/caregiver must accompany children (1:3 ratio required).

**Chopped Junior**

**AGES 8–13**

What can you make with lemon yogurt, an avocado, pretzels and no recipe? That is the puzzle that teams of children are challenged to figure out. Each week children in the “Chopped Junior” class will create a delicious solution using these and other ingredients to make a dish. They will work together in teams of 4-6 with a new child team leader each week to make a tasty, appealing and beautifully presented dish using only 3 ingredients, all of which are a surprise to the class participants! Children are given 1-hour to make their dish—then comes judging and tasting. The winning team gets a prize each week. “Chopped Junior” takes creative thinking, learning by doing, and getting to know your ingredients really well! $30 material fee paid to instructor.

**Shake, Rattle & Roll: An Active Class for Children with Special Needs & their Allies**

**GRADES K–5**

A program of creative dance, rhythm exploration, and "wheeled mobility" education (bikes, kick scooter, and roller skates) for elementary school children with special needs and their peer mentors! We will explore rhythm and movement in the Multi-Purpose room and "wheeled mobility" just outside on the playground at Cornell School in Albany. Please fill out an application (www.albanyca.org/PALSRegform) so we can be sure to be as inclusive as possible.
**How Our World Works: STEAM Story Time**

**AGES 3–6**

With increasing accessibility to information and awareness about our complex and beautiful world, this early literacy class will delve into themes in the areas of Science, Technology, Engineering, and Math. We will read aloud hand-picked picture books that are age-appropriate, work on simple activities that reinforce language skills, and engage in fun hands-on art-based crafts—all anchored in several engaging STEM themes. The sessions will encompass themes in Science (e.g. water cycle, outer space, dinosaurs), Technology (e.g. robots, computers), Engineering (e.g. how-to-build concepts), Math (e.g. 3D shapes, simple operations). This class will open up our world while nurturing curiosity and love for learning in children! A parent or caregiver must stay in class. No unregistered siblings.

**DATE** **DAY** **TIME** **MEETS** **ALBANY RESIDENT** **NON-RES.**

Jan 15–Feb 19*   Tue 11 am–noon  5x  $125  $135  

**INSTRUCTOR**: Meera Sriram  
**LOCATION**: Albany Community Center, EOC Room  
**Min: 4; Max: 10  **No class on Feb 19

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**Instructor Spotlight**

Nancy Henderson is an Adapted Physical Education Specialist, has been teaching children with special needs in both public schools and the private sector for nearly four decades! She considers her life's work to be creating learning environments that foster active participation and a sense of belonging for all. Nancy grew up in a musical family and feels fortunate to have been encouraged to tap into her own creativity from an early age. She is committed to supporting young people as they uncover hidden talents and discover community through exploration of dance, rhythm, creative expression, and physical activity. “Each one, teach one” serves as a guiding principle for Nancy as she seeks to engage people of varying ages, abilities, and cultural backgrounds in activities that further individual development as well as group connection. Check out her new “Shake, Rattle, and Roll” after school program this spring!

---

**Write On! Creative Writing Lab for Kids**

**AGES 8–12**

For the reluctant writer to the enthusiastic, this intensive writing program is designed to strengthen students’ abilities to express themselves through the written word with special emphasis on skill-building (mechanics, editing, spelling). Small, cooperative, fun classes will focus on various writing strategies from pre-writing and organizing ideas to drafting, revising and publishing a class magazine. The series is cumulative and will build on previous lessons, including those taught in the Creative Writing Summer Lab!

**DATE** **DAY** **TIME** **MEETS** **ALBANY RESIDENT** **NON-RES.**

Jan 15–Feb 26*     Tue 9:45–10:30 am  5x  $174  $184  
Feb 7–Mar 14*     Thu 4–6 pm  5x  $174  $184  
Mar 21–Apr 25*    Thu 4–6 pm  5x  $174  $184  
May 2–May 30*    Thu 4–6 pm  5x  $174  $184

**INSTRUCTOR**: Abby Skrivan, www.writeonyouth.com  
**LOCATION**: Albany Middle School, Room 203  
**Min: 6; Max: 20  **No class on Feb 21 & Apr 11

---

**Write you are! A Creative Writing Workshop for Teens**

**AGES 12–18**

Bring your creative license and explore the possibilities of written expression! In these classes, we discuss different narrative elements and forms as we approach writing with a creative instinct and critical eye. Genre experimentation, improvisational composition, and exemplary prose and poetry guide us on our literary journey. These classes are fun, engaging, and inspiring and designed to help teens discover new vistas for self and creative expression. Each session, the instructor will introduce new ideas and assignments so that returning students can explore fresh material and new students can feel welcome.

**DATE** **DAY** **TIME** **MEETS** **ALBANY RESIDENT** **NON-RES.**

Jan 7–Feb 11*     Mon 4–5:15 pm  5x  $124  $134  
Feb 25–Mar 25*    Mon 4–5:15 pm  5x  $124  $134

**INSTRUCTOR**: Rachel Rosekind, PhD  
**LOCATION**: Albany Community Center, Craft Room  
**Min: 5; Max: 12  **No class on Jan 21

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**Little Lits I**

**AGES 21 MONTHS–3 YEARS**

In this story-time based toddler class, children will be introduced to preschool themes through music and books. Wonderful read-alouds, songs and rhymes, storyboards, and movement and finger play, will prepare children for a life-long love of reading and learning! This gentle and interactive class will also include a simple craft or activity, and some stay-and-read time. You will take home songs to sing, book titles to read, and craft ideas. A parent or caregiver must stay in class. No unregistered siblings.

**DATE** **DAY** **TIME** **MEETS** **ALBANY RESIDENT** **NON-RES.**

Jan 15–Feb 26*     Tue 9:45–10:30 am  6x  $96  $106

**INSTRUCTOR**: Meera Sriram  
**LOCATION**: Albany Community Center, EOC Room  
**Min: 4; Max: 10  **No class on Feb 19

---

**Film and Story Workshop**

**AGES 10–15**

Do you love making your own movies? Want to learn how the pros make films or maybe just expand on your own production skills? In this workshop we study the art of filmmaking, learn its history and techniques while making our own live action short films. We’ll learn the basics of using a green screen and other special effects to composite our characters into handmade miniature worlds bringing our stories to life. See examples at narrativeartcenter.com. Each session builds on the other but can be taken independently as well. $20 material fee paid to instructor.

**DATE** **DAY** **TIME** **MEETS** **ALBANY RESIDENT** **NON-RES.**

Mar 1–Apr 5*     Fri 3:45–5:30 pm  5x  $210  $220

**INSTRUCTOR**: Mason Hall  
**LOCATION**: Albany Community Center, EOC Room  
**Min: 5; Max: 10  **No class on Mar 15

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ACTIVITY GUIDE WINTER/SPRING 2019  Registration: WWW.ALBANYCA.ORG/ONLINREG OR FORM ON PAGE 64
Kidz Love Soccer: Tot/Pre Soccer

**AGES 3.5–5**

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Children will have fun learning the basic techniques of the game; all while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey! Check the hotline 30 minutes before the start of the class for the most up-to-date information. Receive cancellation notifications on your smartphone with the free Kidz Love Soccer mobile app. Cancelled classes will be made up at the end of the session by adding an additional class at the same day and time.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.
Feb 2–Mar 23 | Sat | 3:45-4:20 pm | 8x | $119 | $129
Apr 20–June 15* | Sat | 3:45-4:20 pm | 8x | $119 | $129
Instructor: Kidz Love Soccer Staff, Rain-out Hotline (888) 372-5803
Location: Memorial Park, Front West Grass
Min: 6; Max: 24 *No class on May 25

Skyhawks Kindergarten Basketball

**AGES 4.5–6**

The fundamentals of Basketball are taught in a structured environment with a big focus on fun! Through a series of drills, competitive games, and activities, participants learn athletic fundamentals along with teamwork, sportsmanship, leadership, and strategy. Boys and girls explore dribbling, passing, shooting, defense, and rebounding. Listening and following instructions are emphasized.

Our progressive curriculum, modified equipment and highly trained staff, provide a safe environment where kids can develop at their own pace with lots of encouragement. At the end of this program, your child will show you why this is one of our most popular programs. This action-packed enrichment program equips young athletes with the skills and confidence necessary to live an active and healthy lifestyle. All participants receive a Skyhawks T-Shirt and Merit Award.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.
Jan 8–Mar 5 | Sun | 10–10:45 am | 9x | $159 | $169
Mar 12–May 21* | Wed | 6–6:45 pm | 9x | $159 | $169
Min: 6; Max: 24 *No class on Apr 2 & Apr 30

City of Albany RECREATION & COMMUNITY SERVICES 510 524-9283
Girls Volleyball Leagues

Sundays, March 3–May 19
(no practice/games April 21 or May 12)
Albany Middle School Gym
1259 Brighton Avenue
$285 (Albany resident)/ $295 (non-resident)
Min/max: 24–56 players
Registration Deadline: February 18, 2019

This developmental league is intended for entry to intermediate level players. The goal of this program is to introduce players to the game of volleyball in a competitive yet fun learning environment. Emphasis is on developing skills and learning the basic rules of the game.

Each week will start with 30–45 minutes of instruction followed by match play. Schedules will be distributed at the first league game.

All players will receive a jersey. Parent coaches receive a 50% discount on one of their players’ registration. League “playoffs” will be May 5th and 19th.

Team Placement: Players can request to play with friends on their team. Parents will be notified of your team placement March 12. Teams will have a mixed range of talent, ranging from beginner to experienced players in order to balance league play. Friend requests will be honored as best as possible, but are not guaranteed.

5th–6th Grade Girls League
Practice/Games: 11:15 am–12:45 pm
7th–8th Grade Girls League
Practice/Games: 1 pm–2:30 pm

Coaches Needed! If you are interested in coaching your player’s team, please contact the Albany Berkeley Volleyball Club (ClubDirector@ABVolleyball.org). A coaching clinic will be held on Sunday, March 4 from 11 am–12:30 pm at the Albany Middle School Gym.
## Ukulele 1
**Ages 12-adult**

Come join our ukulele class for complete beginners and enthusiastic strummers! No musical experience necessary. Students will be learning basic chords and scales to jam along to a wide variety of music, including Jazz, Beatles, Motown, Classic Rock, Pop, and of course, Hawaiian music. “Advanced Beginners” and ukulele hobbyists are encouraged to join this fun and easy to follow course. Taught by Ukulenny, YouTube teacher, co-founder of SF Uke Jam, and sponsored Kala Ukulele artist.

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**Instructor:** Lenny San Jose aka “Ukulenny”

**Location:** Albany Community Center, Rooms 1 & 2

**Min:** 6; **Max:** 16

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## Ukulele 2
**Ages 12-adult**

Intermediate ukulele workshop for players with confident strumming and chord reading ability. This course will focus on advanced strumming patterns, scales, fingerpicking, and special ukulele techniques. Songs will be selected in collaboration between instructor and student, with some orchestral-type ukulele arrangements and individual/small group performances.

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**Instructor:** Lenny San Jose aka “Ukulenny”

**Location:** Albany Community Center, Rooms 1 & 2

**Min:** 6; **Max:** 16

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## Little Bears Music
**Ages Walking-5**

Little Bears Music is the early childhood program of nonprofit Blue Bear School of Music, the bay’s original School of Rock, and has been inspiring the area’s littlest rockers for more than 10 years! Children in this class will create musical sounds and rhythms with their voices and bodies, play finger games, dance and move to the music, hear familiar and new songs and rock out during the percussion instrument jam. Parents be warned: There will be lots of jumping, bouncing, moving, grooving and playing in this class!

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**Instructor:** Blue Bear School of Music, Joe Morgan

**Location:** Albany Senior/Youth Annex, 842 Masonic Ave.

**Min:** 5; **Max:** 16

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## Piano Lessons
**Ages 5–18**

Students of all levels will receive a 30-minute private lesson. Lessons will emphasize a music conservatory style of training, maintaining interest levels and progressing to an advanced playing level in a short period of time. Lesson times will be arranged upon completing registration for the class. Instrument used for this class will be a full keyboard.

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<td>2:30-6:30 pm</td>
<td>4x</td>
<td>$124</td>
<td>$134</td>
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**Instructor:** Kings Chen/Shu Ming Leung, (510) 559-3609

**Location:** Albany Community Center, EOC Room

**Min:** 1; **Max:** 7
The City of Albany Recreation & Community Services Department is piloting a new program for children with adaptive needs. While our school year classes are specially designed to address various special needs, during summer our goal is to integrate children into our mainstream camps. Our Teen Mentors are paired with participants to help them build relationships and strengthen their recreational skills while having the time of their lives!

**School-Year Programs:** After-school classes are currently led by Nancy Henderson, Adaptive P.E. Specialist, at Cornell Elementary School. Classes are designed to get kids moving, socializing and having fun! Check out upcoming classes on page 4.

**Summer PALS:** Whether they like cooking, the circus, Legos or sports, campers can choose from any of the Albany Recreation summer camps. Each camper is paired with their own Teen Mentor who attends camp with them each day—together they explore, learn and play while creating a lasting relationship. Deadline to apply for Summer PALS is May 15, 2019.

**Teen Mentors:** Our dedicated Teen Mentor volunteers work directly with participants to create lasting memories and play an integral role in supporting their growth and overall experience. Teen Mentors attend a two-hour orientation/training to learn about special needs in general and the basic principles of behavior management. Teen Mentors meet with their summer camp buddy and their parent before each camp to better understand the child’s needs.

For additional information on PALS programs or to become a Teen Mentor (Grades 8–12), visit [www.albanyca.org/pals](http://www.albanyca.org/pals).

---

“We loved being able to finally send our child with special needs to summer day camp. She would not have been able to go otherwise. The mentors we had were fabulous and our daughter LOVED seeing them every day. Thank you!!”

“We've always wanted to sign our son up for a camp, however, were hesitant due to his differing abilities. When we found out about the PALS program we were so excited that he would be able to participate with his friends. We are so grateful for this opportunity—not only for our son to be included, but to be a part of the greater Albany community that we love.”

---

“We were very thrilled to hear that this program was starting locally. We were happy to know that our son could attend a camp just like everyone else, but still have someone there to work with him directly as needed. We can’t wait to do it again.”
### Kids’ Ki-Aikido

**AGES 7–18**

Traditional Japanese Martial Arts instruction in Ki-Aikido for kids. Emphasis on relaxation, self-control and self-discipline. Students will learn rolls, throws, pins, meditation and breathing exercises. A friendly, fun and safe class using positive, non-competitive, traditional monastic style forms. Overseen and taught by Maida Sensei, Chief Instructor of the Northern California Ki Society, 7th Dan, local parent, Rinzai Zen Priest and professional Aikido Instructor since 1976 and certified staff.

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<th>MEETS</th>
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<tr>
<td>Jan 2–Jan 30*</td>
<td>M/W/F</td>
<td>4-5 pm</td>
<td>1x/week</td>
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<tr>
<td>Mar 1–Mar 29</td>
<td>M/W/F</td>
<td>4-5 pm</td>
<td>1x/week</td>
<td>$50</td>
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<tr>
<td>Apr 1–Apr 22</td>
<td>M/W/F</td>
<td>4-5 pm</td>
<td>1x/week</td>
<td>$50</td>
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**Instructor:** Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org  
**Location:** Albany Community Center, Hall  
**Min: 2; Max: 40**  
*No class on Jan 21 & Feb 18*

### Beginning Ki-Aikido

**AGES 7–ADULT**

Shin Shin Toitsu Aikido is a martial discipline, which teaches that relaxation is stronger than tension. Our goal is to bring balance even to our opponents and problems as a solution to conflict. We use martial techniques, meditation and breathing exercises to help develop the power of mind and body. Founded by Master Koichi Tohei, who was responsible for bringing the martial art of Aikido to the world in 1953. Taught and overseen by Maida Sensei, direct student and representative of Tohei Sensei. Maida Sensei holds the rank of 7th Dan Shihan (Master Instructor) and has taught professionally since 1976.

This class is suitable for Adults of any level or physical ability, and for children ages 7 and older with some experience in Aikido. Younger children and children new to Aikido are welcome if accompanied onto the mat by a parent or guardian. The first hour of class is recommended for all beginners. Continuing on to the second hour is recommended for those with more experience or who are willing to be pushed a little.

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<td>Mar 2–Mar 30*</td>
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<td>4x</td>
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<td>Apr 6–Apr 20</td>
<td>Sat</td>
<td>9-11 am</td>
<td>3x</td>
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**Instructor:** Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org  
**Location:** Albany Community Center, Hall  
**Min: 5; Max: 25**  
*No class on Mar 16*

### Albany Karate For Kids!

**AGES 6–16**

With an emphasis on the unification of “mind, body and spirit”, your children will discover confidence, mindfulness and control through the art of traditional Okinawan Karate. Sensei Rick (local father of two daughters) will inspire your kids to explore and expand their physical and mental abilities in a non-aggressive environment where the emphasis is on inner knowledge, and the quite strength and confidence that come from achievement. Students will learn traditional Okinawan Karate stances, forms (Kata), kicks, punches and blocking techniques. Stretching, meditation and “karate style” games keep it fun and engaging for the little ones. Advanced students will learn weapons’ kata with the Bo and Sai—traditional Okinawan farming tools, and sparring. Students will train for biannual belt tests and studio tournaments. Parents are welcome to stay and observe the class. New students are always welcome and can start at any time. Separate fees to be paid to Sensei Rick for uniforms, test fees and badges.

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<tr>
<td>Apr 4–Apr 20</td>
<td>Sat/Thur</td>
<td>2-3x/week</td>
<td>2-3x/week</td>
<td>$60</td>
<td>$70</td>
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**Instructor:** Sensei Rick Marlin & Black Belt Team, (510) 332-4044  
**Location:** Albany Community Center, Hall (Thur); Rooms 1 & 2 (Sat)  
**Min: 4; Max: 50**  
*No class on Feb 7*
Look! Winter & Spring Break Camps

Not going skiing? Not going to the beach? Keep those kids busy in one of these new camps. Sign-up early: we bet these will fill-up fast.

Art Intensive Camp
AGES 5–9
Come have fun with painting, drawing, and collage both large and small. Learn new techniques from local artist, Paquerette. Starting with playful warm-up drawing exercises, we’ll enjoy using a variety of materials such as colored pencils, markers, tempera paint, and watercolors. Students will work with wet clay and fire the pieces, then paint the baked clay pieces with glaze and fire again. Students will bring home their final works on the last day of camp. $10 material fee paid to instructor.

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<td>9:30 am–noon</td>
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Instructor: Paquerette Clark
Location: Albany Community Center, Craft Room
Min: 4; Max: 10

Albany Friendship Club: Mid-Winter Camp
AGES 6–12
This full day camp is run by the City of Albany’s Friendship Club. Camp offers a variety of activities through out the day and snack is included. Trips scheduled for this week: On-site Activities (Mon), Trip to The Jungle (Tue), Cooking & On-site Activities (Wed), Go to the Movies (Hiltop) (Thur), Bowling (Fri).

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<th>DATE</th>
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<tr>
<td>Feb 19–Feb 22</td>
<td>M–F</td>
<td>9 am–6 pm</td>
<td>5x</td>
<td>$220</td>
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Instructor: Albany Friendship Club Staff
Location: Ocean View Park Friendship Club
Min: 10; Max: 50

Plate of Pixar Part I
AGES 6–10
Every day, kids will dive into a different one of their favorite movies and the food that surrounds it! Every movie has its own special cuisine tied to it, and each dish represents a specific scene from the movie-of-the-day. Kids will learn awesome cooking skills, explore new cuisines, experiment with fun kitchen tools, and enjoy the food they cook. In the afternoon, games, stories, and super fun presentations will take the love of animation and food to the next level! So much fun! Ratatouille + Moana + Coco. $100 material fee paid to instructor.

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Instructor: Cooking Round the World Staff
Location: Albany Community Center, Kitchen
Min: 6; Max: 12

Dishing up Disney
AGES 6–10
Who doesn’t like Disney? Each camp day children cook foods mentioned or seen in Disney films (like jambalaya from “Princess and the Frog” and Twinkies from “Wall-e”). Other activities include, Name That Disney Tune, “Who Am I?” – a Disney character guessing game, and a Disney trivia game. This is a hands-on experiential class. Everyone minces, chops, stirs and sautés. The fun is in the doing. $125 material fee paid to instructor.

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<td>Apr 8–Apr 12</td>
<td>M–F</td>
<td>9 am–1 pm</td>
<td>5x</td>
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Instructor: Cooking Round the World Staff
Location: Albany Community Center, Kitchen
Min: 6; Max: 12

Activity Guide Winter/Spring 2019
Registration: www.albanyca.org/onlinereg or form on page 64

NEW
Get a jump on setting up summer activities for the youngsters in your household. Following is an early listing of camps offered next summer (a few more will be added in the Summer Guide). Programs fill up fast, so register early!
Harry Potter Master Engineering Using LEGO®

**AGES 8–13**

Master the magic of Harry Potter using LEGO®! Build Diagon Alley in preparation for your trip to Hogwarts School of Witchcraft and Wizardry. Hop on your Broomstick and play Quidditch, challenge the serpentine Basilisk, and face the evil Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts.

- **DATE**: July 8–July 12
- **DAY**: M–F
- **TIME**: 1–4 pm
- **REGISTRATION**: Albany Community Center, Hall

**Instructor**: Play-Well TEKnologies

**Location**: Albany Community Center, Hall

**Min**: 10; **Max**: 24

Harry Potter Magical Engineering Using LEGO®

**AGES 6–7**

Explore the magic of Harry Potter using LEGO®! Find Platform 9 ¾, build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts.

- **DATE**: July 8–July 12
- **DAY**: M–F
- **TIME**: 9 am–noon
- **REGISTRATION**: Albany Community Center, Hall

**Instructor**: Play-Well TEKnologies

**Location**: Albany Community Center, Hall

**Min**: 10; **Max**: 24

Robotics using LEGO® WeDo

**AGES 6–7**

Build and program robots in this introductory Robotics class using the LEGO® WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors.

- **DATE**: Aug 12–Aug 16
- **DAY**: M–F
- **TIME**: 9 am–noon
- **REGISTRATION**: Albany Community Center, Hall

**Instructor**: Play-Well TEKnologies

**Location**: Albany Community Center, Hall

**Min**: 8; **Max**: 16

Robotics using LEGO® Mindstorms EV3

**AGES 8–13**

Build and program robots using the new LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

- **DATE**: Aug 12–Aug 16
- **DAY**: M–F
- **TIME**: 1–4 pm
- **REGISTRATION**: Albany Community Center, Hall

**Instructor**: Play-Well TEKnologies

**Location**: Albany Community Center, Hall

**Min**: 10; **Max**: 24

Junkyard Engineering Challenge Using LEGO®

**AGES 8–12**

Are you ready for the Engineering Challenge? Learn to build mechanical devices such as a scissor lift or drawbridge, iterate, build within constraints, and compete in this advanced course for our strongest builders. Design innovative answers for challenges such as Follow the Hose, Thread the Needle, and the Tunnel Challenge. Then work in teams and use Play-Well’s collection of over 20,000 pieces of LEGO® to accomplish a large-scale mission such as a minifigure rescue or a Rube Goldberg machine.

- **DATE**: July 22–July 26
- **DAY**: M–F
- **TIME**: 1–4 pm
- **REGISTRATION**: Albany Community Center, Hall

**Instructor**: Play-Well TEKnologies

**Location**: Albany Community Center, Hall

**Min**: 8; **Max**: 16

Architectural Drafting & Design: Make Engineering & Designing Fun

**AGES 10–17**

Students will take a hands-on approach to learn 2D architectural graphics using Autocad to prepare working drawings, layouts and sketches, use design elements for structures and building components. After learning Autocad tools, students are able to create architectural floorplans and related drawings. No equipment, laptops, and supplies are provided for use. Students will gain architectural drafting and design principles, and computer-aided drafting tools to develop architectural drawings. Future young architects/engineers will setup drawings, learn CAD commands, and learn editing methods applied to architectural drafting.

- **DATE**: July 15–July 19
- **DAY**: M–F
- **TIME**: 9 am–noon
- **REGISTRATION**: Albany Community Center, Hall

**Instructor**: CADPro Kids LLC, Staff

**Location**: Albany Community Center, Room 1 & 2

**Min**: 5; **Max**: 15

Jedi Engineering

**AGES 5–8**

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

- **DATE**: July 22–July 26
- **DAY**: M–F
- **TIME**: 9 am–noon
- **REGISTRATION**: Albany Community Center, Hall

**Instructor**: Play-Well TEKnologies

**Location**: Albany Community Center, Hall

**Min**: 10; **Max**: 24

2D & 3D CADD in Engineering: Make Engineering & Designing Fun

**AGES 10–17**

Students will learn 3D and 2D engineering graphics and take on a hands-on approach to create 2D CAD techniques and drawings, using Autocad 2016. Also, students will learn 3D modeling to create wireframe models, 3D surface models, 3D solid models, multiview drawings and 3D renderings. Students will apply a step-by-step Autocad tutorial to create 2D and 3D engineering objects. After learning advanced Autocad tools, students are able to create 3D CADD drawing. All equipment, laptops, and supplies are provided for use. Students will gain engineering principles and use Autocad tools to develop 3D CADD drawings. Future young engineers will setup drawings, learn CAD commands, make 2D geometric objects, and learn editing methods applied to engineering.

- **DATE**: July 15–July 19
- **DAY**: M–F
- **TIME**: 1–4 pm
- **REGISTRATION**: Albany Community Center, Room 1 & 2

**Instructor**: CADPro Kids LLC, Staff

**Location**: Albany Community Center, Room 1 & 2

**Min**: 5; **Max**: 15
World Cooking I

AGES 9–12

Join us for a culinary trip around the world! Each day we will travel to a different country and prepare healthful, delicious dishes from each: Thailand, China, Mexico, Japan, and Italy. Your child will be exposed to an international palate of flavors, build confidence in the kitchen, and learn important kitchen skills like kitchen safety, how to read a recipe, proper measuring, and food preparation techniques. We will create delectable dishes such as Summer Rolls with Thai Peanut Sauce, Mushroom and Cheese Empanadas, and Shitake Miso Soup.

Note that World Cooking I is not a prerequisite for World Cooking II; you may sign up for both or either. Please contact instructor prior to registering if your child has food allergies. $30 material fee paid to the instructor.

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Instructor: Health in a Pan Staff, www.HealthInAPan.com
Location: Albany Community Center, Kitchen
Min: 6; Max: 10

World Cooking II

AGES 9–12

Another route on our culinary adventure! Each day we will travel to a different country, prepare healthful, delicious dishes from each, and learn about their food cultures: Turkey, India, France, Greece, and El Salvador. Your child will be exposed to an international palate of flavors, build confidence in the kitchen, and learn important kitchen skills like kitchen safety, how to read a recipe, proper measuring, and food preparation techniques. We will create delectable dishes such as Bean and Cheese Pupusas (corncakes), Potato Fillo Triangles, and Fenugreek Frittata. Please contact instructor prior to registering if your child has food allergies.

Note: World Cooking I is not a prerequisite for World Cooking II; you may sign up for both or either. $30 material fee paid to the instructor.

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</table>

Instructor: Health in a Pan Staff, www.HealthInAPan.com
Location: Albany Community Center, Kitchen
Min: 6; Max: 10

Cooking Round the World

AGES 5–10

Cooking Round the World is a unique experience that marries cooking with cultural education. We are committed to educating children about countries around the world using cooking as the conduit in order to celebrate diversity and embrace difference. Our program is completely hands-on—everyone peels or chops or dices or minces, then we eat what we make and discuss the flavors and our cooking experiences. What sets Cooking Round the World apart from other cooking programs is that the focus is not just on cooking technique rather, that is a supplemental benefit. Children come away from a Cooking Round the World experience with an appreciation of food and cultural difference, and a desire to see the world! (Different countries/recipes used). No nuts are used in any recipe. $100 material fee paid to the instructor.

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<td>9 am–1 pm</td>
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<td>$225</td>
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Instructor: Cooking Round the World Staff
Location: Albany Community Center, Kitchen
Min: 6; Max: 12

Kitchen Laboratory

AGES 9–12

Let’s experiment with food! This is a science class in the kitchen. We’ll conduct experiments and use our observational skills to learn food science while also preparing tasty treats. Science topics include acids and bases, colligative properties, fermentation, osmosis, and more. Our experiments will yield delicious results such as Best-Ever Mac ‘N Cheese, Rosemary Focaccia, Homemade Vanilla Bean Ice Cream, and Macerated Strawberries. Please contact instructor prior to registering if your child has food allergies. $30 material fee paid to the instructor.

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<td>M–F</td>
<td>10 am–12:30 pm</td>
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Instructor: Health in a Pan Staff, www.HealthInAPan.com
Location: Albany Community Center, Kitchen
Min: 6; Max: 10

Teen Baking Boot Camp

AGES 12–16

This class will cover a breadth of pastry skills, including both sweet and savory baking, as well as non-baking dessert techniques. Recipes include Chocolate Truffles, Summer Fruit Galette, Cheese and Chive Biscuits, Homemade Pizza, and more. Your teen will learn kitchen safety, build confidence in the kitchen, and learn the science and technique of baking. Many recipes utilize whole grain flours. Please contact the instructor prior to registering if your child has a food allergy. $40 material fee paid to the instructor.

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Instructor: Health in a Pan Staff, www.HealthInAPan.com
Location: Albany Community Center, Kitchen
Min: 6; Max: 9

Cooking Round the USA

AGES 5–10

Each day campers will “visit” a different state from a different part of the USA and cook 4 dishes that are representative of that state: Corn chowder with homemade corn bread from Maine, crispy hush puppies from Georgia, and Gruyere, Apple and Onion Frittata from Washington. Mmmm!! Aside from cooking and eating, campers will learn trivia about what makes each state unique and what makes a recipe symbolic from that state; they will listen to an urban legend about the state of the day; they will play trivia game show; and learn cooking techniques through a daily cooking demo. No nuts are used in any recipe. $100 material fee paid to the instructor.

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<td>9 am–1 pm</td>
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Instructor: Cooking Round the World Staff
Location: Albany Community Center, Kitchen
Min: 6; Max: 12
Peace Through Food
AGES 5–10
We will be looking at countries that have historically had conflicts and discuss how “breaking bread” and sharing a meal can be a path to recognizing differences and making peace. We will be cooking..., and eating dishes from countries that have or had conflicts: North and South Korea; Spain and Mexico; England, Scotland and Ireland; Kurdistan and Turkey; Peru and more...The outcome is a broadened pallet, an understanding about peace through food, and excellent cooking skills. Yum, fun and educational! No nuts are used in any recipe. $80 material fee paid to the instructor.

Plate of Pixar
AGES 5–10
The Incredibles, Toy Story, Moana, Ratatouille, Coco: Each of these films feature foods mentioned in Pixar films. We will be recreating those dishes while exploring the behind the scene stories about how animation works, Pixar films that never got made, Pixar hero and heroine characters, and villains. There will also be trivia games about Pixar films. $100 material fee paid to instructor.

Super Chef Basics for Teens
AGES 12–16
Get confident in the kitchen! This dairy-free, gluten-free cooking class includes both meat and vegetarian options for each recipe. We will sauté, steam and bake fresh whole foods. This class features safe knife skills and an overview of nutritional benefits of featured ingredients by a certified nutrition consultant.

Digital Arts
Techsplosion.org: Minecraft YouTubers - Let’s Play!
AGES 7–12
Learn what it takes to make epic Minecraft videos for YouTube like TheDiamondMinecart, CaptainSparklez, Stampy, and more! Whether you want to make a “Let’s Play” video, a funny skit, a build battle, or something even cooler, you’ll have the tools and expert help needed to make your dreams a reality! And all the while we’ll learn about internet safety so that when class is over, we can upload your video to YouTube!

Techsplosion.org: Live-Action YouTube Stars!
AGES 7–12
Do you get excited about trick shots, game reviews, vlogs, or something even cooler? At YouTube Stars, we’ll work together to plan, film, edit, upload, and promote our own videos on YouTube! We’ll learn how to use Android smartphones and readily available software to go from start to finish without using a computer. Parent Action Required: Visit techsplosion.org/youtube to configure your child’s YouTube channel and learn about how we keep your kids safe online.

Techsplosion.org: Stop-Motion Minecraft Animation!
AGES 6–12
Get ready to use cameras and Minecraft characters to create amazing stop-motion animation movies! Whether your story is about fighting the wither, going on an adventure, or building the coolest pixel art in the overworld, you’ll have an opportunity to tell it at Stop-Motion Minecraft Animation! We’ll create real-life sets as we learn about stop-motion animation (think Wallace and Gromit!), then film, edit, and upload our creations to YouTube!

Techsplosion.org: Video Game Design & Command-Line Coding with Minecraft!
AGES 8–12
Imagine being able to construct a glass dome for your Minecraft Hunger Games Map or Mob Arena with a single line of code. We’ll learn to use World Edit’s powerful command-line code to make designing epic maps faster and even more fun. If you’re interested in coding but don’t know where to start, this is the camp for you!
Kids’ Carpentry Camp

**AGES 5-12**

Kids have enjoyed working with wood and learning how to use hand tools in Kids’ Carpentry since 1982. Boys and girls are encouraged to develop problem-solving skills while building their own cool projects using applied math and fractions. They are also introduced to a wide range of woodworking hand tools, safety, and craftsmanship. Projects include super-tops, boats, clocks, games, doll furniture, bird-feeders and many other projects to choose from. Our goal is to empower the students to become independent thinkers! This program may be taken year round with different projects offered each session. Our motto is: “Building confidence and teaching with respect and humor in a safe and happy environment.”

**ALBANY NON-DATE DAY TIME MEETS RESIDENT NON- RES.**

July 15–July 18 M-Th 9:30-11 am 4x $128 $138
July 15–July 18 M-Th 11 am-12:30 pm 4x $128 $138
July 15–July 18 M-Th 12:30-2 pm 4x $128 $138
Aug 5–Aug 8 M-Th 9:30-11 am 4x $128 $138
Aug 5–Aug 8 M-Th 11 am-12:30 pm 4x $128 $138
Aug 5–Aug 8 M-Th 12:30-2 pm 4x $128 $138

**Instructor:** Director Michael Glass & his talented wife Jeab, (510) 524-9232, www.kidscarpentry.com

**Location:** Albany Community Center, Craft Room

**Min:** 6; **Max:** 10

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Robotics Fun

**AGES 7-11**

Offering the tools to inspire the problem solvers of tomorrow. During this camp, kids will jump into robotics, programming logic, and structural design with VEX. The kids will learn to write programs, use them, test them. Students will build a strong foundation of coding and robotics skills for their tech future. Kids are taught engineering basics with an emphasis on exploration and trial and error field testing. Material fees will be used for Laptop usage, access to dropbox, usb with all programs we plan to do in class as well as the program the student creates. There is an option for the child to buy a robotics kit from us too. It is an absolute week long fun enriching class—kids tinkering and creating programs. $45 material fee paid to instructor.

**ALBANY NON-DATE DAY TIME MEETS RESIDENT NON- RES.**

July 29–Aug 2 M-F 9 am-noon 5x $399 $409

**Instructor:** siliconvalley4u Staff

**Location:** Albany Community Center, Hall

**Min:** 5; **Max:** 24

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3D Printing Workshop

**AGES 7-11**

Join us for an enriching fun week-long learning session to understand the basics of 3D printing. This course will teach you the basics of 3D modeling and printing, converting images to 3D models, and critical basic concepts. The course will uncover the core processes behind 3D printing and reveal one of the most powerful capabilities of the 3D printing revolution—that it’s accessible to anyone. Part 1: Intro to 3D Modeling and 3D Printing; Part 2: Digitalizing your Design; Part 3: Preparing and Exporting a 3D Model; Part 4: Design Tips; Part 5: Designing your 3D Model; Part 6: Uploading Your Design, get ready to print. $45 material fee paid to instructor.

**ALBANY NON-DATE DAY TIME MEETS RESIDENT NON- RES.**

Aug 5–Aug 9 M-F 9 am-noon 5x $399 $409

**Instructor:** siliconvalley4u Staff

**Location:** Albany Community Center, Hall

**Min:** 5; **Max:** 24
Improv and Theater Games

**AGES 9–13**

“With improv, it’s a combination of listening and not trying to be funny...” Kristin Wig

During this week, campers will be introduced to basic concepts of comedy improv such as “yes and” (enthusiastically accepting what is offered), “group mind” (listening to each other and working as a team) and “space object work” (mimic objects and environments). Using warm-up exercises and improv “structures”, they will be encouraged to trust their instincts, think on their feet and actively support each other (it is said that a good improviser is one who makes their teammates look good rather than themselves). They will also laugh a lot!

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**Instructor:** Geri Engberg  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min: 8; Max: 16**

How to be a Ninja

**AGES 5–9**

Everyone wants to be a ninja, and this is the class that will teach you how. Build your strength, sharpen your focus, and learn ancient secrets of stealth and surprise. Class includes active games, collaborative challenges, and crafts that support the ninja’s DIY nature. Specially designed for those with an inner ninja waiting to sneak out.

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**Instructor:** Circus of Smiles Staff  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min: 8; Max: 16**

How to Join the Circus

**AGES 5–9**

You don't have to run away to join this circus. Come try your hand at juggling, experience tumbling, and master the art of comedy in a supportive and fun environment. Circus teaches us not only performance skills but also life skills. We learn that teamwork, courage, and perseverance are just as important as balance, coordination, and strength. Join us to do things you never thought possible and build your own props to keep the fun going at home. There will be a performance for family and friends on the last day.

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**Instructor:** Circus of Smiles Staff  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min: 8; Max: 16**

Art Intensive Camps

**AGES 5–10**

Explore different methods of art making, using a wide range of materials. We’ll start with wet clay on the first day. Classes begin with warm up drawing exercises that lead to more developed works of art. Each student will take home a unique hand-built glazed tile, paintings, collages, and a stack of drawings. Come join the fun with local artist-Paquerette! $15 material fee paid to instructor. $5 optional snack fee.

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**Instructor:** Paquerette Clark  
**Location:** Albany Community Center, Craft Room  
**Min: 5; Max: 12**

Cartooning 101 Camp

**AGES 8–11**

Anyone can do this camp if you have a pencil and an imagination! This camp will help develop your drawing skills and creativity. Design an original cartoon character. Understand the creative process and development of a cartoon from brainstorming. Create a comic strip and comic book. Learn about: bird’s eye view, gag punch lines, props (a flying hamburger, speech bubbles and thumb nail sketches). Come join the fun with our local artist, Jamie Aberegg. Note: Campers with special needs are required to have an assistant. $10 material fee paid to instructor.

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**Instructor:** Jamie Aberegg  
**Location:** Albany Community Center, Craft Room  
**Min: 5; Max: 12**

Vocal Music Camp

**INCOMING 6TH–10TH GRADERS**

This camp is designed for all levels of singers, from the very basic to the well-seasoned. The choir camp will include music in a variety of styles (choral classical, Broadway, pop, world-music) and we will work on choral, small-ensemble, and solo techniques. You’ll get to work with master teachers as well as the directors to learn about and develop healthy vocal techniques in any style. You’ll also get the basics on sight-reading and music theory. The week will culminate in a final concert at Albany High School on Friday, August 9, 12:30 pm.

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**Instructor:** Mary Stocker & Assistant  
**Location:** Albany High School, Band & Choir Rooms  
**Min: 9; Max: 180**

Write On! Summer Writing Lab

**AGES 8–12**

Albany Middle School English teacher Abby Skrivan, MA, offers week-long, intensive creative writing workshops for kids. These small classes offer a fun, supportive learning environment for writing, reading and learning from each other. The participants will have the opportunity to form an intimate, student-directed writing community as they develop and deepen their mastery of the writing process. Students will take part in a wide range of writing exercises, including cooperative games, observational writing, poetry, story writing and peer-editing. This unforgettable week will culminate in the writing and production of a bound “literary journal” of their favorite work.

Note: Students who attended in the summer of 2018 are encouraged to attend! Second and third-year students will deepen the progress made and take their writing to a new level! Attending multiple sessions is also encouraged. Each week will focus on different skills and writing strategies.

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**Instructor:** Abby Skrivan, MA  
**Location:** Albany Middle School, Room 203  
**Min: 6; Max: 20**
**About Skyhawks Sports**

Skyhawks Sports provides sports programs where children can discover and develop athletic skills and social values, such as teamwork, leadership and sportsmanship. Our programs are designed to give each child a positive experience in sports fostering a thirst for an active, healthy lifestyle and love of the game.

**Please Note:** Participants receive a Skyhawks Sport Ball, T-shirt and Player Evaluation Certificate. The Sport Ball varies depending on the camp (Golf and Track and Field not included). Participants should wear appropriate clothing, athletic shoes, two snacks (lunch for full-day camps), water bottle and sunscreen. Visit www.skyhawks.com. Please pre-register at least one week prior to the first day of camp.

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### Skyhawks Track & Field

**AGES 6–12**

Skyhawks Track and Field combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff covers the fundamentals of running sprints, mid-distance events and relays; along with long jump, shot put, javelin and discus. All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 12:1.

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**Instructor:** Skyhawks Staff  
**Location:** Albany Middle School, Cougar Field Track  
**Min:** 10; **Max:** 20

### All Girls Multi-Sport Camp

**AGES 6–12**

All-Girls Multi Sport Camp (Basketball, Soccer, Softball, Volleyball) No boys allowed! We combine basketball, soccer, softball, and volleyball into one fun-filled week, allowing young female athletes to discover and develop a passion for a variety of sports in one setting. All participants will learn the essential rules, strategies and skills of each sport, along with vital life lessons such as teamwork and sportsmanship. Program is instructed by Skyhawks highly trained local female coaches. All participants receive a t-shirt, sports ball, and a merit award. Participant-to-coach ratio is approximately 8:1.

**AGES 5–8**

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**Instructor:** Skyhawks Staff  
**Location:** Albany Middle School, Cougar Field Track  
**Min:** 10; **Max:** 20

**AGES 9–12**

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**Instructor:** Skyhawks Staff  
**Location:** Memorial Park Field  
**Min:** 10; **Max:** 16
Skyhawks Ultimate Frisbee

AGES 6–12

Skyhawks Ultimate Frisbee is an exciting, non-contact team sport, played by thousands all over the world. It mixes the best features of sports such as Soccer, Basketball, and American Football into an elegantly simple yet fascinating and demanding game. Campers learn the important skills of the sport including the core components of passing, catching, and defense—all presented in a fun and positive environment. All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 10:1.

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Instructor: Skyhawks Staff
Location: Albany Middle School, Cougar Field
Min: 10; Max: 20

Skyhawks Flag Football

AGES 6–12

Flag Football is a fun and safe introduction to "America’s Game". Participants learn the fundamentals of passing, rushing, receiving and defense along with the rules, strategy and play-calls of the game. The camp ends with the Skyhawks Super Bowl, where campers show-off their new skills with their new friends. All participants receive a T-shirt, football and player evaluation. Participant-to-coach ratio is 10:1.

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Instructor: Skyhawks Staff
Location: Memorial Park, 1331 Portland Avenue, Albany
Min: 10; Max: 20

Skyhawks Basketball

AGES 7–12

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, defense and rebounding makes this one of our most popular programs. All participants receive a T-shirt, basketball and player evaluation. Participant-to-coach ratio is 10:1.

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Instructor: Skyhawks Staff
Location: Albany High School, Gym
Min: 10; Max: 24

Mini-Hawk: Soccer, Baseball, Basketball

AGES 4–6

Baseball, basketball and soccer are taught in a safe, structured environment filled with lots of encouragement and a big focus on fun! Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Participants receive a T-shirt, ball and merit award. Participant-to-coach ratio is 8:1.

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Instructor: Skyhawks Staff
Location: Memorial Park Ball Field, 1331 Portland Avenue
Min: 8; Max: 16

Skyhawks Flag Football

AGES 7–12

The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. All participants receive a T-shirt, volleyball and player evaluation. The participant-to-coach ratio is approximately 10:1.

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Instructor: Skyhawks Staff
Location: Albany Middle School Gym, 1259 Brighton Avenue
Min: 10; Max: 20

Skyhawks Beginning Golf (SNAG)

AGES 5–9

Using the SNAG (Starting New At Golf) system, participants learn the fundamentals of putting, chipping, pitching and driving in addition to the rules, etiquette and strategy of the game. Our progressive curriculum and modified equipment has simplified instruction so that young players can make an effective transition onto the golf course. All equipment is provided. All participants receive a T-shirt and merit award. Participant-to-coach ratio is 8:1.

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Instructor: Skyhawks Staff
Location: Memorial Park, 1331 Portland Avenue
Min: 8; Max: 16

Tennis Camps for Tweens & Teens

Camps are geared toward developing the young tennis player who needs to learn or improve their basic strokes and strategy. Focus is on learning, fitness, and competition in a fun environment. Instructor will break-down participants to groups based on their skills/experience. Bring one unopened can of tennis balls.

TWEENS CAMP: AGES 6–11

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Instructor: California Gymnastic Services
Location: Albany Community Center, Hall
Min: 6; Max: 16

Gymnastics and More

AGES 3–5.5

This camp is designed to introduce young children to the sport of gymnastics. Children will learn beginning gymnastics and tumbling skills, working on bars, low balance beams, mini-trampolines, vaulting blocks and barrels and incline mats. Each day, your child will also participate in many other group activities including ball games, music activities and parachute and relay and circuit races. Students will be introduced to strength and flexibility exercises with fun and challenging games. During the child's rest time, they will explore a variety of craft projects and other hands on activities. Note: One week pre-registration prior to camp start date required.

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<td>5x</td>
<td>$225</td>
<td>$235</td>
</tr>
</tbody>
</table>

Instructor: John Fry & Staff
Location: Memorial Park Tennis Courts
Min: 4; Max: 16

*No camp on July 4
Challenger Sports: International Soccer Camps

AGES 6–16

Challenger Sports International Soccer Camps provide young players with a fantastic opportunity to receive high-level coaching from a team of Professional International coaches in the heart of our community! Each camp offers age and ability specific programs to cater to all children, built around the 1,000 touches curriculum. Each child receives a camp T-shirt and ball. For more information visit www.challengersports.com.

HOST A COACH!

Host a coach for the week of camp and you and your family will not only receive a cultural insight into international life but also an $80 rebate. Call Leo (916) 262-7542 if you are interested.

International Soccer: Half-Day Camp

AGES 6–16

Emphasis is placed upon individual skill development, fundamental tactics and player confidence through the Challenger Sports 1,000 touches curriculum. Camp ends each day in the ever popular Camp World Cup!

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<tr>
<th>DATE</th>
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<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 15–July 19</td>
<td>M–F</td>
<td>9 am–noon</td>
<td>5x</td>
<td>$170</td>
<td>$180</td>
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<tr>
<td>July 15–July 19</td>
<td>M–F</td>
<td>1–4 pm</td>
<td>5x</td>
<td>$170</td>
<td>$180</td>
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</tbody>
</table>

Instructor: Challenger Sports Staff
Location: Ocean View Park, 900 Buchanan, Albany
Min: 6; Max: 20

International Soccer: Full Day Camp

AGES 6–16

A more advanced camp for players looking for a more competitive training environment. The Full-Day Camp will follow the Half-Day Camp syllabus in the morning and will then focus on game-related techniques, tactical development, skills testing and coached match play in the afternoon. The first session of each day will place emphasis on skill development and mastery of core techniques through individual, small group practices and coached games.

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<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>July 15–July 19</td>
<td>M–F</td>
<td>9 am–noon</td>
<td>5x</td>
<td>$235</td>
<td>$245</td>
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</table>

Instructor: Challenger Sports Staff
Location: Ocean View Park, 900 Buchanan, Albany
Min: 6; Max: 20

Girls Ultimate Frisbee League

5th–8th graders

The City of Albany and Bay Area Disc are excited to offer a new Ultimate Frisbee League for 5th–8th grade girls who have never played a sport before or have played sports and are interested in trying a new one! Ultimate Frisbee is a sport that combines some of the most exciting elements of basketball, soccer, and lacrosse. Bay Area Disc’s programs are built on three fundamental concepts: 1) Having Fun, 2) Staying Active, and 3) Promoting Personal Growth.

Each league session is 90 minutes and includes a warm-up, skills drill, and 5v5 game. Players will be organized into teams based on school attended and friend requests. Teams will be coached by an amazing local club ultimate player!

Registration fee includes a team jersey and a disc. Medals will be awarded to 1st Place and Spirit of the Game winners.

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<tr>
<th>DATE</th>
<th>DAY</th>
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<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 10–Apr 28</td>
<td>Sun</td>
<td>9:30–11 am</td>
<td>5x</td>
<td>$75</td>
<td>$85</td>
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Instructor: Bay Area Disc Association, bayareadisc.org
Location: Albany Middle School, Cougar Field
Min: 16; Max: 60
*No class on March 17 & April 21
Girl’s Sports Rock!

Being part of a team while making new friends and learning new skills does a girl good!

There is a long list of benefits for girls who participate in sports. Being involved in sports can boost self-esteem by improving confidence, physical strength, and leadership skills. Participating in sports reduces high-risk behaviors like smoking, drinking and drug use. Participating in sports can also reduce symptoms of stress and depression as well as improve mental ability and concentration.

What are you waiting for?! Get involved in sports with any of your local and/or regional agencies that offer sports for girls.

The City of Albany offers soccer, tennis, volleyball, baseball, golf, basketball, flag football, ultimate frisbee, fitness camps and more. For more information consult this Activity Guide or call the Recreation Department at 524-9283. You can also view the Activity Guide and register for classes online at www.albanyca.org/rec.
HE FRIENDSHIP CLUB is the City of Albany’s after-school recreation program for children in grades 1-5 attending Albany schools (Marin, Cornell and Ocean View). The program provides a well-supervised environment for children to make friends, enhance self-esteem and develop social skills. Friendship Club offers a variety of activities from outdoor/indoor games of a non-competitive nature, age appropriate arts and crafts video games, afternoon snack as well as a daily homework period from 4–5 pm. The program fosters an atmosphere that allows children to be entertained in a safe after-school setting.

Program hours are 1:55–6 pm, Monday–Friday, with a capacity of 55 students at our Ocean View Park site and a 35 student capacity at our Memorial Park site. A minimum attendance of three days per week is required; morning care and drop-in services are not available. Closed on school in-service days. Program accommodations are on a first-come, first-served basis until all spots are filled.

FRIENDSHIP CLUB FEES

Fees include daily transportation from Albany elementary schools to Friendship Club. An initial deposit of $150 is required at the time of registration for new students, $50 of which is a non-refundable processing fee and the remaining $100 is applied toward the first month of tuition (with the balance billed later). A $10 monthly fee will be added for non-Albany residents. Please note: If your child attends our program on Wednesdays and are released from school at 3 pm, a $15 fee will be added to your monthly bill.

ENROLLMENT

Call for enrollment openings.

<table>
<thead>
<tr>
<th></th>
<th>1:55–6 pm</th>
<th>3–6 pm</th>
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<tbody>
<tr>
<td>3 days/week</td>
<td>$318/month</td>
<td>$227/month</td>
</tr>
<tr>
<td>4 days/week</td>
<td>$405/month</td>
<td>$285/month</td>
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<tr>
<td>5 days/week</td>
<td>$495/month</td>
<td>$360/month</td>
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</table>

FRIENDSHIP CLUB

900 Buchanan Street (Ocean View Park)  
(510) 559-7220  
1331 Portland Avenue (Memorial Park)  
(510) 559-7240
SUMMER CAMP FRIENDSHIP 2019

June 24–August 23 (9 weeks) • Children ages 6–12 (grades 1–5) • Mon–Fri • 8 am–6 pm • Ocean View Park
Weekly fee: $250 for Albany Residents; $260 Non-residents

A minimum of (10) participants needed for camp to operate • Trips/attractions/activities during the week • Morning & afternoon snack provided
Camp closed on July 4th & 5th reduced fee $150 Albany residents/$160 non-residents

Friendship
Club

TIME | ACTIVITY
--- | ---
1:55–2:15 pm | Transport early bird from schools to FC
2:15–3:30 pm | Supervised free play; transport late birds from schools to FC
3:30–3:45 pm | Circle time
3:45–4 pm | Snack
4–5:30 pm | Homework assistance
5:30–6 pm | Outdoor activities, field sports, games, park play, homework
6 pm | Close

Plan Ahead for Camps!

MID-WINTER CAMP 2019*

February 18–22 • Mon–Fri • 8 am–6 pm
Weekly fee: $230 for Albany residents; $240 non-residents
Children ages 6–12 (grades 1–5)
MONDAY: On-site Activities
TUESDAY: Trip to The Jungle
WEDNESDAY: Cooking & On-site Activities
THURSDAY: Go to the Movies (Hiltop)
FRIDAY: Bowling

Full-week service only for camps • Campers must bring lunch • Snacks provided
Drop-in service not available • Scheduled trips are subject to change
10-child minimum

SPRING CAMP 2019*

April 8–12 • Mon–Fri • 8 am–6 pm
Weekly fee: $230 for Albany residents; $240 non-residents
Children ages 6–12 (grades 1–5)
MONDAY: On-site Activities
TUESDAY: Bowling
WEDNESDAY: Going to the Park
THURSDAY: Oakland Zoo
FRIDAY: Movie/Special Treat On-site

To register, call Albany Recreation & Community Services: (510) 524-9283
This daily after-school program is for youth grades 6th–8th, and provides a well supervised environment to play, learn, make friends, enhance self-esteem and develop social skills. It offers a variety of activities including indoor/outdoor games, healthy snacks and a supervised homework period. The last day of the spring program will be June 13, 2019. Beginning January 2, 2019, program hours are 3:05–6 pm, Monday–Thursday (2:10–6 pm, Wednesdays) and closed on Fridays. Staff walks with participants from Albany Middle School to 842 Masonic Avenue.

ENROLLMENT
Enrollment is ongoing. Daily drop-in rate is $20. Rates do not include holidays or in-service days.
1 day/week: $80/month
2 days/week: $160/month
3 days/week: $210/month
4 days/week: $288/month

TEENS@842
Lauren Alves, Teen Coordinator
842 Masonic Avenue @ The Annex
(510) 524-9122
Indian Vegetarian Cooking

ADULT

In this 3-hour workshop, students will learn how to prepare mouth-watering vegetarian dishes from the cuisines of India. At the end of the class, students can enjoy a multi-course meal. February Menu: Coconut rice garnished with slivered almonds and raisins, chenna masala (garbanzo beans in gravy), mango lassi; April Menu: Saag paneer (spicy spinach with Indian cheese), fried rice with peas and carrots, flattened rice pudding in almond and coconut milk.

$10 material fee paid to the instructor.

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<tr>
<td>February 9</td>
<td>Sat</td>
<td>10 am-1 pm</td>
<td>1x</td>
<td>$40</td>
<td>$50</td>
</tr>
<tr>
<td>April 6</td>
<td>Sat</td>
<td>10 am-1 pm</td>
<td>1x</td>
<td>$40</td>
<td>$50</td>
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Instructor: Viji Sundaram
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Sushi Workshop

ADULT

Fall is a perfect time for certain fish with maximum fat and sweet flavor. Let’s make our sushi fresh, light, and clean with a variety of seasonal and local offerings. Learn to prepare fresh ingredients for various toppings and learn simple techniques in making your perfect sushi. With a hands-on approach, we will make Nigiri (finger rolls) and Maki Nori (seaweed rolls) with the freshest fish and vegetables for your luncheon, such as Nigiri: ebi, hamachi, inari, maguro, unagi, Gunkan Nigiri: ikura, tobiko, Hosomaki: cucumber roll, spicy roll, Uramaki: California roll, Philadelphia roll. Bring your pointed-tip chef knife, bamboo mat, beverage, and a to-go box. $15 material fee paid to the instructor.

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<tbody>
<tr>
<td>February 26</td>
<td>Tue</td>
<td>6:30-9:30 pm</td>
<td>1x</td>
<td>$53</td>
<td>$63</td>
</tr>
</tbody>
</table>

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Dim Sum Workshop

ADULT

Dim Sum means “a little bit of heart,” and these little savories and sweets surely gladden the heart and palate. Dim sum can be served as an elegant and a fun light appetizer, lunch, snack or as a special treat. We will learn to use a variety of specialties to create popular items, and learn techniques of filling and wrapping in hands-on preparing delicious dim sum, such as Pork & Shrimp Dumplings, BBQ Pork Buns, Chinese Broccoli, Sesame Seeds Balls, etc. Bring your sharp chef knife or clever, cutting board, hand towel, beverage, and a to-go box. $12 material fee paid to the instructor.

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<th>TIME</th>
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<td>March 12</td>
<td>Tue</td>
<td>6:30-9:30 pm</td>
<td>1x</td>
<td>$53</td>
<td>$63</td>
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</table>

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Asian Vegetarian Cooking

ADULT

Using his new cookbook, “Asian Fusion, Vegetarian” Chat invites you to join his quest for healthy eating. Let’s modify popular Asian dishes into vegetarian friendly meals and maintain the soul that makes Asian cuisine so uniquely popular. We will make for our meal, 5-6 dishes from various Asian Cuisines, such as China, India, Japan, Thailand, Vietnam, etc. and make them healthier and more beneficial by using only vegetables and their by-products. Learn to use different seasonings and herbs from Asia and prepare popular Asian dishes. Some dishes can be made in big batches that last for several meals.

Bring your sharp chef knife or clever, cutting board, hand towel, and beverage. $12 material fee paid to the instructor.

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<tr>
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<th>MEETS</th>
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<tbody>
<tr>
<td>Jan 23</td>
<td>Wed</td>
<td>6:30-9:30 pm</td>
<td>1x</td>
<td>$53</td>
<td>$63</td>
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</tbody>
</table>

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Healthy Stir-Fries Workshop

ADULT

Chinese invented wok and stir-fry cooking technique and all Asian Cuisines adapted and modified this technique to call their own. Stir-frying is a fresh, quick and easy food preparation, using freshest ingredients, taking little time to cook and employing simplest technique. Let’s make delicious and popular Asian stir-fried dishes from Chinese, Japanese, Thai, Vietnamese cuisine, etc. and make them healthier and more personalized by adding your own twists, such as Beef and Broccoli, Spicy eggplant and Thai basil, Chow Main, Peppered Shrimp, Sweet and Sour, etc. Bring your sharp chef knife or clever, cutting board, hand towel and beverage. $12 material fee paid to the instructor.

<table>
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<tr>
<th>DATE</th>
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<th>MEETS</th>
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<tbody>
<tr>
<td>March 26</td>
<td>Tue</td>
<td>6:30-9:30 pm</td>
<td>1x</td>
<td>$53</td>
<td>$63</td>
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</tbody>
</table>

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10
# Martial Arts & Exercise

## Introduction to Da Yan Qi Gong

**ADULT**

Qi Gong enhances the circulation of "Qi" (pronounced "chee"), the vital life force which can promote good health. Classes include warm-up exercises, stretches, acupressure self-massage, and meditation. Note: this class is the first-half of the Da Yan Qi Gong class and will not be learning the Da Yan Qi Gong 64 movement form. If you want to learn the 64 movement form sign-up for Beginning Da Yan Qi Gong. The February class is the prerequisite for the April class (or prior approval from Instructor).

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<th>MEETS</th>
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<tbody>
<tr>
<td>Feb 4–Apr 1*</td>
<td>Mon</td>
<td>6-6:45 pm</td>
<td>8x</td>
<td>$70</td>
<td>$80</td>
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<tr>
<td>Apr 8–May 20*</td>
<td>Mon</td>
<td>6-6:45 pm</td>
<td>6x</td>
<td>$53</td>
<td>$67</td>
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</tbody>
</table>

**Instructor:** Charlene Leung, L.Ac., M.S.

**Location:** Albany Senior Center, Multi-Purpose Room

*Min: 1; Max: 10  *No class on Feb 18 & Apr 29

## Advanced Da Yan Qi Gong

**ADULT**

For those who have completed Beginning & Intermediate Da Yan Qi Gong with Charlene Leung.

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<tr>
<th>DATE</th>
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<tr>
<td>Feb 4–Apr 1*</td>
<td>Mon</td>
<td>6-7:30 pm</td>
<td>8x</td>
<td>$90</td>
<td>$100</td>
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<tr>
<td>Apr 8–May 20*</td>
<td>Mon</td>
<td>6-7:30 pm</td>
<td>6x</td>
<td>$67</td>
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**Instructor:** Charlene Leung, L.Ac., M.S.

**Location:** Albany Senior Center, Multi-Purpose Room

*Min: 1; Max: 10  *No class on Feb 18 & Apr 29

## Tai Chi Chuan

**ADULT**

Learn to relax the mind, relieve stress while you exercise and gain flexibility! Tai Chi balances the body’s energy and increases vitality. Join us for a fun and dynamic work out, learn to move with grace, balance, and power. Cultivating the Chi with this moving meditation will leave you feeling energized, centered and relaxed. Starfire has been teaching Tai Chi in the bay area for 30 years. This class meets twice a week. No experience is needed to take this class.

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<th>MEETS</th>
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<tr>
<td>Jan 8–Feb 14*</td>
<td>1/Th</td>
<td>6-7 pm</td>
<td>12x</td>
<td>$99</td>
<td>$109</td>
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<tr>
<td>Feb 19–Mar 28</td>
<td>1/Th</td>
<td>6-7 pm</td>
<td>12x</td>
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**Instructor:** Starfire

**Location:** Albany Senior Center, 846 Masonic Avenue

*Min: 8; Max: 25  *No class on Mar 16

## Beginning Ki-Aikido

**AGES 7–ADULT**

Shin Shin Toitsu Aikido is a martial discipline, which teaches that relaxation is stronger than tension. Our goal is to bring balance even to our opponents and problems as a solution to conflict. We use martial techniques, meditation and breathing exercises to help develop the power of mind and body. Founded by Master Koichi Tohei, who was responsible for bringing the martial art of Aikido to the world in 1953. Taught and overseen by Maida Sensei, direct student and representative of Tohei Sensei. Maida Sensei holds the rank of 7th Dan Shihan (Master Instructor) and has taught professionally since 1976. This class is suitable for Adults of any level or physical ability, and for children ages 7 and older with some experience in Aikido. Younger children and children new to Aikido are welcome if accompanied onto the mat by a parent or guardian. The first hour of class is recommended for all beginners. Continuing on to the second hour is recommended for those with more experience or who are willing to be pushed a little.

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<th>MEETS</th>
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<td>4x</td>
<td>$60</td>
<td>$70</td>
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<tr>
<td>Feb 2–Feb 23</td>
<td>Sat</td>
<td>9–11 am</td>
<td>4x</td>
<td>$60</td>
<td>$70</td>
</tr>
<tr>
<td>Mar 2–Mar 30*</td>
<td>Sat</td>
<td>9–11 am</td>
<td>4x</td>
<td>$60</td>
<td>$70</td>
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<tr>
<td>Apr 6–Apr 20</td>
<td>Sat</td>
<td>9–11 am</td>
<td>3x</td>
<td>$60</td>
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**Instructor:** Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org

**Location:** Albany Community Center, Hall

*Min: 8; Max: 25  *No class on Mar 16

## User Friendly Pilates: Increase Core Strength Without Getting Hurt (Mixed Levels)

**ADULT**

Your core muscles, the deepest abdominal, lumbar and pelvic floor muscles, protect your spine and prepare you for strenuous activities. Discover how to develop core strength with the proper awareness and mental focus to get fit without getting hurt and improve performance in dance, sports and martial arts. Instructor has over 20 years experience specializing in movement education and injury prevention, and works in many different settings, including physical therapy clinics, Kaiser hospitals and private practice. He is a Certified Pilates Instructor and Feldenkrais® Somatic Practitioner with an extensive background as a professional dancer. This is a mixed level class (beginning to intermediate), Mats available.

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<th>MEETS</th>
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<tbody>
<tr>
<td>Jan 2–Feb 20</td>
<td>Wed</td>
<td>5:45–6:45 pm</td>
<td>8x</td>
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<td>5:45–6:45 pm</td>
<td>8x</td>
<td>$105</td>
<td>$115</td>
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**Instructor:** Ernie Adams, (510) 619-9223, www.userfriendlypilates.com

**Location:** Albany Community Center, Hall

*Min: 8; Max: 35

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City of Albany  RECREATION & COMMUNITY SERVICES  510 524-9283
**Gentle Yoga**

**ADULT**

Learn how to relax and enjoy a body-mind synchronicity through the ancient practice of yoga. Students will learn how to do classic yoga postures in styles borrowed from several schools of Yoga. While holding the yoga poses, they will be shown how to stimulate acupressure points. The asana session will be followed by healing pranayamas (breathing techniques), meditation and guided relaxation. Instructor Viji Sundaram has been teaching yoga in India and the US for 26 years. She is a certified yoga and Acu-yoga instructor, as well as, an acupressure practitioner.

**Practical Posture: Introduction to the Alexander Technique**

**ADULT**

This class introduces you to concepts from the Alexander Technique, a gentle mind-body practice that can help you take ownership of your self care in order to: improve performance of daily tasks, reduce pain and avoid injury and maximize well-being. We’ll touch on the main ideas of the Technique by exploring simple movements and games, putting these principles into practice. Open to all abilities. Bring comfortable clothing and a yoga mat.

**Beginning Yoga**

**ADULT**

Yoga is the study and integration of the body, mind and breath to achieve greater health and vitality. Through a series of physical postures, deep breathing, relaxation and mental concentration, students will learn how to reduce stress, feel more energized and enhance the overall quality of their lives.

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**Date** | **Day** | **Time** | **Meets Resident** | **Non-Res.**
--- | --- | --- | --- | ---
Jan 2–Jan 30 | Wed | 6:30–8 pm | 5x $59 | $69
Jan 5–Feb 2 | Sat | 11 am–12:20 pm | 5x $59 | $69
Feb 6–Mar 6 | Wed | 6:30–8 pm | 5x $59 | $69
Feb 16–Mar 16 | Sat | 11 am–12:20 pm | 5x $59 | $69
Mar 13–Apr 10 | Wed | 6:30–8 pm | 5x $59 | $69
Mar 23–Apr 20* | Sat | 11 am–12:20 pm | 4x $48 | $58

**Instructor:** Viji Sundaram  
**Location:** Albany Community Center, Rooms 1 & 2  
Min: 5; Max: 20  
*No class on Feb 9 & Apr 6

**Date** | **Day** | **Time** | **Meets Resident** | **Non-Res.**
--- | --- | --- | --- | ---
Jan 7–Feb 25* | Mon | 6:30–8 pm | 6x $76 | $86
Mar 4–Apr 22 | Mon | 6:30–8 pm | 8x $100 | $110
Mar 23–Apr 20* | Sat | 11 am–12:20 pm | 4x $48 | $58

**Instructor:** Emily Sapa  
**Location:** Albany Community Center, EOC Room  
Min: 4; Max: 10  
*No class on Jan 21 & Feb 18
Beginning Watercolor

ADULT
Discover how easy and beautiful watercolor can be. We will make delicate gradations, hard edges and surprising patterns with paint. Then we mix colors and create the illusion of shadow and light to create wonderful still life and landscape paintings. Drawing skills are not required for this class and gentle instruction is provided as needed. A materials list is provided upon registration.

Japanese Brush Painting/Sumi-e

ADULT
Gain the freedom of brush strokes that give excitement to art work. Oriental brush painting makes you aware of our world and allows you to capture the spirit of the subject. Course covers basic elements including calligraphy and discipline essential to the practice of Sumi-e. Lectures, demonstrations, individual help given at each class. Contact instructor after registration for supply list and/or further information.

Creating and Publishing a Photo Essay

ADULT
The class will guide students in creating a personal photo essay that will be published in book form. We will review well-known photo essays and learn the basics of page layout in order to create an attractive publication. Finally, students will work with the instructor individually to produce the files needed for the printing of their project. The class will be collaborative; students will be encouraged to share viewpoints and make helpful comments. Students will do their photographing between class meetings and share their progress with the class weekly. Class members should come to the first class with at least a digital camera, a hard drive to store the photos, and be familiar with the practice of basic photography. Students will do their own developing and printing of the photos. Class will meet for 10 classes and each student will have a book produced that they will be responsible for printing, obtaining cover art and work with the instructor to produce the final publication. Cost is $10 per class. Min: 6; Max: 10

Watercolor Landscape

ADULT
Learn how to apply layered washes, basic drawing and perspective to create simple and beautiful landscapes paintings. Students should have taken Beginning Watercolor or an equivalent class. Drawing skills are not required and gentle instruction is provided as needed. A materials list is provided upon registration.

Ikebana Sogetsu School

ADULT
Develop creative self-expression through flower arrangement. Learn the beauty of the simplicity of line and the use of space. Students will make arrangements using flowers and branches they bring to class each week. Individual assistance and demonstrations will be available during class time. No refunds after the first class meeting. Schedule is subject to change. $10 demonstration material fee paid to the instructor.

Figure Drawing

ADULT
In this class, instruction in contour modeling for all levels will be provided. The instructor will develop formats tailored to each student’s ability to delineate the human form and provide demonstrations for ease of understanding. $7 model fee paid to instructor.

Calligraphy

ADULT
Students will be taught an upper and lower case of a historic script. Then we take it into a modern application. Students will also learn simple book binding and embellish their work with hand carved rubber stamps. There will be a different script taught every class. Students will have to purchase basic supplies at local art stores.

Japanese Tea Ceremony

ADULT
Take a break from your busy daily lives and come learn the art of Japanese Tea Ceremony in the Omotesenke style. Take part in this meditative experience that you can then create at home. Learn from a licensed tea practitioner and teacher how to practice Japanese tea authentically in the chair/table format.

Basic Drawing & Painting

ADULT
"If you can see, you can draw…and paint."
This class is differentiated to each student’s level. If you already have comfortable drawing skills, you can use this class to work on a painting you’re interested in seeing come to life. Students get to choose their own subject matter. Some suggestions are: a favorite photo or an actual object. We will go over perspective, and light & shadow. These details help breakdown what you’re seeing in the third dimension. (Realistic drawing and painting generally depict the 3-D world—in two dimensions, pigment on a flat surface.) So in that mode we are actually creating an illusion.

It can be gratifying as well, to experiment with paint or pencils (graphite/color) just as a medium. Your choice of paint can be watercolor, acrylic or water soluble oils. Please bring whatever you want to work with to your first class plus a sketchbook, drawing board or table easel & canvas.

Creating and Publishing a Photo Essay

ADULT
The class will guide students in creating a personal photo essay that will be published in book form. We will review well-known photo essays and learn the basics of page layout in order to create an attractive publication. Finally, students will work with the instructor individually to produce the files needed for the printing of their project. The class will be collaborative; students will be encouraged to share viewpoints and make helpful comments. Students will do their photographing between class meetings and share their progress with the class weekly. Class members should come to the first class with at least a vague idea of a subject. The cost of printing each book is less than $10.

City of Albany RECREATION & COMMUNITY SERVICES 510 524-9283

28
Art Techniques & Mix Media Workshop

ADULT

Anyone can do this class—this workshop is open to beginners, artists, or non-artists alike. This class will give you a chance to try new materials: watercolors, colored pencils, markers, inks and papers. You will learn techniques, create wonderful backgrounds—resist painting, work with writing/fonts, tissue paper graffiti, gesso and lots of collageing. You will receive one on one instruction and you can create your book of dreams, cards, art pieces etc. You will leave each session feeling inspired to create art and make additional art works on your own. Students need to bring a thin tip sharpie and a white sharpie pen. Also, any pictures, fine papers, or photocopies of your own to class. $20 material fee paid to instructor.

Note: Each session will have different techniques and expanded projects. Returning students can use this time to finish up any projects and also create something new.

### Registration:
WWW.albanyca.org/onlinereg or Form On page 64

#### Workshop Details:
- **Art Techniques & Mix Media Workshop**
- **Dates & Time**:
  - Jan 15–Feb 26* Thu 9:50 am–12:10 pm 6x $150 $160
  - Mar 5–Apr 16* Thu 9:50 am–12:10 pm 6x $150 $160
- **Instructor**: Jamie Aberegg
- **Location**: Albany Community Center, Craft Room
- **Min: 2; Max: 8**

### Dance

#### Beginner Plus Line Dance

ADULT

This class expands on the concepts and steps from the absolute beginner class. The students will learn slightly more challenging step combinations and turns. The instructor introduces the concepts of tags and restarts along with more syncopation. First session is prerequisite for second session.

#### Absolute Beginner Line Dance

ADULT

This class introduces students to the terminology and basic steps of line dancing. Students will enjoy physical activity while developing their balance skills and memorization of patterns to music.

### Chinese Traditional & Folk Dance

ADULT

You will learn basic technique of Chinese traditional dance and Chinese folk dance in this class. You may perform these dances at community event or private party.

#### Registration:
WWW.albanyca.org/onlinereg or Form On page 64

#### Workshop Details:
- **Chinese Traditional & Folk Dance**
- **Dates & Time**:
  - Jan 8–Jan 29 Tue Noon–1:30 pm 4x $72 $82
  - Feb 5–Feb 26 Tue Noon–1:30 pm 4x $72 $82
  - Mar 5–Mar 26 Tue Noon–1:30 pm 4x $72 $82
  - Apr 2–Apr 23 Tue Noon–1:30 pm 4x $72 $82
  - May 7–May 28 Tue Noon–1:30 pm 4x $72 $82
- **Instructor**: East Bay Shi’s Ballet (Zhongyi Shi)
- **Location**: Albany Community Center, Rooms 1 & 2
- **Min: 8; Max: 14**

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**Activity Guide Winter/Spring 2019**

**Registration**: WWW.albanyca.org/onlinereg or Form On page 64
Low Intermediate Recorder Ensemble

ADULT

In this class, students develop proficiency in ensemble skills by playing in recorder ensemble with all sizes from soprano to bass. Participant may use this class to obtain proficiency on tenor and bass sizes of the recorder. Refine understanding and practice all elements of music making. Emphasis on tuning, execution of fingerings, phrasing and articulation together in ensemble. Consort music from medieval to modern for recorders. Prerequisite: Must know fingerings for an octave and a half including two sharps/flats and be familiar with common time signatures.

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Instructor: Tish Berlin
Location: Albany Middle School, Music Room
Min: 8, Max: 50 *No class on Feb 18, Apr 9 & Apr 30

High Intermediate Recorder Ensemble

ADULT

More complex music, emphasis on developing all recorder technique, including greater facility, sight-reading, varied articulation and practicing ensemble skills. More one-on-a-part playing. Polyphony from medieval to modern for recorders. Prerequisite: Student must know both C and F fingerings, be able to carry line alone and have substantial previous ensemble experience to participate in this class. Student must already play SATB or be willing to learn bass.

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Instructor: Tish Berlin
Location: Albany Middle School, Music Room
Min: 8, Max: 50 *No class on Feb 18, Apr 9 & Apr 30

Albany Big Band Jazz Ensemble

ADULT

The Albany Jazz Band has been playing big band music for more than 15 years. It is part of the City of Albany's Recreation and Community Services Activities program. The band plays classic to modern instrumental and vocal jazz, swing, latin and other genres arranged for traditional 18-20 piece jazz big band—ordinarily saxophones, trumpets, trombones, guitar, piano, bass and percussion. Our band offers an opportunity to learn, play, and perform tightly arranged jazz, and to explore the vibrant experience of soloing and singing with a big band. Playing and singing level is intermediate and above; experience with jazz and swing idiom is recommended. Participation in the band requires a commitment to attend regular rehearsals, and to participate in occasional public performances. NOTE: Due to limited space, enrollment is by permission of instructor only. For information about how to join or other questions about enrollment, contact instructor. For information about the band visit the website. Performances may be scheduled outside regular rehearsal dates and times. $20 optional material fee paid to instructor.

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Instructor: Bob Levenson (Musical Director), Rich Kalman (Vocal Director); instructor@albanyjazzband.org, albanyjazzband.org
Location: Albany High School, Band Room 20; Albany Senior Center (Mar 20)
Min: 12; Max: 25 *No class on Feb 20, Apr 10 & Apr 24

Classical Guitar Technique

AGES 16-ADULT

Learn to read and play music for the guitar. Students will learn how to play a melody, accompaniment and the best ways to hold a guitar. Everyone in the class receives individual attention. Class activities include learning to play solo pieces and participation in an ensemble setting. Students provide their own instrument. All levels welcome. Under 16 may attend at the discretion of the instructor. $18.50 material fee per text (if needed), to be collected by instructor. Additional materials may be given out by the instructor at no charge. Text: Classic Guitar Technique, Volume One by Aaron Shearer.

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<td>Mar 2-Apr 13</td>
<td>Sat</td>
<td>10-11:30 am</td>
<td>7x</td>
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Instructor: Claude Sprague, (510) 859-4055, claude@theguitarinstructor.net
Location: Albany Community Center, EOC & Craft Rooms
Min: 4; Max: 16
**Albany Chamber Orchestra**

**ADULT**

The Albany Chamber Orchestra is a 35-piece orchestra composed of string, wind, brass and percussion instruments. It was formerly known as the Albany Community Orchestra, the Albany Adult School Orchestra and most recently the Albany Chamber Strings. The orchestra was organized by Ernest Douglas in 1975 as a class in the Albany Adult School. In the past 44 years, it has given hundreds of amateur adult musicians the opportunity to study and perform over 300 selections from the orchestral repertoire. No auditions are necessary, but players should be of an intermediate level or above. New string players are welcome; winds and brass must have the permission of the conductor. The Orchestra presents three free public concerts each year and an occasional Young People’s Concert. Participants must play in a public concert on Sundays, March 10 and/or June 2.

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<td>Mar 19–May 26*</td>
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<td>7–9:15 pm</td>
<td>10x</td>
<td>$79</td>
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**Instructor:** Teresa Colyer  
**Location:** Albany High School, Band Room 20; TBA (Mar 19 & Apr 23)  
**Min:** 25; **Max:** 40  
*No class on Feb 19 & Apr 9
Winter Adult Leagues Head Indoors for Fun!
Come join one of our leagues and play in a friendly, open environment!

5-ASIDE CO-ED FUTSAL
Soccer rules! Winter rain does not stop soccer, we just play faster and harder indoors-5-Aside Futsal (Indoor Soccer)! Futsal is played on a hard court delimited by lines. Footwork is everything! League games are Sunday afternoons at Albany High School, beginning January 2019. Registration starts November 1, 2018. For more info call (510) 524-9283. Download your application at www.albanyca.org/adultsports.

MEN’S BASKETBALL
Our new full court 5v5 Men’s Basketball League starts January 2019. Games will be on Sunday mornings at Albany High School. Get your team together and have your Captain register on November 1, 2018. For more info call (510) 559-7215. All applications are due by January 2, 2019. Visit www.albanyca.org/adultsports.

DROP-IN PICKLEBALL
Drop-in for this fast and fun paddleball sport. Pickleball mixes tennis, ping-pong and badminton together for a quick play, easy scoring and low impact aerobic exercise. It truly is fun for all ages! Outdoor games are played at the Ocean View Park tennis courts every Tuesday, 4–6 pm. $4 drop-in court fee, $2 paddle rental. Indoor Pickleball at Albany High School Gymnasium on Sundays, 4–7 pm. $5 drop-in court fee, $2 paddle rental. Visit www.albanyca.org/adultsports.

For more information:
B. Bell
Adult Sports Coordinator
bbell@albanyca.org
www.albanyca.org/adultsports
facebook.com/AlbanyAdultSports
twitter@AlbanySports
(510) 559-7216

Get your team together!

2019 SPRING LEAGUES
Softball (Men’s & Co-ed), Kickball, 5-Aside Soccer
Registration begins February 1, 2019
www.albanyca.org/adultsports
Running transforms your body, mind and spirit, while making new friends and enjoying the outdoors. Run Around Town Sundays is Albany’s official running club. Our mission is to make running fun and accessible for all levels, from the slow beginners to the fast, long distance performers.

Our club is directed by three dedicated runners, who offer every Sunday new running options and challenges. The club meets at Suzette’s Crepe Café at 8 am weekly. Runners may choose to join an easy three mile, 12 minute mile paced run, a five mile 10 minute mile paced run, or a long run which varies in pace, distance and difficulty.

**ANNIVERSARY RUN**
Sunday, February 3 • 8 am
Meet at Suzette Crepe, 1226 Solano Ave.

Run Around Town Sundays, Albany’s official running club, invites you to celebrate their 6th anniversary. Choose your distance: the run will be along the Bay Trail toward the Bay Bridge. Runners can choose a casual distance, or make their run epic by running all the way to Emeryville. After the run, please join us for our swag giveaways. Check out our website at www.albanyca.org/adultsports for updates and a downloadable map.

**WINTER & SPRING TRAINING**
Continue consistent training for your Spring goals. Many of our runners will be entering the Oakland Marathon, the San Francisco Marathon, and the Marin Monster 10K. Consistency is key to achieve your fitness goals! Facebook @ Albany Adult Sports.

For more information:
B. Bell
Adult Sports Coordinator
bbell@albanyca.org
www.albanyca.org/adultsports
(510) 559-7216
The Albany Senior Center provides a comprehensive array of recreational programs and services that meet the needs of older adults in the community, enhancing quality of life and helping seniors to remain active, healthy, and independent.

At the Albany Senior Center, adults 50 and over enjoy socializing in a warm, friendly atmosphere while participating in the quality programs offered. The center is open Monday–Friday from 9 am–5 pm, excluding major holidays.

**Albany Senior Center**
Robin Mariona, Recreation Supervisor
Keanan McCarron, Recreation Coordinator
Jess Cosby, Recreation Coordinator
846 Masonic Avenue, Albany
(510) 524-9122

**Paratransit Services**

**East Bay Paratransit (EBP)** is the main provider of paratransit services for anyone who cannot use AC Transit or BART because of a disability. You must become ADA certified to qualify for Paratransit Services. Call (510) 287-5000 to make an appointment and get an application.

**Taxi Subsidy Program:** Using Measure B and BB Funds, Albany Paratransit provides a subsidy on taxi rides to Albany residents 80 years and over and people with disabilities 18 years and over.

**Shopping Trips:** The shuttle provides Albany residents 60+ door-to-door transportation from home to nearby grocery stores. Funded by Measures B and BB.

**Health Services**

**Pharmaceutical Collection Bin:** Bring expired/unused prescriptions and over-the-counter medicines from your home and dispose of them safely. Bin is accessible during business hours. Vitamins, controlled substances or needles are not accepted.

**HICAP Counseling:** 3rd Friday of the month. The Health Insurance Counseling & Advocacy Program (HICAP) provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health-care options. Personal appointments can be made by calling (510) 839-0393.

**To Enroll**
Enrollment or appointments are required to use most of the services provided at the Senior Center. Unless otherwise noted, call (510) 524-9122 for more information.
Why cook? Eat at the Senior Center

The Albany Tri City Cafe at the Senior Center serves well-balanced and delicious dinner Monday–Friday at 4 pm. This a great way to enjoy a wonderful meal with others for only a suggested donation of $4.

Celebrate with us at one of our Special Event Dinners! Enjoy great food, entertainment, games and friendly company in a festive atmosphere! Sign-up at the front desk or call (510) 524-9122. Admission is $5.

Also ask Staff about the monthly Birthday Dinners!

Holiday Dinner
Friday, December 21 • 4–5 pm

Valentine’s Dinner
Thursday, February 14 • 4 pm

St. Patrick’s Day Dinner
Friday, March 15 • 4 pm

Sundae Tuesday
2nd Tuesday of the month • 4 pm
Come to dinner and receive a free sundae. Sponsored by FOAS.

Information, Resource Referrals and Form Assistance

The Albany Senior Center maintains up-to-date information on services available to seniors in Alameda County.

Computer Lab: Computers are connected to the internet and available for public use in the Senior Center lobby. Sign-in for a 30-minute timeslot. First-come, first-served.

Computer Tutoring: Free computer tutoring appointments offered by caring volunteers are available. Call the Senior Center for more information.

Nutrition Services

The Albany Tri City Cafe: Well-balanced dinner served Monday–Friday at 4 pm. Suggested donation: $4.

Meals on Wheels: Delivers 7 meals per week to homebound seniors. Suggested donation: $4.

Mercy Brown Bag Program: Grocery bags of nutritional food to seniors on a fixed income. $10 yearly contribution.

ALBANY SENIOR RESOURCE EXPO
Thursday, April 18 • 10 am–1 pm • Free

Join us for the 11th Annual Senior Resource Expo in Albany. Representatives from different organizations that provide assistance to seniors and caregivers will be on hand to share information on housing, healthcare, transportation and more. Free health checks demonstrations and presentations will also be available at the event.

ALBANY SENIOR CENTER COMMUNITY SHUTTLE

Keeping seniors active & engaged

The Albany Senior Center Community Shuttle takes adults age 50+ on walking tours and day trips, and provides regular, free door-to-door grocery shopping trips for Albany residents age 60+. Registration is required for all programs.

The Albany Senior Center Community Shuttle is funded by Measures B and BB, administered by the Alameda County Transportation Authority.
**MONDAYS**

*No socials on Jan. 21 & Feb. 18 (City Holidays)*

**Needlecraft & Beading**
Jan. 7–Apr. 29 • 9–11 am
Bring your own materials and receive input from peers to improve your craftsmanship.

**Senior Center Chorus**
Jan. 7–Apr. 29 • 2:45–3:45 pm
Come sing away with people that love music.

**TUESDAYS**

**Matinee Movie of the Week**
Jan. 8–Apr. 30 • 1:30 pm
Enjoy some popcorn and a movie each week. See our movie flyer for a schedule of films being shown.

**Monthly Presentation**
Jan. 8–Apr. 30 • Noon–1 pm
One presentation every month. Different discussions/talks or fun events. Ask front desk or look in the monthly chronicle for more information.

**WEDNESDAYS**

**Japanese Conversation**
Jan. 2–Apr. 24 • Noon–1 pm
This is a Japanese class taught by a native speaker. It covers the basic elements of the language: pronunciation, vocabulary, structures and most importantly conversation. No experience necessary.

**Pop Up Ping Pong**
Jan. 2–Apr. 24 • 1:30–3 pm
Come play non-competitive Ping Pong (Table Tennis) at the Albany Senior Center. Exercise for physical health and improve your brain health at the same time! All levels welcome.

**THURSDAYS**

*No socials on Apr. 18 (Resource Expo)*

**Painting**
Jan. 3–Apr. 25 • 9 am–noon
Show off your artistic side. Bring your own materials and take this opportunity to get some positive feedback on your work.

**For Pet Lovers Only!**
Jan. 3–Apr. 25 • 10–11 am
Come to this social gathering of pet lovers to learn from each other your responsibilities and how animals and people heal each other.

**Mahjong & Games**
Jan. 3–Apr. 25 • 1–3 pm
Mahjong, Pinochle, board games, and cards available for anyone looking to have some fun.

**FRIDAYS**

*No socials on Apr. 26 (White Elephant Sale)*

**French Conversation**
Jan. 4–Apr. 19 • 11 am–noon
If you are interested in conversing in French this group is for you. Books are read and current events are discussed.

**Bridge**
Jan. 4–Apr. 19 • Noon–3 pm
For the seasoned bridge player. Challenge yourself and those around you in our weekly bridge games.
Gentle Tai Chi
AGES 50+ OLDER
This gentle approach to Tai Chi combines Nei Dang Chi Kung emphasizing deep breathing and meditative elements. Helps circulation, loosening joints and secure balance. Fee is per class.

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<td>M-F</td>
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Instructor: Yachiyo Otsubo
Location: Albany Community Center, Hall (M/W/F);
Albany Senior Center, Multi-Use Room (Apr 24–30)
Min: 20; Max: 45
*No class on Jan 21 & Feb 18

Intermediate Hip Hop Dance Workout
AGES 50+ OLDER
Sweat and groove to this upbeat, fun and friendly dance workout. Using contemporary, retro, reggae and R&B music, you’ll learn choreographed hip hop moves. Class consists of a 10-minute warm-up, 45 minutes of dance and a 5-minute cool down. Bring your water bottle, wear comfortable clothing and supportive athletic shoes. Students will progressively learn a new choreographed dance at the beginning of each 4-week session. For extra practice, students will receive a weekly video of the steps via email. Fee is per class.

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<td>Feb 5–Feb 26</td>
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Instructor: Judith Kajiwara
Location: Albany Senior Center, Multi-Use Room
Min: 5; Max: 25

Beginning Hip Hop Dance Workout
AGES 50+ OLDER
Designed especially for beginners, we’ll demystify hip hop until you’re moving and grooving in this upbeat, fun and friendly dance workout. Using contemporary, retro, reggae and R&B music, a choreographed dance will be cumulatively taught during each 5-week session. Bring your water bottle, wear comfortable clothing and supportive athletic shoes. For extra practice, students will receive a weekly video of the steps via email. This class is taught at a slower pace than the Intermediate Hip Hop Class.

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Instructor: Judith Kajiwara
Location: Albany Senior Center, Multi-Use Room
Min: 5; Max: 25
*No class on April 18

Women’s Traditional Dances for Fun, Exercise & Enlightenment!
AGES 50+ OLDER
Explore traditional women’s dances from Greece, Bulgaria, Armenia, Macedonia and other Balkan countries where ancient wisdom is still detectable in the folk culture. Simple and repetitive, the dances foster interconnectedness and empower us to be more fully present as women. Accessible to anyone who can walk, a dynamic dance line (the horo) describes circles, crescent moons, spirals, meanders and other earth mandalas to lovely ethnic music. Ingrid has been teaching these dances since 1958. Drop-in! Beginners and experienced dancers alike are always welcome. Drop-in! Fee is per class.

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<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<tbody>
<tr>
<td>Jan 2–Apr 24</td>
<td>W</td>
<td>10:15–11:30 am</td>
<td>17x</td>
<td>$7</td>
<td>$8</td>
</tr>
</tbody>
</table>

Instructor: Ingrid Talmadge
Location: Albany Senior Center, Multi-Use Room
Min: 4; Max: 25

Gentle Yoga
AGES 50+ OLDER
This class provides a gentler approach to the practice of Yoga. Enjoy the benefits of increased flexibility, strength and stamina. Yoga encourages better posture, improves digestion, relieves and calms the mind. Class is suitable for all levels. Wear loose and comfortable clothing and come on an empty stomach. Bring your own mat or towel. Fee is per class.

<table>
<thead>
<tr>
<th>DATE</th>
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<th>TIME</th>
<th>MEETS</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Jan 9–Apr 24</td>
<td>W–F</td>
<td>12:15–1:15 pm</td>
<td>16x</td>
<td>$8</td>
<td>$9</td>
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</table>

Instructor: Helen Morgan & Deborah Marks
Location: Albany Senior Center, Multi-Use Room
Min: 3; Max: 15

Rosen Movement
AGES 50+ OLDER
Grumpy muscles and joints—this class is for you! Based on Rosen Method Movement, a tradition developed by Physical Therapist, Marion Rosen, who took this class right here at the Albany Senior Center through her mid-90’s. Classes are playful yet powerful, combining elements of stretch, balance, dance, yoga and relaxation—all done to a variety of wonderfully music. Lengthening and lubricating the joints and muscles, working with balance and stimulating the brain while being a part of a supportive group—all contribute to feeling more relaxed and alive. Suitable for all fitness and ability levels. Join us! Fee is per class.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
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</thead>
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<tr>
<td>Jan 11–Apr 19*</td>
<td>F</td>
<td>10:15–11:30 am</td>
<td>15x</td>
<td>$9</td>
<td>$10</td>
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</table>

Instructor: Greacian Goeke
Location: Albany Senior Center, Multi-Use Room
Min: 3; Max: 25
*No class Apr 26
Exercise & Dance

Walk, Talk & Be Healthy!

AGES 50-OLDER

A program designed to encourage walking as a healthy lifestyle for adults 50+. Ride on the Senior Center shuttle bus to regional parks and other interesting and scenic places. Walk as you connect with other seniors. Walks are usually 2 to 4 miles, and are generally easy to moderate in difficulty. Bring a bag lunch, or lunch at a designated eatery. Monthly walk schedules and registration forms are available at the Albany Senior Center. Space is limited. Early registration is recommended.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 3–Apr 25*</td>
<td>Thu</td>
<td>2–3 pm</td>
<td>Albany Senior Center, Multi-Use Room</td>
<td>Jasmine Buczek, NASM Personal Trainer</td>
<td>$2</td>
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</table>

High Beginner Line Dance

AGES 65-OLDER

A continuation of the Absolute Beginner line dance class. Prerequisite would be completing the Absolute Beginner Line dance class. More difficult line dances in this advanced session. Fee is per class.

<table>
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<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 7–Apr 29*</td>
<td>Mon</td>
<td>1:45-2:45 pm</td>
<td>Albany Senior Center, Multi-Use Room</td>
<td>Julia Lee</td>
<td>$2</td>
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</tbody>
</table>

Chair Exercise

AGES 65-OLDER

Chair aerobics, Stretching, and Conditioning. Fee is per class.

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<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 7–Apr 29*</td>
<td>Mon</td>
<td>Noon-1 pm</td>
<td>Albany Senior Center, Multi-Use Room</td>
<td>Julia Lee</td>
<td>$2</td>
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</table>

Circle Dancing

AGES 50-OLDER

Simple folk dances done holding hands in a circle. No experience necessary; each dance is taught just before it is done. Traditional dances from Greece, Israel, Scotland Russia, the US, and many other places, plus newly-choreographed dances. Some are slow and meditative, and some are more lively. Fee is per class.

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<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
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</thead>
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<tr>
<td>4th Fridays*</td>
<td>Fri</td>
<td>7:30-9:30 pm</td>
<td>Albany Senior Center, Multi-Use Room</td>
<td>John and Marina Bear</td>
<td>$5</td>
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Senior Ballet: Aging Gracefully

AGES 50-OLDER

Accompanied by classical music, this class is gentle, slow, strain-free, appropriately modified version of classical ballet exercises. Starting at the barre for proper body alignment followed by adagio and slow graceful movements. Please wear ballet slippers, soft Jazz shoes or go barefoot.

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<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 8-Feb 5</td>
<td>Tue</td>
<td>1:45-3 pm</td>
<td>Albany Senior Center, Multi Purpose Room</td>
<td>Odile Atthalin</td>
<td>$36</td>
</tr>
</tbody>
</table>

Rosen Method: Moving Body & Soul

AGES 50-OLDER

This one-hour class is fun and easy, made for everyone, beginners and experienced movers, open to all fitness levels. Exercises are simple, practical and profound, all done to a wide variety of wonderful music. It’s a pathway to presence, awareness and wholeness. Fee is per class.

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<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 3–Apr 25*</td>
<td>Thu</td>
<td>7-9 pm</td>
<td>Albany Senior Center, Multi-Use Room</td>
<td>Delila Atthalin</td>
<td>$9</td>
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</table>
Novels & Memoirs by Women: Winter/Spring

AGES 50-OLDER

In the spring, we’ll read the glorious novel *Song of Solomon* by Toni Morrison, using the Plume/Penguin edition.

Mary Gordon’s *seeing through places*, an exquisitely written memoir. As poet Eavan Boland wrote, Gordon’s book is a “rare study of the past, not just as it happened but as it re-happens in retrospect and language.”

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<th>MEETS</th>
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<tbody>
<tr>
<td>Jan 9–Mar 13</td>
<td>Wed</td>
<td>3–5 pm</td>
<td>10x</td>
<td>$80</td>
<td>$85</td>
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<tr>
<td>Mar 20–May 22</td>
<td>Wed</td>
<td>3–5 pm</td>
<td>10x</td>
<td>$80</td>
<td>$85</td>
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</table>

Instructor: Debra Ratner
Location: Albany Senior Center, South Room
Min: 4; Max: 30

Remarkable Voices: Winter/Spring

AGES 50-OLDER

In the spring, we will read more illuminating excerpts in *The Norton Book of Friendship*, edited by Eudora Welty and Ronald Sharp. Among other surprises, we will read self-revealing letters by humorist Edward Lear to the wife of the poet Alfred Tennyson, among other surprises.

In the winter, we will read *New Selected Poems* by Philip Levine, whose work is direct and humane. Publisher: Alfred Knopf.

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</thead>
<tbody>
<tr>
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<td>Mon</td>
<td>11:30 am–1:30 pm</td>
<td>10x</td>
<td>$80</td>
<td>$85</td>
</tr>
<tr>
<td>Apr 1–June 10**</td>
<td>Mon</td>
<td>11:30 am–1:30 pm</td>
<td>10x</td>
<td>$80</td>
<td>$85</td>
</tr>
</tbody>
</table>

Instructor: Debra Ratner
Location: Albany Senior Center, Multi-Use Room
Min: 4; Max: 30

Fiction Writing: Winter/Spring

AGES 50-OLDER

Whether you’re new to writing fiction or want to enrich your skills, this course will give you a strong foundation for writing stories and/or novels. In-class exercises will be central, along with discussions of plot, character and voice. The atmosphere is lively and supportive, and the instructor will give your writing considerable attention.

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<th>DATE</th>
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<th>TIME</th>
<th>MEETS</th>
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<tbody>
<tr>
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<td>Fri</td>
<td>2–4 pm</td>
<td>10x</td>
<td>$100</td>
<td>$105</td>
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<tr>
<td>Mar 22–May 31</td>
<td>Fri</td>
<td>2–4 pm</td>
<td>10x</td>
<td>$100</td>
<td>$105</td>
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</table>

Instructor: Debra Ratner
Location: Albany Senior Center, South Room
Min: 4; Max: 30

*No class on Jan 21, Feb 18 & May 27*

The Artists Way

AGES 50-OLDER

Whether your interest is dancing, writing, painting or gardening this class will explore artistic process. Using Julia Cameron’s *The Artists Way*, we will recover our dreams and build creative confidence through journaling and fun activities. Please buy the book *The Artists Way* by Julia Cameron. Watch your creativity bloom. $10 for material fee paid to instructor.

<table>
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<th>DATE</th>
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<th>TIME</th>
<th>MEETS</th>
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<td>9:30–11:30 am</td>
<td>13x</td>
<td>$100</td>
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Instructor: Karen Adams
Location: Albany Senior Center, South Room
Min: 4; Max: 12

*No class on April 26

New Pancake Breakfast

Join the Friends of Albany Seniors for breakfast prepared especially for you by Albany firefighters.
Saturday, February 9
9 am–1 pm
$8 Adults, $5 Children (6 and under)

New White Elephant & Bake Sale!

The Friends of the Albany Senior Center invite you to find great bargains at this yearly fundraiser. There will be toys, jewelry, books, baked goods and more!
Saturday, April 27 • 9 am–2 pm
Now accepting items!
Electronics, typewriters, clothing or furniture will not be accepted.

Albany Senior Center
846 Masonic Avenue, Albany
Call the Albany Senior Center today for more details!
(510) 524-9122
iPhone Photography
AGES 50–OLDER
Whether you are new to smartphone photography or nearly a pro, this class is for you. You may just “point and shoot” with your smart phone or tablet because you haven’t learned to maximize the camera. Are your photos out of focus or uninteresting? During this class, you will learn the functions of the camera, basic exposure and composition techniques, and which apps will help you take your pictures to the next level. Learn how to: document your travels, special family moments, or even your growing garden with your smart device; what apps make the best images; to look at the world differently and to take photos you may never have thought to take before.

During each session there will be time for step-by-step demonstration, as well as, time for Q&A and practicing individually with one-to-one instruction from the teacher. One or more field trips may take place depending on weather. Please bring your Apple ID and password (or equivalent for your android phone).

iPad Partners for Beginners
AGES 50–OLDER
Calling all computer newbies! We are continuing a drop-in weekly support group for those who are newer users of iPads or other touch screen devices, and who ideally have very little or no previous technology experience. Join-in and be prepared to learn and practice in partnership with others just like you. We will focus on getting around on our devices, learning and reviewing basics and useful skills, practice the how-to’s of email and internet and share both fun and problem-solving apps. Bring your touch screen device or use one of ours at any class. Fee is per class.

AARP’s 55 Alive Mature Driving
AGES 50–OLDER
This class provides awareness of aging as it affects driving. It offers participants compensating techniques, and emphasizes defensive practices for drivers age 50 and older. Participants must take both classes to receive their Certificate of Completion, which entitles drivers, 50 and older, to a discount for three years on their auto insurance. Fee for this class is $15 for AARP Members, $20 for Non-Members. Check or money order only (No cash), payable to: AARP. AARP members bring membership number.

World Affairs & Politics
AGES 50–OLDER
This is an open group discussion of world affairs and politics, both local and international. Fee is per class.

Advanced Beginner Guitar
AGES 50–OLDER

The Art of Seeing: Fine Art Photography
AGES 50–OLDER
The class will explore what it means to see deeply and look attentively. The field of photography will be viewed through multiple lenses: as a fine art form, a short storytelling medium and a contemplative practice. This class is for experienced photographers working to take their artistry to the next level and will culminate in a group exhibition.
Senior Travel Lunch Troupe

Join in on this new part of the Senior Travel Troupe as we explore and enjoy lunch at some of our area’s finest dining destinations. Hop aboard our bus with family, friends and other food connoisseurs for an afternoon of good food, good company and great fun! All trips include transportation. Lunch and exploring are on your own.

Lunch at Whipper Snapper, San Rafael

**Ages 50+ Older**

Trip Includes: Transportation. Please bring $28 cash to pay for your lunch, including soft drink, tax and tip.

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<tr>
<td>January 9</td>
<td>Wed</td>
<td>11 am–3:30 pm</td>
<td>1x</td>
<td>$10</td>
<td>$24</td>
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<tr>
<td>Min: 12; Max: 21</td>
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Paul Lista Brazilian Kitchen, Oakland

**Ages 50+ Older**

Trip Includes: Transportation. Lunch on your own at Paul Lista.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
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<tr>
<td>February 25</td>
<td>Mon</td>
<td>11 am–3 pm</td>
<td>1x</td>
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<td>Min: 12; Max: 21</td>
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Contra Costa Culinary College: Make your own lunch

**Ages 50+ Older**

Trip includes: Transportation and lunch at the Culinary College.

<table>
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<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tr>
<td>March 9</td>
<td>Sat</td>
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<td>1x</td>
<td>$44</td>
<td>$49</td>
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Treasure Island Job Corps: “5 Star” Lunch

**Ages 50+ Older**

Trip Includes: Transportation. Bring $15 cash for lunch.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tbody>
<tr>
<td>April 25</td>
<td>Thur</td>
<td>11 am–3 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
</tr>
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<td>Min: 12; Max: 21</td>
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Travel Troupe

Albany Senior Travel Troupe
All adults ages 50 and older are welcome to travel with us as we explore the beautiful and exciting areas and attractions around Northern California. Hop aboard our bus and leave the worrying to us. Each trip is led by a group leader. All trips include periods of walking, standing and sitting unless otherwise indicated. Travel itineraries are subject to change.

The Last Day of January 2019: Tesla Winery Champagne Tasting
AGES 50+OLDER
Trip Includes: Transportation, tasting of several champagnes, lunch on your own in Downtown Livermore.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tr>
<td>January 31</td>
<td>Thu</td>
<td>10:30 am–4 pm</td>
<td>1x</td>
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<td>$34</td>
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<td>Min: 12; Max: 21</td>
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Rosie the Riveter/World War II Home Front National Park
AGES 50+OLDER
Trip Includes: Transportation, access to the Rosie the Riveter Museum and lunch on your own in Richmond.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tr>
<td>February 6</td>
<td>Wed</td>
<td>9:15 am–3 pm</td>
<td>1x</td>
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<td>Min: 12; Max: 21</td>
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</table>

Oakland Zoo: Featuring the New Gondola Ride
AGES 50+OLDER
Trip Includes: Transportation, Docent led tour of the Zoo. Lunch on your own at the new Zoo Restaurant.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<td>1x</td>
<td>$37</td>
<td>$42</td>
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The Walt Disney Family Museum
AGES 50+OLDER
Trip Includes: Transportation, Docent led tour of the museum. Lunch on your own in the Presidio.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tbody>
<tr>
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<td>Thu</td>
<td>10 am–4 pm</td>
<td>1x</td>
<td>$39</td>
<td>$44</td>
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<td>Min: 12; Max: 21</td>
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Cache Creek Casino
AGES 50+OLDER
Trip Includes: Transportation. Gaming, exploring, shopping and dining on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<tbody>
<tr>
<td>March 11</td>
<td>Mon</td>
<td>8:30 am–5 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
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<td>Min: 12; Max: 21</td>
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California Missions Museum: Walk the Mission Trail Under One Roof
AGES 50+OLDER
Trip Includes: Transportation, self-guided tour of the museum. Lunch on your own in Downtown Sonoma.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
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<tbody>
<tr>
<td>March 21</td>
<td>Thur</td>
<td>8 am–5 pm</td>
<td>1x</td>
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<td>Min: 12; Max: 21</td>
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Ferry Boat to San Francisco: Fisherman’s Wharf Pier 41 and Pier 39
AGES 50+OLDER
Trip Includes: Transportation, round trip Ferry Boat from Oakland to San Francisco. Lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tbody>
<tr>
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<td>1x</td>
<td>$27</td>
<td>$32</td>
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</table>

Thunder Valley Casino
AGES 50+OLDER
Trip Includes: Transportation. Gaming, exploring and shopping on your own.

<table>
<thead>
<tr>
<th>DATE</th>
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<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<tbody>
<tr>
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<td>Mon</td>
<td>8:30 am–5 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
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<td>Min: 12; Max: 21</td>
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</table>

San Francisco Zoo
AGES 50+OLDER
Trip Includes: Transportation, Docent led tour of the Zoo. After the tour, roam the zoo and lunch on your own.

<table>
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Half Moon Bay: A Day at the Beach
AGES 50+OLDER
Trip Includes: Transportation. Sight seeing, shopping and lunch on your own.

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DeYoung Museum: Gauguin Exhibit
AGES 50+OLDER
Trip Includes: Transportation, Docent led tour, lunch on your own at the DeYoung after tour.

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Red Hawk Casino
AGES 50+OLDER
Trip Includes: Transportation, Red Hawk, gambling and gaming, lunch on your own at the Casino.

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Senior Travel Troupe
Extended Vacations

We are excited to announce the addition of extended vacations to our program. This is a great opportunity to travel with friends and family to enticing travel destinations around the world with confidence that you’re doing so with the Albany Senior Travel Troupe. Avoid the hassles of booking a vacation with our worry-free “one-stop traveling”. Sign-up for your dream destinations and leave the worrying to us. We offer a program with no membership fees, high quality all inclusive packages, competitive prices and the most important part: traveling with someone you know! We hope you can take advantage of these exciting, upcoming vacations.

Colorado Rockies, Rails & Western National Parks
AGES 50-OLDER
9 Days: July 14, 2019
Trip Includes: Round-trip airfare (OAK), hotel, ground transfers, 11 Meals (8 breakfasts, 3 dinners), motorcoach transportation on tours, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.
Cost: $2975 per person, double occupancy; $1000 single supplement. Deposit: $300 per person. Final payment due April 2019.
Please make checks payable to Premier World Discovery. Cancellation Waiver is available for additional fee.

Nova Scotia & The Canadian Maritimes
AGES 50-OLDER
9 Days: August 14, 2019
Trip Includes: Round-trip airfare (SFO), hotel, ground transfers, professional tour guide, 12 Meals (8 breakfasts, 4 dinners), motorcoach transportation, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.
Cost: $3295 per person, double occupancy; $1025 single supplement. Deposit: $300 per person. Final payment due May 2019.
Please make checks payable to Premier World Discovery. Cancellation Waiver is available for additional fee.

Friday, February 1, 2019 • 11 am • Free Senior Center
Want to learn more about our Extended Vacations for 2019? Come see our exciting lineup from Premier World Discovery.

SPECIAL PRESENTATION:
SENIOR TRAVEL TROUPE
2019 SCHEDULE

• Smoky Mountains and Bluegrass (October)
• Spain and Portugal Highlights (November)
• Switzerland, France & Christmas Markets on the Rhine (December)
To celebrate this holiday season, small signboards will be scattered here and there on Albany sidewalks and walls from November through December. Each board will contain a haiku poem written by one of your neighbors. The “Fall into Haiku” program was designed by the Albany Arts Committee to create a poetic landscape around the city to bring moments of beauty and reflection to one of the busiest times of the year. Local writers of all ages sent in their haiku for consideration, an indication of just how much the people of Albany love poetry and language.

A haiku is a poem that captures a place, a time, and a sharp observation in a very compressed form. Haiku originated in Japan but has spread worldwide. Traditionally a haiku in English consists of three lines of 5, 7, and 5 syllables each, but modern haiku poets don’t pay such close attention to line and syllable count. What’s important is to let the poem be an evocation where space and the moment come together in the writer’s terse but expressive language. We hope to have another haiku celebration next year, so start writing!

Julia James 28 Views of Tamalpais

January 12, 2019–April 8, 2019 • Opening Reception: January 13, 4–6 pm
Albany Community Center Foyer

Since moving to Marin from England 30 years ago, Julia James has found joy and inspiration in the landscapes of Mt. Tamalpais. As a printmaker, much of her work represents small landscapes, often using the technique of multiple plate etchings. This project began ten years ago. The initial image comes from a personal photograph which is then transferred to a solar plate. The plate is printed by hand on Rives BFK paper using a mixture of sepia-toned etching inks. These views of Tamalpais journey through the seasons and reflect various times during the day.

Tamalpais Views (detail), 2018
Solar plate etching, 4 x 5"

Julia James
28 Views of Tamalpais
City government touches so many facets of our everyday lives—from the streets we drive on to the parks we play in. We know that City Council meets twice a month, and that in an emergency help is only minutes away. But exactly how does your city operate? And how can residents contribute more to its success?

The Albany Civics Academy will provide an interesting perspective into the workings of the city and engage participants in a hands-on overview of city government. Over the course of the program, participants will learn about how decisions are made, where funds are allocated and gain an enhanced understanding of the organizational structure and operations of the various city departments that impact the quality of life in Albany.

The City of Albany believes that when residents are better informed about how their city operates, how decisions are made and how funds are allocated they will make better decisions about the future of their city. Therefore the objectives of the Albany Civics Academy are:

1. To involve and engage residents in learning about and understanding the operation of city government, and to improve communication between the city and those who live and work here.
2. To provide insight into how decisions are made, how city funds are allocated, and how city departments operate.
3. To empower and encourage a larger number of residents to become more civically engaged in the future decisions effecting Albany’s quality of life.

Who can apply?

Residents interested in applying for the Civics Academy must complete the online application by March 21, 2019. The fee for the program is $10. Priority will be given to Albany residents 17 years or older. Albany business owners will be accepted, space permitting. A minimum of 15 participants is needed to run the program.
Noon Year’s Eve  
Monday, Dec. 31 • 11 am–1 pm  
Is it tough to keep the kids awake past 9pm on December 31? Celebrate New Year’s Eve fun this year at the family-friendly hour of NOON! The Albany Recreation and Community Services Department presents Noon Year’s Eve. We encourage kids 12 and under and their families to stop by for a performance by Magician Brian Scott, arts, crafts, activities, trivia, celebratory balloon drop, goodies and so much more. Ring in 2019–Albany-style!

Bollywood Dance Party  
Friday, Jan. 25 • 7–9 pm  
$5 (Children under 12 Free)  
This is your chance to spend an evening dancing like in a Bollywood movie. We’ll have Bhangra dance performances to inspire you, then you have the chance to come up and learn dances yourself. Enjoy small bites from a local Indian restaurant and get a fun, immersive cultural experience right here in Albany. How will the night end? With a Bhangra dance party of course!

Beads & Beers  
Friday, Feb. 22 • 6–9 pm • $15  
21 & Older  
The Bead Society of Northern California will lead an all-levels beading workshop as you enjoy local craft beer and create your own bead masterpieces. Students will be guided through a step-by-step process of different beading techniques. Beads, beer, wine and light snacks are all provided. Anyone can be a beading artist and have fun being creative—no experience required!  
This evening is the perfect gift, not only do you get to enjoy a fun-filled evening, but also a cherished keepsake that you can wear proudly and a new found talent to enjoy for years to come! Special thanks to our local partner the Bead Society of Northern California and Ocean View Brew Works.

Noir & Noirs  
Friday, Mar. 22 • 7–9 pm  
$5 suggested donation  
The City of Albany, Albany Library and the Albany FilmFest present a night of crime, drama, fast-talking detectives and pinot noir. Join us as we show the classic film noir Double Indemnity (1hr 47min/ NR/1944), the story of an insurance salesman who gets roped into a murderous scheme with one of his clients. Enjoy complementary wine and small bites as we find out whether or not he gets caught or worse, double-crossed.

Backyard Decathlon  
Friday, Apr. 26 • 7–9 pm • Free  
Bring friends, family, neighbors and co-workers to compete in a variety of fun backyard and party games. From cornhole to pop trivia, giant jenga to dance challenges. The games will be fun, competitive and sometimes a little wacky (blindfolded pie throwing? Maybe!). We’ll have something for everyone and some things you might be amazingly bad at. It’s a night to let loose while you get to know your party a little better.

Join us for live music, movies, demonstrations, lectures and events at the Albany Community Center. For details and schedule visit www.albanyca.org/@theCenter
**Songs on Solano**

**Spread Some Cheer. Be Merry!**

* Friday, December 14, 2018
  6:30 PM
* Wear a warm hat & scarf
meet at the corner of
Solano & Stannage
* 

**CELEBRATE NOON YEAR’S EVE**

Monday, December 31, 2018
11 am–1 pm
Albany Community Center Hall

**For Kids 12 & Under**
(and parents who can’t stay awake past 9 pm)

At noon we will drop the ball!
Free party kits, craft stations and a performance by Magician Brian Scott!
Ring in 2019 **Albany-style!**

**Santa on Solano**

**FREE**

Photo with Santa Popcorn and Treats

*Bring a camera and take as many photos as you like!

Call (510) 527-5358 or visit solanoavenue.org for more information**
Events

Holiday Children’s Book, Puzzle and Toy Swap

Sunday, December 9, 9–11 am. Swap begins 9:15 am
Albany Community Center

Brace yourself for the influx of holiday gifts this season and purge before the toy storm hits! Reduce your holiday footprint and go green this year by swapping the old for the ‘new to you’!

How it works: Walk around your house with your children and have them help identify the gently used toys and books they no longer use (e.g., puzzles, blocks, etc.). Make sure everything is working properly, has all its pieces and is clean. Pack up a box and bring them down to the Albany Community Center on December 9. Bring along extra gift wrapping accessories and take care of your holiday shopping in one fell swoop!

• Clean toys thoroughly beforehand
• Toys must be gently used and in working order
• No missing pieces
• No stuffies

ALBANY UKE CLASS MEETUP IN THE PARK

Friday, March 1, 5:30–8 pm
Memorial Park

Join the Albany Uke Class for a strum and sing-along in Memorial Park. We’ll have chord charts and extra ukuleles for newcomers. Take a free ukulele lesson from instructor Ukulenny at 5:30 pm, followed by a jam session with Lenny and past and present members of the Monday Ukulele Class.

This event is free and open to the public, so bring your uke and your kids and sing, strum and dance along! Snacks also appreciated.

Blood Drive

Tuesday, December 18 & March 5 • 9:30 am–3 pm
Albany Community Center

Please mark your calendars for the upcoming Red Cross Blood Drives at the Albany Community Center.

We ask that you register online to secure a time slot. It’s easy simply log on to www.redcrossblood.org, click on “Enter a Sponsor Code” and enter “Albany”.

Join in Albany’s community-wide Clothing Swap

Tuesday, January 29, 2019 • 7:30 pm
Albany Community Center, Rooms 1 & 2

Clean out your closets and bring your wearable-but-unwanted clothing to the Community Center where you can rummage through everyone else’s wearable-but-unwanted items and find a fabulous new-to-you winter wardrobe! Bring one bag or more of your washed, gently worn items (men’s, women’s, maternity, plus size and children’s clothing) and be admitted to our fabulous swap room where clothing will be set out by type (pants, skirts, shirts, blouses, etc.). Choose items and take them home. All sizes welcome.
Walk ’n Roll to School Day

1st Wednesdays, February–April
Before School
Cornell, Marin, & Ocean View Schools

Albany elementary school students, walk to school on the first Wednesday of the month and get treats through the City’s Safe Routes to School Program. Walking or biking to school keeps kids healthy, reduces pollution, and cuts down on congestion around schools, making it even safer for pedestrians and cyclists in our city!

Chinese New Year

Thursday, February 7, 2019 • 3:30–5 pm
Albany Community Center, Main Hall
Free

Sin Nian Kwai Lo (Happy New Year)! Gung Hay Fat Choy (Congratulations & Good Fortune)! For more than 16 years the Albany Recreation Department has celebrated Chinese New Year at the Community Center. Students from Cornell and Ocean View elementary schools and Sun Wei Chinese After School will present cultural Chinese song-and-dance as well as the 12-Zodiac story. In traditional fashion, we will Dance with Dragons and Leap with Lions, courtesy of Zion Lee. Welcome the Year of the Pig—Albany-style. This is a free event for children under 12.

Tool Pool

Need a Tool?

Do you need some extra tools for that fall garden project? How about a sledgehammer when all you have is a finishing hammer? Don’t go out and buy a tool, we want to share ours.

Visit the www.albanyca.org/toolpool for an interface tutorial and to check out our inventory. Tools are available for one-week rentals. We are also accepting donations at any time - just contact us at albanyca_toolpool@gmail.com for all your Tool Pool needs.

Drop-in Pickleball

Outdoor:
Tuesdays, 4–6 pm
Ocean View Park, Pickleball Courts
$4 drop-in court fee, $2 paddle rental

Indoor:
Sundays, 4–7 pm
Albany High School Gym
$5 drop-in court fee, $2 paddle rental
**Plaid Day**

**April 1st**

**Be Seen in Plaid**

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**Events**

**10 am - 1 pm**  
**Ages 2 - 17**

- Throw like a...
- Swim like a...
- Jump like a...
- Swing like a...
- Shoot like a...
- Run like a...

**PLAY like a GIRL!**

A Fun, Interactive Day Getting Girls Pumped to Play Sports

**SUNDAY, JUNE 2**

**10 am - 1 pm • Ages 2 - 17**

**Memorial Park • Free**

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**Community Emergency Response Team (CERT) Course**

Tuesdays, March 12–April 30 • 6–9 pm • Free

CERT training gives you the practical skills to put out a fire, perform disaster medicine, and conduct a light search and rescue. But more importantly, it teaches you to how to make smart decisions.

- How to prioritize what to do and who to help first
- How to organize neighbors
- How to make decisions that will do the greatest good for the greatest number of people in the shortest amount of time

Sign-up today, class limited to 14 participants!  
Contact Engineer Michael Raab to register:  
mraab@albanyca.org • (510) 528-5770 x6734
City of Albany Community Services Department presents

RUN AROUND TOWN

Run Every Sunday
8AM-Suzette Crêpe Cafe, 1226 Solano Ave.
Both short & long courses New route(s) each week

AUDIO-VISUAL APPRENTICE PROGRAM

Ages 13–17 • May–October 2019
4 Openings Available

Learn how to use professional audio and video equipment while producing TV and web content for City events. Participants will also gain valuable work experience while having fun in a team environment. This is a volunteer position.

Application information will be listed in the 2019 Summer Activity Guide and available at www.albanyca.org/AV. For more information, contact Brennen Brown at bbrown@albanyca.org.
SANDBAG FILLING STATION

Saturdays, December 1, January 5, & February 9
10 am–1 pm
Ocean View Park, 900 Buchanan Street
Free

Please bring a shovel. Need assistance filling your sandbags? Someone will be there to help. Hot cocoa and cookies will be served. Can’t make one of the dates? Contact Sid in Neighborhood Services to make other arrangements: (510) 559-4588.

MARTIN LUTHER KING JR.
DAY OF SERVICE EVENT

Friends of Albany Parks Clean-up & Planting
Saturday, January 26, 2019 • 9 am–noon
Albany Hill

The Friends of Albany Parks will host a day of service in honor of Martin Luther King Jr. Day on Albany Hill. Meet at the end of Taft Street. For more information contact Brennen Brown at bbrown@albanyca.org.

Spring Fair

At Memorial Park
Saturday March 23rd, 2019
10AM–2PM

The Easter bunny arrives at 10:30am on an Albany Fire Truck
Rain Location: Albany Middle School Gym
food*music*bake sale*egg hunt*crafts and games
Join us for a week of fresh, eclectic, and diverse independent short films.

Albany International FilmFest is a juried film festival that takes place each year in Albany, California. We are proud to showcase original, creative, fresh, and compelling independent short films from emerging and established Bay Area, national, and international filmmakers.

Now entering its ninth year, Albany FilmFest has become home to original films and talented filmmakers, encouraged young filmmakers and supported media education. Films screen at Landmark’s Albany Twin Theatre, a cool, art deco two-screen theater on Solano Avenue in downtown Albany.

Visit www.albanyfilmfest.org for programs, schedules, and ticket information.

Questions? Contact info@albanyfilmfest.org.

Presented by KALB
Albany’s Community Access Television Channel 33
1. City Hall  
   Police Department  
   Fire Department  
2. Community Center  
   Public Library  
3. Senior Center and Senior Youth Annex  
4. Memorial Park  
   Friendship Club  
5. Terrace Park  
6. Ocean View Park  
   Friendship Club  
7. Albany Hill Park  
8. Children’s Tot Lot  
9. S.F. Bay Trail  
10. Albany Waterfront  
    Eastshore State Park
Neighborhoods

Feel like you didn't know about a public meeting, street repair on your block or the dog park going in across the street? Sign-up for the City of Albany's E-Notification system and get information and updates going on Around Your Block.

Signing up is easy:
1. Locate your house on Around Your Block Neighborhood Map (above).
2. Go to www.albanyca.org/aroundyourblock
3. Follow the instructions on the page.

Anytime a news or calendar item is added to the City's website, if it affects your neighborhood, you will get an email. Simple as that!
www.albanyca.org/aroundyourblock

Nextdoor Albany

When neighbors start talking, good things happen.

Join your Albany neighbors online in a private social network just for your neighborhood.

To join today, visit www.nextdoor.com

Get to know your neighbors  Share local recommendations  Lend, borrow & give away  Keep the neighborhood safe  Stay informed
Get Connected!

Visit www.albanyca.org to know what's going on in your city!

Sign up for e-notify to receive emails on topics that interest you.

www.albanyca.org/enotify

Don't forget to tune in to KALB Channel 33 for original content, council meetings, and other events.

Connect with Albany through our social media sites and never miss a thing!

www.albanyca.org/socialmedia

1000 San Pablo Avenue
(510) 528-5710
cityhall@albanyca.org

Urban Village by the Bay
Holiday Recycling Tips
What do you do with all of the holiday waste that is generated this time of the year? Here are a few tips:
• Recycle your holiday tree on your regular collection day during the month of January. Visit www.albanyca.org/albanyrecycles.
• Reuse wrapping materials-keep ribbons and bows for next year, save money and help the environment.
• Recycle batteries curbside on top of your recycle bin. Visit www.albanyca.org/hhw for special instructions.
• Recycle polystyrene foam at the El Cerrito Recycling Center.
• Dispose of Fats, Oils and Grease (FOG) from holiday meal by pouring cooled FOG into a sturdy paper container or egg carton and dispose into your green organics cart.

Earth Hour
Saturday, March 30 • 8:30–9:30 pm
Turn off your lights for Earth Hour 2019. Earth Hour is an annual event sponsored by the World Wildlife Fund. The event urges communities to switch off their lights for an hour each March in a symbolic show of concern for the environment. The purpose of the event is to inspire people to mobilize to take action on climate change. Here are a few ideas of how to spend your hour of darkness:

Get Involved: The point of Earth Hour is awareness, so now is a good time to educate yourself and your community about how to save energy. Go on a hunt throughout your house and look for energy wasters, or get kids involved in starting seedlings for the garden. The EPA’s website (www.epa.gov/climatechange/wycd) has more great ideas.

Party by Candlelight: You can help spread Earth Hour awareness by inviting your friends, family, and neighbors to join you for Earth Hour activities. Encourage guests to bring acoustic instruments, board games, and their own candles. Throw some local veggies on the grill for the group.

Camp Out: Let the kids in your life stay up past their bedtime and build a fort out of blankets and couch cushions in the living room. Get out the flashlights and tell ghost stories or read their favorite books.

Go Outside: Take advantage of Earth Hour and head outside for some good old-fashioned stargazing, take a walk or exercise.

Ocean View Community Organic Garden weekly “Open Garden”
Sundays • 11 am–1 pm
The Ocean View Community Organic Garden serves Albany citizens who live in apartments or condos with little space to grow food. We strive to foster a spirit of community, with gardeners growing and sharing organic fruit, produce, herbs, and flowers. The garden is located in Ocean View Park at 900 Buchanan Street behind the tennis courts. Join us during our “Open Garden” on the 2nd and 3rd Sundays of the month (March–October) from 11 am–1 pm, whenever the garden gates are open.

Earth Day Waterfront Clean Up
Saturday, April 20 • 9 am–12:30 pm • Albany Beach
Join the City of Albany and the Watershed Project for a waterfront cleanup in celebration of Earth Day! Wear sturdy shoes, a hat and sunscreen, bring your own reusable water bottle and gloves. Supplies and refreshments provided. Children must be accompanied by an adult. For more information, contact The Watershed Project at (510) 665-3430. RSVP for groups of 10 or more at volunteer@thewatershedproject.org. Please consider riding a bike or walking to the event!

Citywide Garage Sale
Saturday, May 11 • 9 am–3 pm
Applications will be available at www.albanyca.org/citywidegaragesale in March and are due no later than Friday, April 17 by 5 pm. The Citywide Garage Sale listings and maps will be available first week of May on the City’s website, at City Hall, Community Center and Senior Center. Email greenalbany@albanyca.org for more information.

East Bay Community Energy
Alameda County is looking to provide green energy! Find out more by visiting www.ebce.org.
The Friends of Albany Parks program encourages community members to get involved with the care, maintenance and beautification of their favorite neighborhood park.

Friends of Albany Parks members will meet for a Clean-Up Day where each member who attends will receive an official Friends of Albany Parks T-shirt. Once the clean-up is complete, we gather together for a community discussion geared toward developing ideas for further park improvement and getting residents consistently involved in the maintenance. The Clean-up Day helps foster a better sense of community and build social capital as neighbors meet and work together.

Additional events will be announced in the Summer 2019 Activity Guide.

For more information contact Brennen Brown at bbrown@albany.ca.org or visit www.albany.ca.org/volunteer.

Special thanks to the Albany Community Foundation, Volunteers from the Memorial Park Edible Garden, Friends of Albany Hill, TASH, CRFG, Love the Bulb and Friends of Five Creeks for their partnership.

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<th>PARK</th>
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<td>ALBANY HILL</td>
<td>SATURDAY, JAN 26, 9 AM</td>
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<tr>
<td>TERRACE PARK</td>
<td>SATURDAY, MAR 9, 9 AM</td>
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<tr>
<td>MEMORIAL PARK</td>
<td>SATURDAY, MAY 4, 9 AM</td>
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The Ocean View Community Organic Garden serves Albany residents. Enjoy the spirit of community while growing delicious food and flowers. No experience necessary. The garden is located in the Ocean View Park at 900 Buchanan Street (behind the tennis courts). The non-refundable plot fee is $60 per year. Contact the Albany Recreation & Community Services Department at (510) 524-9283 or email recinfo@albanyca.org for more information.

Join us for our “Open Garden” on 2nd and 3rd Sundays of the month, March through October from 11 am–1 pm (or whenever the garden gates are open and a gardener is present).
It’s Picnic Time!

PICNIC AREA RENTALS

The City of Albany has four parks spread throughout Albany’s dense square mile. Each park offers a different picnic experience, no matter what size or price range you are looking for. Picnic areas have all the amenities (garbage, recycling, compost, nearby bathrooms) to make your picnic fun and enjoyable. More information and our online reservation system can be found at www.albanyca.org/picnic. Note: Picnic rentals require a $50 refundable cleaning deposit.

OCEAN VIEW PARK

The Ocean View Park picnic area is located among Albany’s own Redwood grove and the Ocean View Community Garden (see p. 75) with picturesque views of Albany Hill and slivers of the San Francisco Bay. The children’s play area is spacious and features swings and climbing structures.

There are six picnic areas available for reservation with (one to three tables each) or you can rent the entire picnic area (12 tables) we offer two time blocks, 10 am–2 pm and 3–7 pm. Please call for pricing and information or see the picnic area diagram on the City website at www.albanyca.org/picnic.

MEMORIAL PARK

The Memorial Park picnic area is located between two sports fields, the children’s play area and the Albany Edible Landscape Project. The Memorial Park picnic area has a two-sided, stone BBQ, nine tables and three smaller BBQ’s. The picnic area may be reserved in its entirety, or you may reserve half of the picnic area by choosing either the East Side or the West Side.

The East Side has four picnic tables, one small BBQ, and one side of the large stone BBQ. The East Side picnic area has two time blocks, 9:30 am–1:30 pm and 2:30–6:30 pm. Each time block can be reserved for $66 for residents and $76 for nonresidents. Maximum occupancy is 24.

The West Side has five picnic tables, two small BBQs, and one side of the large stone BBQ. The West Side picnic area has two time blocks, 9:30 am–1:30 pm and 2:30–6:30 pm. Each time block can be reserved for $82 for residents and $92 for nonresidents. Maximum occupancy is 30.

Both East and West sides can be reserved for $146 for residents and $156 for non-residents per time block. Maximum occupancy is 54.

TERRACE PARK

Terrace Park has five picnic tables, two BBQs, and a permanent restroom. The Terrace Park picnic area is located near two children’s play areas and an open green space. Terrace Park is nestled in the Terrace neighborhood and parking is very limited.

The Terrace Park picnic area has two time blocks, 9 am–1 pm and 2–6 pm. Each time block may be reserved for $82 for residents and $92 for non-residents.

PEGGY THOMSEN PIERCE STREET PARK

Albany’s newest park is located at 720 Pierce Street and boasts panoramic views of the San Francisco Bay, the Golden Gate Bridge and the Albany Bulb. Pierce Street Park has two play areas for kids of all ages to explore and a permanent restroom.

There are three smaller picnic tables for park users which are available on a first come, first served bases. Street parking is limited.
**FOR RENT**

**Albany Facilities**

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**ALBANY COMMUNITY CENTER**

The Albany Community Center features a large community room (complete with a commercial kitchen and outdoor patio) with capacity for up to 160 people. The room is equipped with sound and a stage/dance floor, drop-down projector screen for presentations, and a variety of tables and chairs for any event setup. This room is a very popular place for wedding receptions, parties and banquets throughout the year. Call Liam Kelly for a complete price quote and information at 528-5716 or visit [www.albanyca.org/rentals](http://www.albanyca.org/rentals).

**ALBANY SENIOR CENTER**

The Albany Senior Center is a wonderful place to host a meeting, party, banquet or get-together. The Center has one large room with a kitchen and one small room. Call the Senior Center at 524-9122 for availability and a price quote.

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**Block Parties & Picnic Rentals**

Start planning for your fall Block Party and get together with friends and family. Organizing a Block Party or picnic in the park is a great way to enjoy the warm weather. Block Party fee is $40 (barrier drop-off/pick-up included in the fee) plus the cost of insurance.

Invite the Albany Fire Department to make a presentation about disaster preparedness at your Block Party and we will give you a 50% discount on the barrier drop-off/pick-up fee. Call the Albany Community Center at 524-9283 for more information about Block Parties. Visit [www.albanyca.org/BlockParties](http://www.albanyca.org/BlockParties) for an application and information.

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**Tennis Courts**

Tennis courts may be reserved by the public for reservations starting at 9 am daily and ending at 10 pm. Players may reserve courts up to two weeks in advance; fees depend on residency and day reserved. You can now purchase a half-year or full-year tennis light access code. Come to the Recreation Office (Community Center, 1249 Marin Avenue) to make a reservation.

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**Dogs in Albany’s Parks**

Section B at Memorial Park will be closed for maintenance until February 2019.
### City Contacts

<table>
<thead>
<tr>
<th>Department</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>City Administration</td>
<td>(510) 528-5710</td>
</tr>
<tr>
<td>City Attorney</td>
<td>528-5858</td>
</tr>
<tr>
<td>City Clerk</td>
<td>528-5710</td>
</tr>
<tr>
<td>City Council</td>
<td>559-7250</td>
</tr>
<tr>
<td>Community Development</td>
<td>528-5760</td>
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<tr>
<td>Finance/City Treasurer</td>
<td>528-5730</td>
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<tr>
<td>Fire &amp; Emergency Medical Services</td>
<td>528-5770</td>
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<tr>
<td>City Maintenance</td>
<td>524-9543</td>
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<tr>
<td>Human Resources</td>
<td>528-5714</td>
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<tr>
<td>Police</td>
<td>525-7300</td>
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<tr>
<td>Recreation &amp; Community Services</td>
<td>524-9283</td>
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<tr>
<td>Albany Community Resource Center</td>
<td>559-4589</td>
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<tr>
<td>Friendship Club Memorial Park</td>
<td>559-7240</td>
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<td>Friendship Club Ocean View Park</td>
<td>559-7220</td>
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<tr>
<td>Teen Center</td>
<td>559-7225</td>
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<tr>
<td>Senior Center</td>
<td>524-9122</td>
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<tr>
<td>Jobline</td>
<td>528-5777</td>
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### Community Contacts

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<tr>
<th>Organization</th>
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<tr>
<td>Chamber of Commerce</td>
<td>525-1771</td>
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<tr>
<td>Albany Education Foundation</td>
<td>558-6823</td>
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<tr>
<td>Albany Kid’s Corner</td>
<td>526-7637</td>
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<tr>
<td>Albany Library</td>
<td>526-3720</td>
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<tr>
<td>Albany Strollers &amp; Rollers</td>
<td>915-4595</td>
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<tr>
<td>Albany Project HOPE</td>
<td>684-2597</td>
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<tr>
<td>ECHO Housing (toll free)</td>
<td>855-ASK-ECHO</td>
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<tr>
<td>Berkeley Mental Health Family Services</td>
<td>981-5280</td>
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<td>Berkeley Mental Health Adult Services</td>
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<tr>
<td>Berkeley Mental Health Crisis Services</td>
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<td>Albany Preschool</td>
<td>527-6403</td>
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<tr>
<td>Albany Pool</td>
<td>559-6640</td>
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<tr>
<td>Albany Unified School District</td>
<td>558-3750</td>
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<tr>
<td>Albany YMCA</td>
<td>525-1130</td>
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<td>Friends of the Albany Library</td>
<td>526-3720 x 26</td>
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<td>Albany Memorial Veterans Building</td>
<td>525-9316</td>
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<tr>
<td>University Village Recreation</td>
<td>524-4926</td>
</tr>
<tr>
<td>Waste Management</td>
<td>613-8710</td>
</tr>
</tbody>
</table>

### Park & Recreation Commission

- **Chelle Putzer** | Staff Liaison
- **Julia Chang Frank** | Chair
- **Harriet Patterson** | Vice Chair
- **Geno Romero** | Member
- **Alene Pearson** | Member
- **Todd Abbott** | Member
- **Bryan Marten** | Member
- **Hillary Sardinas** | Member

Meets on the 2nd Thursday of each month at 7:00 pm, City Hall, Council Chambers

### Charter Review Committee

- **Anne Hsu** | Staff Liaison
- **Preston Jordan** | Chair
- **Lisa Schneider** | Vice Chair
- **Jennifer Radics-Johnson** | Member
- **Jim Lindsay** | Member
- **Gabriel Baty** | Member

Meets the 4th Monday of every odd month (as needed), at 7:30 pm, City Hall, Council Chambers

### Economic Development Committee

- **Anne Hersch** | Staff Liaison
- **Claire Griffith** | Staff Liaison
- **John Montaghi** | Chair
- **Stephanie Sala** | Member
- **Shaun Charles** | Member
- **Robert Cheasty** | Member
- **Elizabeth Baker** | Member
- **Allen Cain** | Member
- **Andrea Goldman** | Member

Meets on the 1st Thursday of each month at 5 pm, City Hall, Council Chambers

### Albany Library Board

- **Ronnie Davis** | Staff Liaison
- **Sarah Levin** | Chair
- **Karen Leeburg** | Vice Chair
- **Rosalie Gonzalez** | Member
- **Cynthia Hagedus** | Member
- **Sue Douglass** | Member

Meets the 3rd Tuesday of every odd-numbered month at 7 pm, Albany Library, Edith Stone Room

### Traffic & Safety Commission

- **Justin Fried** | Staff Liaison
- **Ken McCroskey** | Chair
- **Robert del Rosario** | Vice Chair
- **Harry Chomsky** | Member
- **Farid Javandel** | Member
- **Susan Reeves** | Member

Meets the 4th Thursday of every month at 7 pm, City Hall, Council Chambers

### Police & Fire Pension Board

- **Kim Denton** | Chair
- **Anne Hsu** | Vice Chair
- **Peggy McCuaig** | Member
- **Dustyn Wiggins** | Member
- **John Megonnigl** | Member

Meets the last Tuesday of the month (Jan, Apr, July, Oct) at 10 am, City Hall, Conference Room

### Arts Committee

- **Eva Phalen** | Staff Liaison
- **Jen Daly** | Chair
- **Jenny Holland** | Vice Chair
- **Brandon Schneider** | Member
- **Susan Moffat** | Member
- **Peter Goodman** | Member
- **Sheryl Black** | Member
- **Lynn Eve Komaromi** | Member

Meets the 2nd Monday of each month at 7 pm, City Hall, Council Chambers

### Community Media Access Committee

- **Jeremy Allen** | Staff Liaison
- **Chloe Stapleton-Gray** | Chair
- **Naomi Sigal** | Vice Chair
- **Sunny Sun** | Member
- **Jack Kenny** | Member
- **Vacant** | Member
- **Raquel Ramirez** | Member
- **Vacant** | Member

Meets quarterly (Jan, Apr, July, Oct) at 6 pm, City Hall, Council Chambers

### Social & Economic Justice Commission

- **Isabelle Leduc** | Staff Liaison
- **Kathy Diehl** | Chair
- **Nicole Daro** | Vice Chair
- **Margie Marks** | Member
- **Bart Grossman** | Member
- **Gregory Downs** | Member

Meets the 1st Tuesday of each odd month at 7:30 pm, City Hall, Council Chambers

### Did You Know?

There are a number of tax exemptions and fee discount programs available to Albany residents. For a comprehensive list visit: [www.albanyca.org/HumanServices](http://www.albanyca.org/HumanServices)

Dial 211 for information and referrals to health, housing, and human services in Alameda County. 211 is a free and confidential phone service, available 24/7 in over 170 languages.
Dial 211 for information and referrals to health, housing, and human services in Alameda County. 211 is a free and confidential phone service, available 24/7 in over 170 languages.

Register for classes:

1. **ONLINE**
   - www.albanyca.org/onlinereg

2. **IN PERSON, BY MAIL, OR DROP-OFF**
   - Complete the form on the following page and bring or send to:
   - City of Albany
   - Recreation and Community Services
   - 1249 Marin Ave, Albany, CA 94706

**CLASS REFUND POLICY**

Refunds will not be granted within 1 business day of the first class meeting or after the first class meeting.

Refunds requested prior to the first class meeting:

- **Five (5) business days or more:** Payee will be refunded less a $20 withdrawal fee.
- **Four (4) business days or fewer:** Payee will be refunded less a $40 late withdrawal fee.

**CAMP REFUND POLICY**

Refunds will not be granted within 4 business days of the first camp meeting or after the first day of camp.

Refunds requested five (5) business days or more prior to the first day of camp will be refunded less a $20 withdrawal fee.

All Refund Requests must be made in writing by mail/drop-off to:
- City of Albany
- Recreation and Community Services
- 1249 Marin Avenue
- Albany, CA 94706
- or by email to recinfo@albanyca.org

**GET INVOLVED IN LOCAL GOVERNMENT**

Attend a City Council, Commission or Committee meeting, view City Council meetings on local cable KALB Channel 33, or view meeting agendas and minutes at www.AlbanyCA.org

Please Note: Committee/Commission members may have changed after the printing of this guide.
Registration Form

City of Albany
Recreation & Community Services
1249 Marin Avenue
Albany, CA 94706
(510) 528-8914  FAX
(510) 524-9283  PHONE

Family Account Setup (List family members)

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Birthdate</th>
<th>Gender (M/F)</th>
<th>Work/Cell Phone Number</th>
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Address

City: ___________________________ State: _______ ZIP: _______

Home Phone (_______)

Emergency Contact

Phone (_______)

Activity Registration: Participant Name

<table>
<thead>
<tr>
<th>Activity Registration: Participant Name</th>
<th>Birthdate</th>
<th>Class/Camp Name</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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I would like to donate $1 to the Albany Recreation Scholarship Fund

TOTAL FEES: $________

Payment Method

☐ Check   ☐ Cash   ☐ Credit Card

(Payable to City of Albany)

Name on Card

Card #: _______  Expires: _______  Signature: _______

Billing Address

State: _______  ZIP Code: _______

Refund Policy

Class refunds will not be granted within 1 business day of the first class meeting or after the first class meeting.

Refunds requested prior to the first class meeting:

Five (5) business days or more:

• Payee will be refunded less a $20 withdrawal fee.

Camp refunds will not be granted within 4 business days of the first day of camp or after the first day of camp.

Refunds requested five (5) business days or more prior to the first day of camp will be refunded less a $20 withdrawal fee.

Refund Requests must be made in writing by mail/drop-off to:

City of Albany
Recreation and Community Services
1249 Marin Avenue
Albany, CA 94706

or by email to recinfo@albanyca.org

Liability Release: I AGREE to assume the risk of accident or injury sustained from whatever cause in connection with the activity, and release the City of Albany, its officers, agents and employees from any and all liability for any such accident or injury caused by whatever reason, including but not limited to an act of omission. I understand that no medical insurance is provided.

Photo Release: I acknowledge that the City of Albany takes photographs and videotapes of its activities and events for publicity purposes and authorize the use of my image or my child’s image by the City for such purposes. I understand I will not be compensated for use of photos or videos.
GET ENGAGED

COMMIT TO SERVE EXPO

JANUARY 14–21, 2019

ALBANY COMMUNITY CENTER

Be a part of this national movement as we honor Martin Luther King and his commitment to service, community and unity. Make a pledge of service to your community, or donate a coat, blanket or canned food item. The Commit to Serve Expo will provide resources, contacts and ideas to assist you in your pledge. For more information contact Brennen Brown at bbrown@albanyca.org.

Together we can make a difference in our community
Chinese New Year Celebration
Help us celebrate the Year of the Pig!
Thursday, February 7, 2019 • 3:30–5 PM
Free event for children ages 12 and under
Albany Community Center
1249 Marin Avenue
Gung Hay Fat Choy!