10% off all camps
hands on demonstrations   games   popcorn   tattoo parlor   free raffle
the greatest camp expo on earth
juggle your summer schedule in one grand family outing

10% OFF ALL CAMPS

hands-on demonstrations  games  popcorn  tattoo parlor  free raffle

SUNDAY, APRIL 28  10 AM TO 1 PM
ALBANY COMMUNITY CENTER
1249 MARIN AVENUE
WWW.ALBANYCA.ORG/CAMPS  (510) 524-9283
Dog Days Are Near
Summer approaches! Now’s the time to jump on getting signed-up for camps, as they fill up fast. There’ll be no excuse for lollygagging this summer when there are so many engaging things to do in this Activity Guide!
Special Interest

Film and Story Workshop
Ages 10–15
Ever wonder what it takes to make a great film? Learn DIY filmmaking techniques by critiquing historical films and making short videos using your own equipment or gear provided by the class. Students will research, storyboard, and design characters for a world of their making. Using green screen and other post production tricks, students composite their characters into handmade miniature worlds and bring their story to life in a short video. $20 material fee paid to instructor.

DATE  DAY  TIME         ALBANY  RESIDENT  NON- RES.
May 3–June 7*  Fri  3:45–5:30 pm  5x  $210  $220
Instructor: Mason Hall, narrativeartcenter.com
Location: Albany Community Center, EOC
Min: 5; Max: 10  *No class on May 24

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         ALBANY  RESIDENT  NON- RES.
May 2–May 30  Thur  4–6 pm  5x  $174  $184
Instructor: Abby Skrivan, www.writeonyouth.com
Location: Albany Middle School, Room 203
Min: 6; Max: 20

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.

DATE  DAY  TIME         ALBANY  RESIDENT  NON- RES.
May 6–June 10  Mon  4–5:30 pm  5x  $150  $160
Instructor: Cooking Round the World Staff
Location: Albany Community Center, Kitchen
Min: 6; Max: 12  *No class on May 27

Jump, Jiggle & Roll: Kindergym 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).

DATE  DAY  TIME         ALBANY  RESIDENT  NON- RES.
May 6–June 10  Mon  9:30–11 am  5x  $3  $4
May 3–June 14  Fri  9:30–11 am  7x  $3  $4
Instructor: Melinda Dela Torre
Location: Albany Community Center, Rooms 1 & 2
Min: 3; Max: 15  *No class on May 27

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.”

DATE  DAY  TIME         ALBANY  RESIDENT  NON- RES.
Apr 15–May 20  Mon  2:15–3:30 pm  6x  $140  $150
Apr 15–May 20  Mon  3:30–4:45 pm  6x  $140  $150
Apr 15–May 20  Mon  4:45–6 pm  6x  $140  $150
Instructor: Director Michael Glass, (510) 524-9232, www.kidscarpentry.com
Location: Albany Community Center, Craft Room
Min: 6; Max: 8
Dance

Ballet: Beginning

**AGES 3.5–6**

This is an introduction to basic dance movements, to age appropriate music, using fantasy and imagination which helps develop basic motor movements.

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<tr>
<td>May 3–June 14</td>
<td>Fri</td>
<td>1:30–2 pm</td>
<td>7x</td>
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**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min:** 6; **Max:** 25

Ballet: Level 1

**AGES 5–7**

Your child will be introduced to more specific ballet movements, which stimulate musical awareness, grace and muscular development.

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<td>3:30–4 pm</td>
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**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min:** 6; **Max:** 25

Ballet: Level 2

**AGES 8–13**

Your child will be introduced to more specific ballet movements, which stimulate musical awareness, grace and muscular development in the older child.

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<td>4:40–5:25 pm</td>
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**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min:** 6; **Max:** 25

Tap: Beginning

**AGES 3.5–5**

This class is an introduction to the basic steps of tap dance using age appropriate music and songs.

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<td>2–2:30 pm</td>
<td>7x</td>
<td>$74</td>
<td>$84</td>
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</table>

**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min:** 6; **Max:** 25

Tap: Level 1

**AGES 5–7**

This class builds on the techniques to include simple combinations with partners.

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**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min:** 6; **Max:** 25

Tap: Level 2

**AGES 8–13**

This class introduces more complicated rhythms and timing with pattern and direction.

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<td>5:30–6:15 pm</td>
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**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min:** 6; **Max:** 25
Kidz Love Soccer: Mommy/Daddy & Me Soccer

**AGES 2–3.5 WITH PARENTS**
The fun happens on the field, so don’t just watch from the sidelines! Here is your chance to join in your toddler’s introduction to the world’s most popular sport. You’ll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. Adult participation is required. All kids receive a 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.

**ALBANY NON-DATE DAY TIME MEETS RESIDENT RES.**
- **Apr 20–June 15** Sat 4:30–5 pm 8x $119 $129
- **July 13–Aug 24** Sat 5–5:30 pm 7x $108 $118

**Instructor:** Kidz Love Soccer Staff,
**Rain-out Hotline** (888) 372-5803
**Location:** Memorial Park, Front West Grass

Min: 8; Max: 20  *No class on May 25

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.

**ALBANY NON-DATE DAY TIME MEETS RESIDENT RES.**
- **Apr 20–June 15** Sat 3:45–4:20 pm 8x $119 $129
- **July 13–Aug 24** Sat 4:15–4:50 pm 7x $108 $118

**Instructor:** Kidz Love Soccer Staff,
**Rain-out Hotline** (888) 372-5803
**Location:** Memorial Park, Front West Grass

Min: 8; Max: 24  *No class on May 25
Music

Flute 1
AGES 9–16
Experience the beauty of making music on one of oldest and most grand instruments in the world. We'll learn the fundamentals of excellent tone production, breath control, ensemble playing, music notation and making music. All you need is a good working instrument and music stand. Get ready for fall band, or just enjoy learning a superb and rich musical instrument.

Joe Joffe
Instructor: Joe Joffe
Location: Albany Community Center, EOC Room
Min: 5; Max: 10 *No class on June 26 & Aug 7

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 musicians 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!

Bouncy Bears (Walking–3 yrs)
DATE DAY TIME MEETS RESIDENT RES.
June 1-July 6 Sat 9:30-10:15 am 6x $140 $150
July 20-Aug 24 Sat 9:30-10:15 am 6x $140 $150

MIXED BEARS (4 MO−5 YRS)
DATE DAY TIME MEETS RESIDENT RES.
June 1-July 6 Sat 10:30-11:15 am 6x $140 $150
July 20-Aug 24 Sat 10:30-11:15 am 6x $140 $150

Instructor: Blue Bear School of Music, Joe Morgan
Location: Albany Senior/Youth Annex, 842 Masonic Ave.
Min: 5; Max: 10

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.

DATE DAY TIME MEETS RESIDENT RES.
May 25−June 29 Sat 10-11:30 am 6x $82 $92
July 6−Aug 10 Sat 10-11:30 am 6x $82 $92

Instructor: Claude Sprague. (510) 859-4059, claude@theguitarinstructor.net
Location: Albany Community Center, EOC & Craft Rooms
Min: 4; Max: 16

Saxophone 1
AGES 9–16
Come and join your fellow musicians and learn the foundations of one of the most popular instruments in music. We’ll learn the fundamentals of excellent tone production, breath control, ensemble playing, music notation and making music. You’ll need a good working instrument, mouthpiece assembly, reed, neck strap and music stand. Altos, tenors and baritones all welcome. Students must participate in small performance on Fridays, July 19 and August 23.

Joe Joffe
Instructor: Joe Joffe
Location: Albany Community Center, EOC Room
Min: 5; Max: 16 *No class on June 24 & Aug 5

Clarinet 1
AGES 9–16
Discover and learn the beauty of making music on one of the most colorful instruments in the world. We’ll learn the fundamentals of excellent tone production, breath control, ensemble playing, music notation and making music. You’ll need a good working instrument, mouthpiece assembly, reed and music stand. Get ready for fall band, or just enjoy learning a deep and powerful musical instrument. Students must participate in small performance on Fridays, July 19 and August 23.

Joe Joffe
Instructor: Joe Joffe
Location: Albany Community Center, EOC Room
Min: 5; Max: 10 *No class on June 24 & Aug 5

INSTRUCTOR SPOTLIGHT
Joe Joffe
Believes that learning to play a musical instrument is the pursuit of building strong technique, but moreover it is an endeavor to make music now. Whether students are new to music or continuing study, Joe provides a positive environment in his classes that inspires growth and also provides a doorway into the joy of music and harmony. He is a graduate in saxophone and composition from the renowned University of North Texas, where he studied flute with Deborah Baron of the Dallas Symphony and later piano with Dick Hindman.

He offers private instruction on saxophone, flute, clarinet and piano and emphasizes developing skill and building confidence. Joe and his wife are parents of two Albany kids and he currently performs in the Bay Area.
**Albany Kids Karate-Do!**

**AGES 7-18**

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 fun, non-aggressive environment where the emphasis is on inner knowledge, and the quite strength and confidence that come from achievement. Students will lean 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.

**FORMS, SELF DEFENSE, SPARRING & WEAPONS**

**Thur:** 4:30-6 pm: All Belts (Kata & Basics)

**Sat:** 9:30-11 am: White Belts (Kata)

**Sat:** 10-11:30 am: Yellow Belts & Up (Kata, Sparring, Weapons)

**DATE** | **DAY** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | ---
May 2-May 30 | Sat/Thur | 2-3x/week | $80 | $90
June 1-June 29 | Sat/Thur | 2-3x/week | $80 | $90
July 6-July 27 | Sat/Thur | 2-3x/week | $80 | $90
Aug 1-Aug 24 | Sat/Thur | 2-3x/week | $80 | $90

**Instructor:** Sensei Rick Martin & Black Belt Team, (510) 332-4044

**Location:** Albany Community Center, Hall (Thur); Rooms 1 & 2 (Sat)

**Min:** 4; **Max:** 50

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**City of Albany RECREATION & COMMUNITY SERVICES 510 524-9283**
Look! Spring Break Camps

**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 is per person paid to instructor.

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<td>May 1–May 29</td>
<td>Wed</td>
<td>2:15–3:30 pm</td>
<td>5x</td>
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**Instructor:** Paquerette Clark
**Location:** Albany Community Center, Craft Room
*Min: 4; Max: 12*

**Advanced Clay for Kids**
**Ages 8–14**
Explore your creativity with clay. Make unique sculptures, mugs, 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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<td>Wed</td>
<td>4–5:15 pm</td>
<td>5x</td>
<td>$133</td>
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</table>

**Instructor:** Paquerette Clark
**Location:** Albany Community Center, Craft Room
*Min: 4; Max: 12*

**Art & Music**

**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 is per person paid to instructor.

**Instructor:** Paquerette Clark
**Location:** Albany Community Center, Craft Room
*Min: 4; Max: 12*

**Clay for Kids**
**Ages 6–12**
This full day camp is run by the City of Albany’s Friendship Club. This exciting camp will take kids on adventures around the city! Snack is included.

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<td>Apr 8–Apr 12</td>
<td>M–F</td>
<td>8 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: 20*

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

**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 an original cartoon character. Understand the creative process and development of a cartoon from brainstorming. Create a 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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<td>May 2–June 6</td>
<td>Thur</td>
<td>4:30–5:30 pm</td>
<td>6x</td>
<td>$110</td>
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**Instructor:** Jamie Aberegg
**Location:** Albany Community Center, Craft Room
*Min: 5; Max: 12*

**Art Intensive Camp**
**Ages 6–12**
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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<td>May 7–June 4</td>
<td>Tue</td>
<td>3:45–5 pm</td>
<td>5x</td>
<td>$115</td>
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**Instructor:** Paquerette Clark
**Location:** Albany Community Center, Craft Room
*Min: 4; Max: 12*

**Dishing up Disney**
**Ages 5–10**
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 29</td>
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**Instructor:** Cooking Round the World Staff
**Location:** Albany Community Center, Kitchen
*Min: 6; Max: 12*
Get a jump on setting-up summer activities for the youngsters in your household. Following is our listing of camps offered this summer. Camps fill up fast, so register early!
**Techsplosion.org: Minecraft YouTubers- Let’s Play!**

**AGES 7–12**

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!

**CODES 8–12**

Learn to ready 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!

**Coding for Kids**

**AGES 9–13**

Are you looking for your child to be a ‘code-ey’? This camp will introduce technology concepts and strive to build love for the programming language. We believe technology education expands creativity and emphasizes logical reasoning. We have created a young code-ey pathway to graduate to next level, start from scratch for second grade and up and graduate them to python or depending on their level. At this time, we are offering scratch and python for young kids. We create a strong foundation and help the kids practice making coding easy for them. We hope to create young data scientists by the end of completion of each course. This camp will teach basics/advanced depending on the level of every student! $45 material fee paid to instructor.

**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!

**Beginner Photoshop Fun**

**AGES 9–15**

Learn how to use Adobe Photoshop in a week-long, project-based course. Within a week, participants will learn how to manipulate digital images and create original works of art by merging digital and traditional art media. Please note, this course is not a Photoshop class for digital photographers; but is intended for those interested in creating graphic art and using Photoshop as a tool to create works in traditional art media. $25 material fee paid to the instructor.

**Film and Story Camp I**

**AGES 12–16**

Do you love movies? Want to learn how use a green screen in your own films? 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. $20 material fee paid to the instructor.

**Film and Story Camp II**

**AGES 12–16**

Take a deeper dive into how special effects are made using a green screen while learning more advanced techniques in Adobe Creative Cloud to edit your video projects. Learn how to compose your live action into miniature scenes, and how to bring your film ideas to life with color grading and sound recording techniques. Designed to work in conjunction with Camp I but can be taken independently if you have experience with Adobe After Effects or Premiere Pro. $20 material fee paid to the instructor.
Engineering

**NEW**

**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**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RESIDENT**
July 8–July 12  M–F  1–4 pm  5x  $199  $209

**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**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RESIDENT**
July 8–July 12  M–F  9 am–noon  5x  $199  $209

**Instructor:** Play-Well TEKnologies  
**Location:** Albany Community Center, Hall  
**Min:** 10  
**Max:** 24

**NEW**

**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**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RESIDENT**
July 22–July 26  M–F  1–4 pm  5x  $199  $209

**Instructor:** Play-Well TEKnologies  
**Location:** Albany Community Center, Hall  
**Min:** 11  
**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 advance 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**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RESIDENT**
July 15–July 19  M–F  9 am–noon  5x  $220  $230

**Instructor:** CADPro Kids LLC. Staff  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min:** 5  
**Max:** 15

**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. All 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**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RESIDENT**
July 15–July 19  M–F  1–4 pm  5x  $220  $230

**Instructor:** CADPro Kids LLC. Staff  
**Location:** Albany Community Center, Rooms 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!

**ALBANY NON-DATE DAY TIME MEETS RESIDENT RES.**
July 22–July 26 M–F 9 am–noon 5x $199 $209

**Instructor:** Play-Well TEKnologies  
**Location:** Albany Community Center, Hall  
Min: 11; Max: 24

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**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.

**ALBANY NON-DATE DAY TIME MEETS RESIDENT RES.**
Aug 12–Aug 16 M–F 1–4 pm 5x $279 $289

**Instructor:** Play-Well TEKnologies  
**Location:** Albany Community Center, Hall  
Min: 8; Max: 16

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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 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
Special Interest

**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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<td>Aug 5–Aug 9</td>
<td>M–F</td>
<td>8:30 am–noon</td>
<td>5x</td>
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**Instructor:** Mary Stocker & Assistant

**Location:** Albany High School, Band & Choir Rooms

**Min:** 5, **Max:** 186

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**Improv and Theater Games**

AGES 9–13

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

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” (miming 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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<td>Aug 12–Aug 16</td>
<td>M–F</td>
<td>9 am–noon</td>
<td>5x</td>
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**Instructor:** Geri Engberg

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

**Min:** 6, **Max:** 16

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**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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<td>July 29–Aug 2</td>
<td>M–F</td>
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<td>5x</td>
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**Instructor:** Circus of Smiles Staff

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

**Min:** 8, **Max:** 20

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

**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: Digitizing 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.

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 process 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.

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 cook 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.”

**Dungeon Camp 2019**

**AGES 10–17**

This camp is designed to teach children about teamwork, collaborative story-telling, and probability through fantastic adventures and battles with fearsome monsters. Using the 5th edition of Dungeons and Dragons Party Members will create their own characters and embark on a narrative adventure exploring strange lands, seeking wondrous treasures and rescuing dragons from marauding princesses. No prior experience with Role-Playing Games is required. $20 material fee paid to the instructor.

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.
Special Interest

Shake, Rattle & Roll: Elementary

**Grades 1–5**

A program of creative dance, rhythm exploration, and "wheeled mobility" education (bikes, kick scooters, and roller skates) for elementary school campers with special needs, their peers, and some experienced teen mentors! We will explore rhythm and movement in the music room and "wheeled mobility" just outside on the courtyard and perimeter road at Albany Middle School. Taught by Nancy Henderson, Adapted P.E. Specialist and two experienced Paraprofessionals from Albany Schools. Please fill out the application at www.albanyca.org/pals, so we can be sure to be as inclusive as possible. Plan to send a snack, water bottle and sunscreen.

**ALBANY NON-DATE**

**DAY**

**TIME**

**FEE**

June 17–June 21 M–F 9 am–noon 5x $300 $310

**Instructor:** Nancy Henderson, Adapted P.E. Specialist and two experienced Paraprofessionals from Albany Schools

**Location:** Albany Middle School, Music Room

Min: 10; Max: 15

Shake, Rattle & Roll: Secondary

**Grades 6–12**

A program of creative dance, rhythm exploration, and "wheeled mobility" education (bikes, kick scooters, and roller skates) for elementary school campers with special needs, their peers, and some experienced teen mentors! We will explore rhythm and movement in the music room and "wheeled mobility" just outside on the courtyard and perimeter road at Albany Middle School. Taught by Nancy Henderson, Adapted P.E. Specialist and two experienced Paraprofessionals from Albany Schools. Please fill out the application at www.albanyca.org/pals, so we can be sure to be as inclusive as possible. Plan to send a snack, water bottle and sunscreen.

**ALBANY NON-DATE**

**DAY**

**TIME**

**FEE**

June 17–June 21 M–F 1–4 pm 5x $300 $310

**Instructor:** Nancy Henderson, Adapted P.E. Specialist and two experienced Paraprofessionals from Albany Schools

**Location:** Albany Middle School, Music Room

Min: 10; Max: 15

**NEW**

**NEW**

**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.
Albany PALS: Peer Assistance, Leadership and Support
Making recreation accessible!

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 for upcoming classes in our fall guide.

Summer PALS: Whether they like cooking, the circus, LEGO® 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. Training will be held on Tuesday, May 21 from 5–7 pm. 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.

“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.”

“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.”
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 Shiitake 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.

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!

No nuts are used in any recipe, $100 material fee paid to the instructor.

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 Flatbreads. 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.

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. Mmmmmm! 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 a 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.

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.

Cooking Round the World

AGES 5–10

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.

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.

Youth Cooking Camps Funded by SSB

All Youth Cooking Camps are free for Albany residents! (Material fees for each class will need to be paid to the instructor on the first day of camp). Limit 2 camps per child.

There are also free cooking classes for adults! For more information about the Sugar-Sweetened Beverage Tax and the programs it funds see pp 32–33.
**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.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
July 1–July 5 | M–F | 9 am–1 pm | 4x Free | $190

**Instructor:** Cooking Round the World Staff  
**Location:** Albany Community Center, Kitchen  
**Min:** 6; **Max:** 12  
*No class on July 4*

**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 the instructor.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
July 15–July 19 | M–F | 9 am–1 pm | 5x Free | $235

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

**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. Day 1: Omelets, pancakes and fruit salad; Day 2: Pasta, marinara sauce, broiled vegetables; Day 3: Lentil soup and fruit crisps; Day 4: Sushi, cookies; Day 5: Tortillas, beans, salsa and chocolate covered strawberries. Note: One week pre-registration prior to camp start date required. $35 material fee paid to instructor.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
June 17–June 21 | M–F | 9:30–11:30 am | 5x Free | $184
July 8–July 12 | M–F | 2:30–4:30 pm | 5x Free | $184
July 22–July 26 | M–F | 9:30–11:30 am | 5x Free | $184

**Instructor:** Ilah Jarvis, NC  
**Location:** Albany Community Center, Kitchen  
**Min:** 3; **Max:** 8

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**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!

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
July 15–July 19 | M–F | 9 am–noon | 5x | $170 | $180
July 15–July 19 | M–F | 1–4 pm | 5x | $170 | $180

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

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**International Soccer: Full Day Camp**

**AGES 10–16**

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.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
July 15–July 19 | M–F | 9 am–4 pm | 5x | $235 | $245

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

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**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.
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

The City of Albany, Albany Unified School District and our sports partners are excited to host a fun, interactive day of getting girls pumped to try out new sports. Athletes and coaches from more than TWENTY different sports will be offering hands-on activities so you can hit, catch, throw and play like a girl!

SUNDAY, JUNE 2
10 am – 1 pm • Free • Ages 2 – 17
Memorial Park • 1325 Portland Ave, Albany

Ultimate Frisbee • Aikido • Basketball • Track & Field • Golf • Wrestling • Flag Football
Tennis • Field Hockey • Softball • Swimming • Soccer • Mountain Biking • Lacrosse • Gymnastics
Horseback Riding • Skateboarding • Rowing • Water Polo

www.albanyca.org/playlikeagirl

In case of inclement weather, check our Facebook page (facebook.com/albanyrec) for event status updates.
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.

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 discuss. 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

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

All Girls Multi-Sport Camp

AGES 5–12

All-Girls Senior Multi Sport Camp (Basketball, Soccer, Softball, Volley ball) 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.

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

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, 1331 Portland Avenue, Albany
Min: 10; Max: 24

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 Volleyball
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 Ball Field, 1331 Portland Avenue
Min: 8; 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 mates. 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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Instructor: California Gymnastic Services
Location: Albany Community Center, Hall
Min: 6; 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. Instructors will break-down participants to groups based on their skills/experience. Bring one unopened can of tennis balls.

TWEEENS CAMP: AGES 6–11

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Instructor: Skyhawks Staff
Location: Memorial Park Tennis Courts
Min: 8; Max: 16

*No camp on July 4
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, fitness, ultimate frisbee, gymnastic 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.
THE NEW FRIENDSHIP CLUB offers an all-new approach to after-school time for kids in 1st-5th grade. Our program is an afternoon oasis where kids are nurtured, respected and responsible for helping create community within our walls and around town. Participants help plan snacks, activities, and adventures (along with time for relaxation and homework). Our curriculum is inquiry-based and driven by the needs, interests and conundrums of the kids.

New this year we will be offering our program at the Ocean View Park site only. Transportation is provided from Marin and Cornell schools; Ocean View students are escorted to our building. Enrollment is limited to 55 children per day with a staff-to-child ratio of no more than 1:12. Enrollment is limited for children requiring transportation from school to our site dependent on van capacity. Previously enrolled students and siblings receive priority enrollment which begins on May 7th. Open enrollment will begin on June 3rd via our new online registration software (https://albanyca.curacubby.com/fst/friendshipclub). Contact Heather for more information.

FRIENDSHIP CLUB FEES

Fees include daily transportation from Albany elementary schools to Friendship Club and child care on AUSD Staff Development days from 9 am–5 pm, with extended care available from 8–9 am and 5–6 pm for an extra fee. 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). Please note: If your child attends our program on Wednesdays and is a late bird at school a $15 fee will be added to your monthly bill. If your child qualifies for free or reduced lunch with the AUSD you may apply for reduced fees at Friendship Club.

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APPLICATIONS ACCEPTED
Beginning Friday, June 3
Contact Heather for details!

Meet our New Youth Services Supervisor

Reputed to be the "child whisperer" by friends and colleagues, Heather Posner’s expertise is in creating opportunities for children to learn through play as they develop confidence, curiosity, and a life-long passion for learning. Heather strives to forge deep connections with parents and families while serving as an advocate for high quality early childhood education. Heather has an MFA in Cinema and an MA in Early Childhood Education and founded the first museum preschool in California at the Bay Area Discovery Museum where she served as Public Programs Manager for seven years.

FRIENDSHIP CLUB
Heather Posner, Senior Recreation Supervisor
900 Buchanan Street (Ocean View Park)
(510) 559-7220
**Friendship Club**

Heather Posner, Senior Recreation Supervisor  
900 Buchanan Street (Ocean View Park)  
(510) 559-7220

1:55–6 pm     3–6 pm  
3 days/week  
$315/month     $230/month  
4 days/week  
$420/month     $285/month  
5 days/week  
$525/month     $395/month

Young Children Ages 2.9–5 (potty trained)  
September 23–December 19, 2019 (closed the week of Thanksgiving)  
Enrollment is two or four days per week for 12 weeks, 9 am–Noon  
Monday/Wednesday or Tuesday/Thursday: $720 • Monday–Thursday: $1440

Join expert staff as we explore Albany’s beautiful parks for immersive nature-based education designed specifically for preschool aged children. This program operates rain or shine and kids spend the majority of their time outside! Developed by Senior Recreation Supervisor Heather Posner, whose experience includes several years developing and delivering programs at the Bay Area Discovery Museum in Sausalito, this program brings cutting edge learning opportunities to the sweet village of Albany.

Each 12-week session will include time spent at Ocean View Park, Albany Hill, and the Albany Bulb. Join us as we explore every inch of our square mile!
This 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. We offer a variety of activities including indoor/outdoor games, healthy snacks and a supervised homework period.

New this year teen center participants will set the course of their out-of-school time by exploring their group interests using the resources our recreation department offers. Do they want to make a movie for the film festival? We can do that! Are they more interested in how to help contribute to service projects? We can do that too! Teens will set the stage for their own learning!

The 2019–2020 program will begin on August 27, 2019. Program hours are 3:05–6 pm, Monday–Thursday (2:10–6 pm, Wed). Staff walks with participants from Albany Middle School to the Memorial Park Facility at 1331 Portland Avenue.

**ENROLLMENT**

Enrollment is ongoing. Rates do not include holidays, in-service days, winter and spring breaks.

- 1 day/week: $85/month
- 2 days/week: $170/month
- 3 days/week: $230/month
- 4 days/week: $305 month
Audio-Visual Apprentice Program

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

We are looking for four crew members to join the A/V Apprentice Program!

Learn how to use professional audio and video equipment while producing TV and web content. Participants will also gain valuable work experience while having fun in a team environment. There is no cost for this program. Participants will get hands-on experience learning live sound for musical and spoken-word events, stage lighting, event production, multi-camera video broadcast, audio/video recording and editing, as well as practical advice related to job skills.

After completing the A/V Apprentice Program, crew members will receive an official City of Albany certificate of accomplishment, commendation from the Albany City Council, and may be eligible for paid employment with the City of Albany Recreation and Community Services Department. Applications are due by Friday, April 26, 2019.

If selected, must be available to work Music in the Park every Wednesday evening in September, as well as, select other A/V events and promotions. This is a volunteer position.

For more information and an application contact Brennen Brown, bbrown@albanyca.org.
Burmese Cuisine

Myanmar (Burma) has been a mystery for quite some times but its cuisine is not that elusive. Burmese cuisine is very unique with its own characteristics that stir interests in the US culinary scene. Learn to cook popular Burmese dishes in this hands-on class and prepare delicious dishes, such as laphet salad, hot and sour fish soup, curried noodles, pea fritters, etc.

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.
June 12 | Wed | 6:30–9:30 pm | 1x | $53 | $63

**Instructor:** Chat Mingkwan  
**Location:** Albany Community Center, Kitchen

Min: 5; Max: 10

Curry Workshop

Asian curries have had much Indian influence with spices such as cumin and coriander. But natives have added a number of local spices, including fresh and dried chilies, to create a variety of curries and to call their own. Learn to transform spices into scrumptious curry dishes from around Asia, such as Indian samosas, Thai green curry, Burmese yellow curry, etc.

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.
Aug 7 | Wed | 6:30–9:30 pm | 1x | $53 | $63

**Instructor:** Chat Mingkwan  
**Location:** Albany Community Center, Kitchen

Min: 5; Max: 10
International Crepes

ADULT

Crepes can be found in one form or another around the world, and they can be served as an appetizer, snack, salad, main entrée, or dessert. Let’s try crepes of milk and cream from the West, and crepes of coconut and nectar from the East. Let’s try fillings of cheeses and wines from Europe, and fish sauce and toddy from Indochina. Learn how to make different batters and fillings and try your hands-on various techniques in spreading and stuffing crepes. We will hands-on prepare most popular crepes from both worlds, such as Blintzes and cheese sauce, Chinese Muu Chu, French sweet crepe suzette with fresh seasonal fruits, Thai and Vietnamese moon crepes. Bring your sharp chef’s knife or cleaver, cutting board, hand towel and beverage. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage, $12 material fee paid to the instructor.

May 2 Wed 6:30–9:30 pm 1x $53 $63
Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Asian Grills and BBQ

ADULT

Outdoor grilling is a popular cooking technique in Asia and often happens year-round using rubs and marinades. Learn to season with Asian herbs & spices such as lemongrass, kaffir, five-spice, curry, sweet soy, etc and make a variety of grilled foods from around Asia. We will prepare marinades, rubs, and tenderizers for a variety of meats, seafood, and vegetables such as Thai Satay with Peanut Sauce, Teriyaki, Seafood Curry Paste, Lemongrass Chicken, Fish in Banana Leaves, etc. Bring your sharp chef’s knife or cleaver, cutting board, hand towel and beverage. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage, $12 material fee paid to the instructor.

July 14 Tue 6–8:30 pm 1x $45 $55
Instructor: Kim Baur
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Light & Healthy Cooking

ADULT

Certified Nutrition Health Coach & Chef Instructor Kim Baur will teach you to make light & healthy recipes that are full of flavorful and easy to prepare. Using the freshest, organic and seasonal ingredients available, she promises you won’t feel hungry by going light. We will use vegetables as the containers to fill savory ingredients, create fresh herb sauces, and get more flavor out of grilled vegetables. Bring your sharp chef knife, cutting board, hand towel, and apron. $12 material fee paid to the instructor.

July 16 Tue 6–8:30 pm 1x $45 $55
Instructor: Kim Baur
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Medley of Fried Rice Workshop

ADULT

Left over steamed rice is perfect choice for a transformation from old rice to delicious new dish. All culture with rice as a base staple knows how to ingeniously utilize leftover rice, adding their unique local ingredients and produced one of a kind fried rice. We will make Yangchow Fried Rice, Indonesian Fried Rice, PadThai, Spicy Chicken and Basil Fried Rice, Crab and Pineapple Fried Rice, Green Curry Fried Rice. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage. $12 material fee paid to the instructor.

July 24 Wed 6:30–9:30 pm 1x $53 $63
Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Scrumptious Salads

ADULT

Improve your health with Certified Integrative Nutrition Health Coach and Chef Instructor, Kim Baur and learn to make delicious, yet simple organic salads that will excite your taste buds and fill your tummy! We will make a Lentil Confetti Salad, Spicy Gluten-free Noodle Salad and Tabbouleh with healthy variations. Bring your sharp chef knife, cutting board, hand towel, and apron. $10 material fee paid to the instructor.

June 4 Tue 6–8:30 pm 1x $45 $55
Instructor: Kim Baur
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

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, the students can enjoy a multi-course meal. Menu: Eggplant and potato curry, quick-n-easy tomato dhall (cooked red lentil) with garlic, onion and fresh cilantro, potato curry, quick-n-easy tomato dhall (cooked red lentil) with garlic, onion and fresh cilantro, mango-tamarind sauce. $10 material fee paid to the instructor.

May 4 Sat 10 am–1 pm 1x $40 $50
Instructor: Viji Sundaram
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Kim Baur is a Certified Nutrition Health Coach and Chef Instructor. She graduated from the Institute for Integrative Nutrition and has a B.A. in Psychology from UCLA. As the founder of Steppingstone Wellness, she supports people to achieve better health through education on nutrition, motivation and lifestyle factors. Healthy eating and eating delicious, nutritious food are the heart and soul of her practice. California Cuisine is her favorite, having lived here all her life, and in her classes, she incorporates the best of seasonal, local, organic produce, and “eating the rainbow”. As a Chef Instructor, she loves inspiring students with new skills and ideas. Learn more about Kim and what she does at www.steppingstone-wellness.com.
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 creating an illusion.

And it’s Fun.

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 medium you want to work with to our first class, plus a water-soluble oils. Please bring whatever medium you want to work with to our first class, plus a water-soluble oils. Please bring whatever medium you want to work with to our first class, plus a...
**Martial Arts & Fitness**

**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 aged 7 and up 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 and the second hour is recommended for advanced students.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
May 4–May 25* | Sat | 9–11 am | 3x | $60 | $70
June 1–June 22 | Sat | 9–11 am | 4x | $60 | $70
July 6–July 27 | Sat | 9–11 am | 4x | $60 | $70
Aug 3–Aug 24 | Sat | 9–11 am | 4x | $60 | $70

Instructor: Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org  
Location: Albany Community Center, Hall

*No class on May 18

**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.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
May 6–June 24* | Mon | 6:30–8 pm | 7x | $88 | $98
July 1–Aug 19 | Mon | 6:30–8 pm | 8x | $100 | $104

Instructor: Jennifer Sowerwine  
Location: Albany Community Center, Hall

*No class on May 27

**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 nearly 30 years. She is a certified yoga and Acu-yoga instructor, as well as, an acupressure practitioner.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
May 1–May 29* | Wed | 6:30–8 pm | 5x | $59 | $69
June 5–June 26 | Wed | 6:30–8 pm | 4x | $48 | $58
July 3–July 24 | Wed | 6:30–8 pm | 4x | $48 | $58
July 31–Aug 21 | Wed | 6:30–8 pm | 4x | $48 | $58

**Saturdays**

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
May 11–June 8 | Sat | 11 am–12:20 pm | 5x | $59 | $69
May 15–July 13 | Sat | 11 am–12:20 pm | 5x | $59 | $69
July 20–Aug 17 | Sat | 11 am–12:20 pm | 5x | $59 | $69

Instructor: Viji Sundaram  
Location: Albany Community Center, Rooms 1 & 2

*No class on May 4

**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. This class meets twice a week. No experience is needed to take this class.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
May 7–June 13 | T/Th | 6–7 pm | 12x | $108 | $118
June 18–July 25* | T/Th | 6–7 pm | 10x | $90 | $100

Instructor: TBA  
Location: Albany Senior Center, 846 Masonic Avenue

**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.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
May 8–June 26 | Wed | 5:45–6:45 pm | 8x | $105 | $115
July 3–Aug 21 | Wed | 5:45–6:45 pm | 8x | $105 | $115

Location: Albany Community Center, Hall

*No class on May 27
ESL: English Enrichment

ADULT

Practice, improve, and polish your English in this class for advanced ESL students. Instead of working on grammar and drills, students discuss news stories and current events, write useful emails, leave telephone messages, give presentations, and strengthen their vocabulary. Learn expressions and idioms, investigate American culture, and gain confidence when interacting in real-life situations in English. $5 material fee paid to instructor.

New Date Day Time Meets Resident Res.
May 1–May 29 Thur 6–8 pm 8x $65 $75
July 23–Aug 15 Thur 6–8 pm 8x $65 $75

Instructor: Sean Trunk
Location: Ocean View Elementary School, Portable 40 (May); Albany Community Center, EOC (July-Aug)

Min: 15; Max: 50 *No class on May 27

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.

New Date Day Time Meets Resident Res.
May 22–June 26 Thur 6–8 pm 8x $79 $89
June 20–Aug 8 Thur 6–8 pm 8x $79 $89

Instructor: Soho Sakai
Location: Albany Community Center, Hall

Min: 15; Max: 50 *No class on Apr 27

Beginning/Intermediate Classical Ballet

ADULT

Have you always wanted to dance but never had the chance or time until now? Do you want to come back to dancing after a long break? Maybe you want to do and learn something new and fun. This may be class for you. Start from nothing, or from where you are. We will dance & learn together. Bring ballet slippers. Leotard and tights for women. T-shirt and tights for men. Sweat pants and jackets are allowed over your other dance cloths. Hair should be up and away from the face for both men and women with long hair. Come join us!

WEDNESDAY

New Date Day Time Meets Resident Res.
May 1–June 19 Wed 7:30–8:45 pm 8x $112 $122
June 29–Aug 21 Wed 7:30–8:45 pm 8x $112 $122

FRIDAY

New Date Day Time Meets Resident Res.
May 3–June 21 Fri 7–8:30 pm 8x $112 $122
June 28–Aug 23 Fri 7–8:30 pm 8x $112 $122

WEDNESDAY & FRIDAY

New Date Day Time Meets Resident Res.
May 1–June 19 W/F See Above 16x $204 $214
June 26–Aug 23* W/F See Above 16x $204 $214

Instructor: David Berton & Ronn Guidi
Location: Albany Community Center, Hall; Rooms 1 & 2 (May 17); Senior Center (May 24, June 28, July 26, Aug 23)

Min: 9; Max: 21 *No class on July 3 & July 5

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.

New Date Day Time Meets Resident Res.
May 25–June 29 Sat 10–11:30 am 6x $82 $92
July 6–Aug 10 Sat 10–11:30 am 6x $82 $92

Instructor: Claude Sprague, (510) 859-4055, claude@theguitarinstructor.net
Location: Albany Community Center, EOC & Craft Rooms

Min: 4; Max: 16
The California Park and Recreation Society (CPRS) Awards Program recognizes the outstanding achievements of agencies and individuals in the areas of community improvements and programming, facility design and park planning, marketing and communications, and professional and citizen leadership. The highly competitive Awards Program is open to CPRS members and non-member individuals, agencies, organizations, companies, and universities in the state of California.

The California Park and Recreation Society presents awards in five categories:

- Creating Community Award of Excellence
- Excellence in Design: Park Planning
- Excellence in Design: Facility Design
- Marketing & Communications Award of Excellence
- Professional & Service Awards

CPRS District 3 Awards Program is designed to recognize those who facilitate and create community: volunteers, professionals, collaborative partners, and businesses, as well as outstanding facilities, parks, programs, and special events in Alameda and Contra Costa Counties.

### Albany wins three California Park & Recreation Society Awards

- **Bus Stop Parklet**  
  Winner of the 2018 CPRS District 3 Annual Awards Program  
  Outstanding Facility or Park

- **Dinner with Albany**  
  Winner of the 2018 CPRS Award Excellence in Neighborhood and Community Building

- **The Ohlone Greenway Improvement Project**  
  Winner of the 2018 CPRS Award Excellence in Park Planning & Development: Regional Class 1

### Join Our Team!

The staff at the Albany Recreation & Community Services Department pride themselves on going the extra square mile every single day. We are here for the community and have fun providing quality services for all. If you think you would be a good fit for this dynamic team, we would love to hear from you.

**Building Attendant: $12.30–$14.96 hourly**  
Albany Recreation Building Attendants help facilitate and manage a variety of community events, classes and activities. Building Attendants typically work week nights and weekends between 8–15 hours per week. There may also be opportunities to work special events that will require work on weekdays and weekends. Work schedules vary based on department needs and are subject to change on a weekly basis. Must be able to lift up to 40 pounds.

**Park Attendant: $12.30–$14.96 hourly**  
Albany Recreation Park Attendants create a welcoming environment for picnic renters at three Albany Parks. Seeking active people who enjoy working outside, light janitorial. This is a part-time seasonal position which generally runs from June through the end of October. The typical work schedule is Saturday and/or Sunday from 9 am–5 pm. Hours may change slightly depending on park rental schedule.

**Recreation Projects Assistant: $14.86-$17.95 hourly**  
The City of Albany is currently looking for a part-time (15–25 hours per week) Recreation Projects Assistant to assist the Recreation & Community Services Department with a variety of programs and event services at the Albany Community Center. A typical day at work might include transporting children from school to the after-school site, marketing programs on social media platforms, creating a flyer for a class, setting up a room for an event, or welcoming/registering seniors as they arrive for their class—or all of the above. Whatever the job is, big or small, we work as a team and always have fun!

**Recreation Leader II and III (After-School Programs): $12.91–$17.95 hourly**  
Come work at Friendship Club, our new and improved signature after-school programs and camps! Positions are part-time working between 25 and 29 hours per week, from 1:30–6:30 pm at one of our three sites. Summer Camp positions work opening or closing shifts at our Ocean View site. Experience working with children preferred but not required. Energetic, positive people with a willingness to learn and openness to new ideas are a must! Our kids make their own snacks, plan their own activities and help our community run with the support of responsive adults. Bring your joyful attitude and enjoy quality time with the friendliest kids in Albany!

For more information or to apply for one of these positions: www.albanyca.org/hr

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The Ohlone Greenway Improvement Project  
Winner of the 2018 CPRS Award Excellence in Park Planning & Development: Regional Class 1

**Bus Stop Parklet**  
Winner of the 2018 CPRS District 3 Annual Awards Program  
Outstanding Facility or Park

**Dinner with Albany**  
Winner of the 2018 CPRS Award Excellence in Neighborhood and Community Building

---

The parklet at the corner of Solano and Cornell Avenues—the first bus stop parklet in the United States—has won the CPRS District 3 award for Outstanding Facility or Park.
In November 2016, Albany voters approved the Sugar-Sweetened Beverage Tax (Measure O1)—a tax on the distribution of sugary drinks and the products used to make them.

As detailed in the tax measure approved by the voters, the tax is a general-purpose tax, and funding can be directed to programs that encourage healthy lifestyle choices. Diabetes, obesity, and tooth decay have been on the rise in our nation for decades. Although there is no single cause for the rise of these health issues, there is overwhelming evidence of the link between the consumption of sugary drinks and the incidence of diabetes, obesity, and tooth decay.

Did you know that the average American now drinks nearly 50 gallons of sugary drinks a year? The problem is especially concerning with children. From 1989 to 2008, the percentage of children consuming sugary drinks increased from 79% to 91% and the percentage of total calories obtained from sugary drinks increased by 60% in children ages 6 to 11.

In accordance with the tax measure, the City Council conducts annual study sessions on how to use these tax proceeds for community programs. The Council expressed support for programs that work to improve public health, with a focus on children and at-risk populations, including both educational and physical activity programs. Projects and programs currently funded with the Sugar-Sweetened Beverage Tax include: school crossing guard program (six crossing guards that help get Albany’s kids walking and riding safely to school), installation of seven water bottle filling stations at City parks and at the Community Center, free fitness classes in parks and free nutrition & cooking classes (for youth cooking camps funded by the tax, see pp. 16–17).

Stay Tuned! We are in the process of developing an informational page on the City’s website (www.albanyca.org) to help keep our community updated about programs and projects funded by the Sugar-Sweetened Beverage Tax proceeds.

Water bottle filling stations are being installed in Albany parks and at the Community Center

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**Free Classes in the Park**

**Caregiver Bootcamp with Infant/Toddler**

**ALL AGES**

Get fit and toned and meet other parents in this fun fitness class. All caregivers can improve cardio fitness and perform toning body weight exercises next to their little ones. Workouts take place in a safe, contained space where toddlers form friendships through playing together. Babies sit in strollers or lay on a yoga mat with their parents during core work. This outdoor class will start your weekend off on the right foot, help you lose weight, burn calories, tone your upper body, develop core strength and create lasting friendships with other families.

**DATE** | **DAY** | **TIME** | **MEETS** | **RESIDENT** | **RES.**
---|---|---|---|---|---
May 11–Oct 12* | Sat | 9–10 am | 23x | Free | Free

**Instructor:** Sarah Flanagan, Mama Army Owner  
**Location:** Ocean View Park Tennis Courts

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**Dance Party in the Park**

**ALL AGES**

This is your chance to enjoy the park with an added twist—free dance session led by Albany resident, Giti Dadlani Morris. Her playlist of pop hits and energizing dance moves will inspire you to get fit while having tons of fun. Giti teaches Shimmy Pop at Hipline in Oakland. You might remember her from the Bollywood Dance Party at the Community Center earlier this year. Families welcome and no experience needed. Please bring water bottles.

**DATE** | **DAY** | **TIME** | **MEETS** | **RESIDENT** | **RES.**
---|---|---|---|---|---
July 27 | Sat | 11 am–noon | 1x | Free | Free

**Instructor:** Giti Dadlani Morris, www.myhipline.com  
**Location:** Memorial Park Stage

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**Tai Chi in the Park**

**ALL AGES**

Tai Chi is great for all ages and emphasizes deep breathing and meditative elements. Tai Chi helps circulation, loosens joints and improves balance. Yachiyo has taught for the City for more than 12 years and has a very gentle and welcoming approach. No experience necessary.

**DATE** | **DAY** | **TIME** | **MEETS** | **RESIDENT** | **RES.**
---|---|---|---|---|---
May 11–June 22* | Sat | 9–10 am | 6x | Free | Free

**Instructor:** Yachiyo Otsubo  
**Location:** Memorial Park Stage & Grass Area

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*No class on June 1
Girls & Women’s Ultimate Frisbee Pick-up

**ALL AGES**

Bay Area Disc will hosting a pick-up game for girls, women (cis and trans) and non-binary players. All experiences and skill levels are welcome! Ultimate Frisbee is a 7v7 team-based game that combines elements of basketball, soccer, and non-contact football. Ultimate is not just another sport, as it places equal focus on the three pillars of fostering character, community, and competition, and provides a healthy, positive, physical and social outlet for all. Come and join us for a fun game each week!

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<tr>
<td>July 2–Oct 29</td>
<td>Tue</td>
<td>5–6:30 pm</td>
<td>18x</td>
<td>Free</td>
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**Instructor:** Bay Area Disc Association  
**Location:** Ocean View Park

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AdaptAble Family Wheeled Mobility

**ALL AGES & ABILITIES**

We seek to build an inclusive, multi-generational, multi-ability community of wheeled-mobility fanatics! Whether you are incredibly experienced, want to assist someone as they learn or if you are just learning to ride a bike, propel a kick-scooter, roller skate or blade, or run track—come! Work out, run, power walk, push your wheelchair or stroller on Cougar Field track or the “perimeter road” that encircles Cougar Field. Bring your own equipment or borrow some standard, adapted, or modified equipment and find out what works best for you. Bring helmets, water bottles, and sunscreen. If you are under 18, please bring an adult with you. No pets! Let’s have a wheelie fun, fit, family time together!

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<tr>
<td>June 23–Aug 25</td>
<td>Sun</td>
<td>3–5 pm</td>
<td>10x</td>
<td>Free</td>
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**Instructor:** Nancy Henderson, A.E.P. Specialist  
**Location:** Albany Middle School Courtyard & Cougar Field

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All in One Fitness: Train smart, play hard, live well!

**AGES 40 AND OLDER**

An hour of a well-rounded routine that incorporates a warm-up routine (stretches and myo-fascia release to align all your joints), cardio exercises, weight resistance/strength training, cool down stretches and myo-fascia release. You will feel invigorated, younger, energized, motivated and healthier after each class. If you have them, please bring a foam roller, resistance tube (medium), water and sneakers.

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<tr>
<td>May 7–Aug 20</td>
<td>Tue</td>
<td>5:30–6:30 pm</td>
<td>15x</td>
<td>Free</td>
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**Instructor:** All in One Fitness Instructors  
**Location:** Ohlone Greenway Fitness Area (Across from Sr. Center)

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Free Adult Cooking Classes

The City is offering a series of free, healthy cooking classes taught by Chef Kim Baur and Chef Chat Mingkwian.

Kim is Certified Nutrition Health Coach & Chef Instructor will teach a series called “What’s in Season for Your Kitchen” and Chat will show students how to make healthy receipes from his new book *Asian Fusion, Vegetarian*. Please bring a chef’s knife, cutting board, apron and towel to each class.

These hands-on cooking classes are for Albany residents only and registration is required. In an effort to provide these classes to as many Albany residents as possible we ask that you sign up for no more than two.

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What’s in Season for Your Kitchen: July

**ADULT**

The produce used in July will be focused upon Green Beans, Cucumbers, Corn, and Peaches. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim. If allergies/dietary restrictions, email Kim@steppingstone-wellness.com.

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<tr>
<td>July 2</td>
<td>Tue</td>
<td>6–9 pm</td>
<td>1x</td>
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**Instructor:** Kim Baur  
**Location:** Albany Community Center, Kitchen  
**Min:** 5; **Max:** 10

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What’s in Season for Your Kitchen: August

**ADULT**

The produce used in August will be focused upon Tomatoes, Eggplant, Brussels Sprouts, and Apples. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim. If allergies/dietary restrictions, email Kim@steppingstone-wellness.com.

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<tr>
<td>August 6</td>
<td>Tue</td>
<td>6–9 pm</td>
<td>1x</td>
<td>Free</td>
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**Instructor:** Kim Baur  
**Location:** Albany Community Center, Kitchen  
**Min:** 5; **Max:** 10

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Asian Vegetarian Cooking

**ADULT**

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.

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<tr>
<td>August 21</td>
<td>Wed</td>
<td>6:30–9:30 pm</td>
<td>1x</td>
<td>Free</td>
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**Instructor:** Chat Mingkwian  
**Location:** Albany Community Center, Kitchen  
**Min:** 5; **Max:** 10

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**The SSB Tax also funds cooking camps for Albany youth. See pp. 16–17**
Summer is made for new teams and new friends! Come join one of our leagues and play in a friendly, open environment!

**SOFTBALL: MENS & CO-ED**
Albany is the champion when it comes to softball! We have Monday Men’s Competitive League, and Tuesday, Thursday, Co-ed Leagues. All games are played at Ocean View Park. Details are on our website www.albanyca.org/adultsports.

**SOCCER: OUTDOOR 5-ASIDE CO-ED**
Get your cleats on—Albany has Wednesday night 5-aside Co-ed Soccer. Albany Adult Soccer is your place for recreation level soccer! This league is for people who have never played soccer before, or are returning from a long hiatus. The emphasis is on learning the game, players who are a little older but have skills, and players who know the game but do not want to play in a hyper-competitive atmosphere. The emphasis is on FUN! Details are on our website www.albanyca.org/adultsports.

**KICKBALL: MINI LEAGUE**
This summer Albany continues its Kickball Mini-League—6 weeks of non-stop play! Play starts in August 2019. Grab 10 of your best friends and get on the field every Friday night. Release your inner child with this throwback sport. Details on www.albanyca.org/adultsports.

**Pickleball: Drop-in**
Albany loves Pickleball! Drop-in every Tuesday and Sunday evenings for this fast and fun paddleball sport. Pickleball mixes tennis, ping-pong, and badminton together for quick play, easy scoring, and low-impact aerobic exercise. Games are played outdoors at the Ocean View Park tennis courts on Tuesdays 4–6 pm, and indoors at Albany High School Gym on Sundays 5–7 pm. $5 drop-in fee ($4 for seniors), $2 paddle rental.
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.

**MARIN MONSTER**
*Sunday, September 22 • 8 am • $30*

Start training for this year’s Marin Monster 10K fun run. This run kicks-off Albany Local Week and will score you BIG points on your scorecard! Register by contacting bbell@albanyca.org or download an application at www.albanyca.org/adultsports.

**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
Keenan McCarron, Recreation Coordinator
Jess Cosby, Recreation Coordinator
846 Masonic Avenue, Albany
(510) 524-9122

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### 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.

### 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 healthcare options. Personal appointments can be made by calling (510) 839-0393.

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To Rent
Rent the Senior Center for your event, meeting or party. See page 65 for details.
Why cook? Eat Dinner 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.

Mother’s Day
Friday, May 10 • 4 pm

Father’s Day BBQ
Friday, June 14 • 4 pm

Pre-Independence Day BBQ
Tuesday, July 3 • 5 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 12th 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.
The Senior Center offers opportunities for adults 50+ with similar interests to gather and have fun together. Socialize with friends and make new ones! Please check-in at the Senior Center Front Desk for room location. Schedule is subject to change. Call the Senior Center or check online each month for a schedule. Drop-in fee is $1.

Note: No socials August 26–30, 2019
Fiction Writing: Summer Term

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.

<table>
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<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<tbody>
<tr>
<td>June 7–Aug 9</td>
<td>Fri</td>
<td>2–4 pm</td>
<td>10x</td>
<td>$100</td>
<td>$105</td>
</tr>
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</table>

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

Remarkable Voices: Summer Term

Ages 50–Older

We will read provocative stories in the revised anthology Points of View, published in 1995 by Penguin as a Mentor Book.

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<tr>
<th>DATE</th>
<th>DAY</th>
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<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>ALBANY NON-RESIDENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 24–Aug 12</td>
<td>Mon</td>
<td>11:30 am–1:30 pm</td>
<td>8x</td>
<td>$80</td>
<td>$85</td>
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</table>

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

Memoir Writing

Ages 50–Older

Students read their own writings to the class for its criticism and evaluation. The teacher adds another voice, pointing out basic principles and approaches to effective non-fiction prose. The idea is to make our memoir writing as vivid and effective as it can be so that it will not be filed somewhere in the dark but will be read and re-read with enjoyment by children, grandchildren, and even by strangers yet unborn. No one is required to read out loud, or to withhold other kinds of writing, which are welcome. We try for a low-pressure, respectful atmosphere in which embarrassing events and deep emotions may be safely exposed.

<table>
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<tr>
<th>DATE</th>
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<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<tr>
<td>May 6–Aug 19</td>
<td>Mon</td>
<td>1–3 pm</td>
<td>15x</td>
<td>$96</td>
<td>$101</td>
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</table>

Instructor: Bill Hyman
Location: Albany Senior Center, South Room
Min: 4; Max: 30

Novels & Memoirs by Women: Summer Term

Ages 50–Older

In The Center of Everything, Laura Moriarty’s debut novel, the observant child of an impulsive single mother witnesses—and eventually takes part—in dramatic interactions between people. This story of a stoical girl full of conflicted loyalties has been described as “marvelously satisfying.” (2003, Hyperion).

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<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>ALBANY NON-RESIDENT</th>
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<tbody>
<tr>
<td>June 5–July 31</td>
<td>Wed</td>
<td>3–5 pm</td>
<td>9x</td>
<td>$80</td>
<td>$85</td>
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Instructor: Debra Ratner
Location: Albany Senior Center, South Room
Min: 4; Max: 30

Walk, Talk & Be Healthy!

Ages 50–Older

A program designed to encourage walking as a healthy life style 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>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Albany Resident</th>
<th>Albany Non-Resident</th>
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</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>8:30 am–2:30 pm</td>
<td>Varies for each trip</td>
<td></td>
</tr>
</tbody>
</table>

Instructor: Zion Lee
Location: Each walk departs from the Senior Center
Min: 5; Max: 20

Yosemite & Hearst Castle Tour

Ages 50–Older

Experience the miracles of nature and man in one fun two-day package. Hikers, Travel Troupers, or first-time travelers—everyone is welcome to attend! This trip will be led by an experienced Lassen Tour Guide and our own Albany Staff Legend, Zion Lee. Pay with Check or Money Order made out to Lassen Tours. Departs from the Senior Center on May 7th at 8 am and will return on May 8th at 8 pm.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Single Ticket</th>
<th>Double Ticket</th>
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<tbody>
<tr>
<td>May 7–May 8</td>
<td>8 am–8 pm</td>
<td>$146</td>
<td>$205</td>
</tr>
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</table>

Instructor: Zion Lee
Location: Departs from the Senior Center
Min: 30; Max: 55

Read & Write

Walk, Talk & Be Healthy!
Free to Move: Expressive Movement & Rhythm for Brain & Body Health

**Ages 50+ Older**

Motion is Lotion! It's an essential balm for surviving troubled times. You need this class! Come ease your pains and stiffness and return to a fuller sense of yourself, joining the lively company of Albany Senior Center's resident creative movers, Impromptu No Tutu (recently featured on KDFC's Neighborhood Spotlight). Our passion is to inspire the joy of movement in all ages and abilities.

Guided by the creative processes of Orff Schulwerk, this class will free you up on all levels—to play, interact and explore the expressive language of movement, sharpening both physical and mental agility. We warm up with simple elements of the Brain Dance* and T'ai Chi, then respond to diverse genres of music, voice or silence, as well as inspirations from art and nature. Chairs and other imaginative props are used to expand range of motion and balance. Class members are welcome to suggest new choreographed dance at the beginning of each session. For extra practice, students will receive a weekly video of the steps via email. Fee is per class.

One Friday a month, during the school year, children from the Albany Preschool next door join us for half an hour. This class also occasionally tours to other senior centers to demonstrate healthy aging through movement. Call the Center before dropping in so you know where to find us. Fee is per class. **Developed by Anne green Gilbert, Creative Dance Center, Seattle**

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**Beginning Hip Hop Dance Workout**

**Ages 50+ Older**

Designed especially for beginners, we'll demystify hip hop until you're moving and growing in this upbeat, fun and friendly dance workout. Using contemporary, retro, reggae and R&B music, you'll learn a simple choreographed routine each week. Bring your water bottle, wear comfortable clothing and supportive athletic shoes. Fee is per class.

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<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>
<tbody>
<tr>
<td>May 2–May 23</td>
<td>Thu</td>
<td>11:30 am–12:30 pm</td>
<td>4x</td>
<td>$8</td>
<td>$9</td>
</tr>
<tr>
<td>May 30–June 20</td>
<td>Thu</td>
<td>11:30 am–12:30 pm</td>
<td>4x</td>
<td>$8</td>
<td>$9</td>
</tr>
<tr>
<td>June 27–July 25</td>
<td>Thu</td>
<td>11:30 am–12:30 pm</td>
<td>4x</td>
<td>$8</td>
<td>$9</td>
</tr>
<tr>
<td>Aug 1–Aug 22*</td>
<td>Thu</td>
<td>11:30 am–12:30 pm</td>
<td>4x</td>
<td>$8</td>
<td>$9</td>
</tr>
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</table>

**Instructor:** Judith Kajiwara  
**Location:** Albany Senior Center, Multi-Use Room  
**Min:** 5; **Max:** 25  
*No Class on July 4*

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**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 a new choreographed hip hop moves. Class consists of a 10-minute warm-up, 40 minutes of dance and a 10-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 session. For extra practice, students will receive a weekly video of the steps via email. Fee is per class.

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<th>TIME</th>
<th>MEETS</th>
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<td>May 7–May 28</td>
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<td>$8</td>
<td>$9</td>
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<tr>
<td>June 4–June 25</td>
<td>Tue</td>
<td>10:30–11:30 am</td>
<td>4x</td>
<td>$8</td>
<td>$9</td>
</tr>
<tr>
<td>July 2–July 23</td>
<td>Tue</td>
<td>10:30–11:30 am</td>
<td>4x</td>
<td>$8</td>
<td>$9</td>
</tr>
<tr>
<td>July 30–Aug 20</td>
<td>Tue</td>
<td>10:30–11:30 am</td>
<td>4x</td>
<td>$8</td>
<td>$9</td>
</tr>
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</table>

**Instructor:** Judith Kajiwara  
**Location:** Albany Senior Center, Multi-Use Room  
**Min:** 5; **Max:** 25

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**Rosen Method 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 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 wonderful music. Lengthening and lubricating the joints and muscles, working with balance, and stimulating the brain—while being 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.

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<th>DATE</th>
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<th>MEETS</th>
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<tr>
<td>May 1–Aug 21</td>
<td>Wed</td>
<td>12:15–1:15 pm</td>
<td>17x</td>
<td>$8</td>
<td>$9</td>
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**Instructor:** Helen Morgan & Deborah Marks  
**Location:** Albany Senior Center, Multi-Use Room  
**Min:** 3; **Max:** 15

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**Senior Ballet: Aging Gracefully**

**Ages 50+ Older**

Open to all genders. Wheelchairers and walkers welcome. Accompanied by classical music, this class is gentle, slow, age-appropriate version of ballet exercises tailored for older adults of all levels. We work on developing good posture, strength, coordination and most of all we have fun as we experience the joy of movement. Starts with mindfulness of breathing; alignment exercises at the barre without straining the joints and muscles; then followed by adagio and light allegro dance movements in the center. We encourage expressiveness and musicality. Please wear ballet slippers, jazz shoes or barefoot.

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<th>TIME</th>
<th>MEETS</th>
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<tr>
<td>May 7–June 4</td>
<td>Tue</td>
<td>1:45–3 pm</td>
<td>5x</td>
<td>$36</td>
<td>$41</td>
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<tr>
<td>June 11–July 9</td>
<td>Tue</td>
<td>1:45–3 pm</td>
<td>5x</td>
<td>$36</td>
<td>$41</td>
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<tr>
<td>June 16–Aug 13</td>
<td>Tue</td>
<td>1:45–3 pm</td>
<td>5x</td>
<td>$36</td>
<td>$41</td>
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**Instructor:** Nona Refi  
**Location:** Albany Senior Center, Multi-Use Room  
**Min:** 6; **Max:** 12
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. Catherine has been teaching these dances since 1985. Drop in! Beginners and experienced dancers alike are always welcome. Fee is per class.

ALBANY NON-DATE DAY TIME MEETS RESIDENT RES.
May 1–Aug 21 Wed 10:15–11:30 am 17x $7 $8
Instructor: Ingrid Talmadge
Location: Albany Senior Center, Multi-Use Room (May 1–June 12); South Room (June 19–Aug 21)
Min: 4; Max: 25

Beginner Line Dance

AGES 65+ OLDER

Music, movement, memorization that will benefit the mind and health. No experience required—however, background in music and rhythm are beneficial. Fee is per class.

ALBANY NON-DATE DAY TIME MEETS RESIDENT RES.
May 6–Aug 19 Mon 1:45–2:45 pm 15x $2 $3
May 2–Aug 22* Thur 2–3 pm 16x $2 $3
Instructor: Julia Lee
Location: Albany Senior Center, Multi Use Room
Min: 4; Max: 16 *No class on May 28, July 24–Aug 7

Circle Dancing

AGES 65+ 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 United States and many other places, plus newly-choreographed dances. Some are slow and meditative and some are more lively. Fee is per class.

ALBANY NON-DATE DAY TIME MEETS RESIDENT RES.
1st Fridays Fri 7:30–9:30 pm $7 $8
4th Fridays Fri 7:30–9:30 pm $4 $5
Instructor: John and Marina Bear, Judy David
Location: Albany Senior Center, Multi Use Room
Min: 3; Max: 15
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, relaxes 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 if you have one. Fee is per class.

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<th>TIME</th>
<th>MEETS</th>
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<tr>
<td>May 1–Aug 23</td>
<td>M–F</td>
<td>9–10 am</td>
<td>83x</td>
<td>$8</td>
<td>$9</td>
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Instructor: Allan Jacinto
Location: Albany Community Center, Hall (M/W/F: May 1–June 14); Albany Senior Center, Multi-Use Room (May 17; T/Th: May 2–June 13–Aug 31; M–F: June 17–Aug 23)

May 1–Aug 23, July 4

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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<th>DATE</th>
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<th>TIME</th>
<th>MEETS</th>
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<th>NON-RESIDENT</th>
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<tr>
<td>May 1–Aug 23</td>
<td>M/W</td>
<td>10:30–11:30 am</td>
<td>49x</td>
<td>$3</td>
<td>$4</td>
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<tr>
<td>June 17–Aug 23</td>
<td>M/W</td>
<td>11:30–12:30 pm</td>
<td>20x</td>
<td>$3</td>
<td>$4</td>
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Instructor: Yachiyo Otsubo
Location: Albany Community Center, Hall (May 1–June 14); Albany Senior Center, Multi-Use Room (May 17; June 17–Aug 23)

May 1–Aug 23, July 4

Fitness into the Golden Ages: Weight & Balance Training
AGES 40–OLDER
The Albany Senior Center is partnering with All In One Fitness to present "Fitness into the Golden Ages". With over 25 years of professional fitness experience, the All In One trainers will help you improve your strength, joint mobility and balance for enhanced quality of life. Also focusing on reducing arthritis aches and pains by aligning the musculature surrounding the joints with easy techniques.

With their non-intimidating and gentle approach, they will train you using simple body resistance exercises, exercise tubes and dumbbells, and other small apparatus. Come see what training can do for you!

Jasmine is the owner and manager of All In One Fitness. During the last 14 years of running All In One Fitness, she and her partner established a niche in working with seniors and improving their quality of life through exercise.

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<th>DATE</th>
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<th>TIME</th>
<th>MEETS</th>
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<tr>
<td>May 8–May 29</td>
<td>Wed</td>
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<td>4x</td>
<td>$39</td>
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<td>June 5–June 26</td>
<td>Wed</td>
<td>11:45 am</td>
<td>4x</td>
<td>$39</td>
<td>$44</td>
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<tr>
<td>July 10–July 31</td>
<td>Wed</td>
<td>11:45 am</td>
<td>4x</td>
<td>$39</td>
<td>$44</td>
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<tr>
<td>Aug 14–Aug 21</td>
<td>Wed</td>
<td>11:45 am</td>
<td>2x</td>
<td>$20</td>
<td>$24</td>
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Instructor: Jasmine Buczak, NASM Personal Trainer, Corrective Exercise Specialist, 18 years of experience
Location: Albany Community Center, Edith Stone Room

May 8–Aug 28

Chair & Balance Training
AGES 65–OLDER
Chair aerobics, stretching, conditioning, and balance training. Fee is per class.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
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<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<tr>
<td>May 7–Aug 23</td>
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<td>May 9–Aug 23</td>
<td>Fri</td>
<td>1–2 pm</td>
<td>17x</td>
<td>$2</td>
<td>$3</td>
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Instructor: Julia Lee
Location: Albany Community Center, EOC Room (Wed); Edith Stone Room (Fri)

May 7–Aug 23, July 24–Aug 8

Zumba® Gold
AGES 40–OLDER
Zumba® is one of the most popular dance fitness programs in the world! Moves that are inspired by Latin, pop and international music creating a fun, dance party-like atmosphere. Everyone is invited, no dance or fitness background needed. It's a great way to get exercise and feel great! Zumba® Gold, is the modified version. This class is designed with the active older adult in mind. Perfect for seniors, adult beginners, the de-conditioned or returning to fitness student, and anyone who desires a slower paced, lower impact yet energetic-dance fitness class. Fee is per class.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<tr>
<td>May 2–Aug 22*</td>
<td>Thur</td>
<td>10:15–11:15 am</td>
<td>16x</td>
<td>$7</td>
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Instructor: Hildy Revenaugh
Location: Albany Senior Center, Multi-Use Room

May 2–Aug 22*, July 4

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### iPad Partners for Beginners
**AGES 50+**
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.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RESIDENT</th>
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<td>May 1–Aug 21</td>
<td>Wed</td>
<td>1:45–2:45 pm</td>
<td>17x</td>
<td>$1</td>
<td>$1</td>
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**Instructor:** Mary McKenna  
**Location:** Albany Senior Center, South Room  
**Min:** 4; **Max:** 35

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

<table>
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<th>MEETS</th>
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<tbody>
<tr>
<td>June 24–Aug 19*</td>
<td>Mon</td>
<td>9:45–11:15 am</td>
<td>10x</td>
<td>$4</td>
<td>$5</td>
</tr>
</tbody>
</table>

**Instructor:** Constance Cole  
**Location:** Albany Senior Center, South Room  
**Min:** 12; **Max:** 35

*No class on May 27

### Travel with Intent: Smart Phone Photography Workshop
**AGES 50+**
This will be a two-part workshop. Part I: You will explore tips and tricks of camera use unique to travel situations, explore the hidden tools inside your phone that will help you bring not only what your trip looked like, but also, how it felt to be there. Also, packing for photo salaries or walk around the block. Part II: Once you feel comfortable, we’ll go a mini photo shoot to practice what we’ve learned, followed by sharing and advice. Class from Noon–1 pm is a drop-in class and 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-RESIDENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 6–June 13</td>
<td>Thur</td>
<td>6–8 pm</td>
<td>2x</td>
<td>$50</td>
<td>$55</td>
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<tr>
<td>July 11–July 18</td>
<td>Thur</td>
<td>6–8 pm</td>
<td>2x</td>
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<tr>
<td>June 11–Aug 30</td>
<td>Thur</td>
<td>Noon–1 pm</td>
<td>1x</td>
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**Instructor:** Carol Carlisle  
**Location:** Albany Senior Center, South Room  
**Min:** 4; **Max:** 12

### Watercolor Painting
**AGES 50+**
Learn basics of Watercolor and beyond. Explore dynamic and loose painting techniques. Learn how to depict subjects in light and shadow through the magical medium of Watercolor. $10 material fee each class.

<table>
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<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tr>
<td>May 7–June 11</td>
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**Instructor:** Katherine Rice  
**Location:** Albany Senior/Youth Annex, 842 Masonic Ave.  
**Min:** 3; **Max:** 10

### Advanced Beginning Guitar
**AGES 50+**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RESIDENT</th>
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<tbody>
<tr>
<td>May 6–Aug 19*</td>
<td>Mon</td>
<td>1:45–3 pm</td>
<td>15x</td>
<td>$4</td>
<td>$5</td>
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**Instructor:** Rob Waxman  
**Location:** Albany Senior/Youth Annex, 842 Masonic Ave.  
**Min:** 5; **Max:** 12

*No class on May 27

### AARP’s 55 Alive Mature Driving
**AGES 50+**
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. June class is refresher course for those who have taken the eight-hour course within the last four years 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.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RESIDENT</th>
</tr>
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<tbody>
<tr>
<td>May 23–May 30</td>
<td>Thur</td>
<td>1–5 pm</td>
<td>2x</td>
<td>$15</td>
<td>$20</td>
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<tr>
<td>June 27</td>
<td>Thur</td>
<td>1–5:30 pm</td>
<td>1x</td>
<td>$15</td>
<td>$20</td>
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</table>

**Instructor:** Alice Meyers  
**Location:** Albany Senior Center, South Room  
**Min:** 10; **Max:** 20

### It’s Never Too Late to Begin Again
**AGES 50+**
Was there a time in your life when you longed to write, paint, act, dance, sing or express yourself in some other way? In this class we will be rediscovering creativity, building meaning and cultivating a more youthful spirit. We will focus on the book It’s Never Too Late to Begin Again, a twelve-step program for creative recovery focused on retirees, written by Julia Cameron, the author of The Artists Way. The program calls for daily journaling, memoir, artist dates and walking. Join us on this wonderful journey. Please buy the book and bring it to the first class.

### Travel with Intent: Smart Phone Photography Workshop
**AGES 50+**
This will be a two-part workshop. Part I: You will explore tips and tricks of camera use unique to travel situations, explore the hidden tools inside your phone that help you capture not only what your trip looked like, but also, how it felt to be there. Also, packing for photo sessions or leisurely walks around the block. Part II: Once you feel comfortable, we’ll go a mini photo shoot to practice what we’ve learned, followed by sharing and advice. Class from Noon–1 pm is a drop-in class and fee is per class.

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

### Watercolor Painting
**AGES 50+**
Learn basics of Watercolor and beyond. Explore dynamic and loose painting techniques. Learn how to depict subjects in light and shadow through the magical medium of Watercolor. $10 material fee each class.

### Advanced Beginning Guitar
**AGES 50+**

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### Advanced Beginning Guitar
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### AARP’s 55 Alive Mature Driving
**AGES 50+**
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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.

Russian River Rose Company (Healdsburg)

**AGES 50-OLDER**

Trip Includes: Transportation, tour, tea; bring container/clipper for rose cuttings (.25 per rose). Lunch on your own in Healdsburg.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tbody>
<tr>
<td>May 15</td>
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<td>8:30 am-3:30 pm</td>
<td>1x</td>
<td>$34</td>
<td>$39</td>
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de Young Museum – Monet: The Late Years

**AGES 50-OLDER**

Trip Includes: Transportation, docent-led tour, lunch on your own at the de Young Museum.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
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<td>$49</td>
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A’s vs. Los Angeles Angels

**AGES 50-OLDER**

Trip Includes: Transportation, infield seats, ticket toward lunch. Lunch on your own at the Oakland Coliseum.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
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<th>MEETS</th>
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<td>$52</td>
<td>$57</td>
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**Travel**

**Walnut Creek Art and Wine Festival – Heather Farms Park**

**AGES 50-OLDER**

Trip includes: Transportation, view over 200 artisans, entertainment, lunch and wine/beer on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tr>
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<td>Sun</td>
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<td>1x</td>
<td>$19</td>
<td>$24</td>
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</table>

**Thunder Valley Casino**

**AGES 50-OLDER**

Trip includes: Transportation; lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>Resident</th>
<th>NON-Res.</th>
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<tbody>
<tr>
<td>June 19</td>
<td>Wed</td>
<td>8:30 am-5 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
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</table>

**Capitola: A Day on the Coast**

**AGES 50-OLDER**

Trip includes: Transportation and sightseeing; shopping, lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tr>
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<td>$19</td>
<td>$24</td>
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**Woodminster Summer Theater: “Newsies”**

**AGES 50-OLDER**

Trip includes: Transportation and admission; bring your own picnic.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tbody>
<tr>
<td>July 12</td>
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<td>9-11 pm</td>
<td>1x</td>
<td>$45</td>
<td>$50</td>
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**SFMOMA: Andy Warhol – From A to B and Back Again**

**AGES 50-OLDER**

Trip includes: Transportation, docent-led tour of the Andy Warhol exhibit; lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<td>1x</td>
<td>$71</td>
<td>$76</td>
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**Hakone Estate & Gardens: Tour, Tea Ceremony & Kimono Wearing Demonstration**

**AGES 50-OLDER**

Trip includes: Transportation, docent-led tour and demonstrations; bring your own lunch.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<th>NON-Res.</th>
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</thead>
<tbody>
<tr>
<td>July 24</td>
<td>Wed</td>
<td>8:30 am-4 pm</td>
<td>1x</td>
<td>$44</td>
<td>$49</td>
<td></td>
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**“The Wiz”: Broadway Sacramento**

**AGES 50-OLDER**

Trip includes: Transportation, ticket at the Wells Fargo Pavilion; lunch on your own at nearby restaurants.

<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>$65</td>
<td>$70</td>
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**Angel Island: Tiburon Ferry & Tram Tour**

**AGES 50-OLDER**

Trip includes: Transportation, Tiburon Ferry, Tram Tour around Angel Island; lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>Resident</th>
<th>NON-Res.</th>
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<tbody>
<tr>
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<td>Mon</td>
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<td>1x</td>
<td>$48</td>
<td>$53</td>
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**Graton Casino: Rohnert Park**

**AGES 50-OLDER**

Trip includes: Transportation; gaming and lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>Resident</th>
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<tr>
<td>August 21</td>
<td>Wed</td>
<td>8:30 am-5 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
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</table>
Senior Travel Troupe
Extended Vacations

We are excited to announce our extended vacations 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.

Israel and Jordan Highlights
AGES 50+ OLDER
12 Days: October 17, 2019
Trip Includes: Roundtrip Airfare SFO, Roundtrip Transfers SFO, Int’l Departure Taxes/Fuel, 29 Meals (10 breakfasts, 9 lunches, 10 dinners), Professional Tour Guide, Motor coach Transportation, Hotel Transfer, Tour Admissions per Itinerary, Comprehensive Sightseeing, Baggage Handling.
Cost: $4745 per person, double occupancy; $1300 single supplement. Deposit: $500 per person. Final payment due August 2019.
Please make checks payable to Premier World Discovery. Cancellation Waiver is available for additional fee.

San Antonio Holiday
AGES 50+ OLDER
5 Days: December 5, 2019
Trip Includes: Roundtrip Airfare SFO, Roundtrip Ground Transfers SFO, 6 Meals (4 Breakfasts 2 dinners), Professional Tour Director, Motor coach Transportation, Sightseeing per Itinerary, Hotel Transfers, Baggage Handling 4 Nights First Class Hotel.
Please make checks payable to Premier World Discovery. Cancellation Waiver is available for additional fee.

SPECIAL PRESENTATION:
SENIOR TRAVEL TROUPE
2020 SCHEDULE

Tuesday, May 21, 2019 • 11 am • Free Senior Center
Want to learn more about our Extended Vacations for 2020? Come see our exciting lineup from Premier World Discovery. Snacks will be served!

Partial 2020 Schedule:
• Paris in the Spring (April 2020)
• Iceland Adventure (June 2020)
• Mt. Rushmore, Yellowstone & Western Frontiers (August 2020)
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 Basque Cultural Center: San Francisco

AGES 50–OLDER

Trip includes: Transportation and selection of an entrée, soup or salad, and beverage from the Spanish and French Basque cuisine

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<td>$40</td>
<td>$45</td>
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<td>Min: 12; Max: 21</td>
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</table>

Lunch on the Island of Alameda

AGES 50–OLDER

Trip includes: Transportation; lunch on your own and exploring on the island of Alameda

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>RESIDENT</th>
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<tbody>
<tr>
<td>June 6</td>
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<td>1x</td>
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<tr>
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</table>

Lunch in Occidental: Sonoma County

AGES 50–OLDER

Trip includes: Transportation; lunch on your own and shopping in Occidental.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
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<tr>
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<td>Wed</td>
<td>10 am–3 pm</td>
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<td>$24</td>
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</table>

Lunch Along the Waterfront of Sausalito

AGES 50–OLDER

Trip includes: Transportation; lunch on your own and exploring on the waterfront of Sausalito.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<tr>
<td>August 2</td>
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</tbody>
</table>
**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 be not be accepted.  
**Albany Senior Center**  
846 Masonic Avenue, Albany

---

**Pre-Independence Day Picnic Celebration**
Join us for a cook-out sponsored by the Friends of Albany Seniors to celebrate our nation’s birthday. Enjoy patriotic music, BBQ chicken dinner, with pasta, vegetables and dessert. Proceeds go to support the Senior Center.  
**Wednesday, July 3 • 5–7 pm**  
$8 Adults/$5 Children under 6  
**Senior Center Backyard Garden**  
842 Masonic Avenue, Albany

---

**Hawaiian Luau**
Enjoy an evening of entertainment and a delicious BBQ chicken dinner.  
**Saturday, August 24**  
5–7:30 pm  
$11 Adults, $5 Children under 6  
($12/$6 if purchased after Aug 7)  
**Albany Community Center**  
1249 Marin Ave., Albany

---

**Dance for Resilience**
**Sunday, May 5 • 1–4:30 pm • Free**  
Albany Senior Center’s own Impromptu No Tutu elder ensemble is one of five dance groups selected to participate in this spring’s Albany BulbFest. Co-directing the ensemble are Kaethe Weingarten and Greacian Gooe, which are apart of Senior Center class Free to Move on Friday’s at 10:15–11:30 am. As older dancers they are especially inspired by the festival’s theme of resilience. By inviting audience members to participate in their work they hope to offer a taste of how resilience is built through shared community experience of creativity and joy in a revered place. All are welcome.

---

**Mother’s Day Dinner**
**Friday, May 10 • 4 pm • $5**  
(Suggested donation for 60 yrs & older)  
We’re celebrating and recognizing all mothers at this wonderful event. Enjoy a catered meal in our decorated dining room while being entertained, pampered, and appreciated. Don’t miss out on Zion Lee’s Lolapalooza Give-A-Way.

**Breus & Brushes**
**Thursday, May 16 • Noon–3 pm • $15**  
Create a masterpiece of your own in just a few short hours. No painting experience needed. Take home and display your very own, created by you, artwork. Paint Nite staff will be on hand to assist you in every step. Enjoy the company of others while creating, enjoying tasty appetizers with refreshing local microbrews! Space is limited so sign up quickly!

---

**Extended TRavel Presentation**
**Thursday, May 21 • 11 am • Free**  
Want to learn more about our Extended Vacations for 2020? Come see our exciting lineup from Premier World Discovery.

**Zelda Holland: World’s Fair 1939 Memories**
**Tuesday, May 28 • Noon • Free**  
Historic artifacts, great stories, film from the event and much, much more! Join us as we talk about the World’s Fair back in 1939. If you have memories of this, please come and share your experience too.
**Lisa Levine | Song Cycle**

April 13–July 8 • Opening Reception: April 14, 4–6 pm  
Albany Community Center Foyer

Music is a great inspiration to Lisa Levine and she has used musical notation as a stepping off point in this series of works. Lisa is interested in not only the sound of specific musical compositions but also the visual mark-making in the scores themselves. She has taken particular interest in the early music and musical notation of Monteverdi and Palestrina as well as the modern works of John Cage. These composers use forms of musical notation that are different from current conventional notation. As a singer, Lisa works with musical notation as well as the accompanying texts. For this series of works, she has scanned the musical scores, and in some cases texts, and then invented shapes that utilize the score markings combined with her own mark-marking to create works that, for her, are visual manifestations of the music she loves.

Lisa Levine, *Monteverdi’s Ghost*, 2018  
Archival pigment print, 22 × 30”

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**Betsy Kendall | Wild Here**

July 13–October 7 • Opening Reception: July 14, 4–6 pm  
Albany Community Center Foyer

Betsy Kendall’s large landscape paintings are painted from life in wild places nearby. Sometimes these places are Tilden Park or Point Reyes, sometimes, just a street corner where trees poke through the sidewalk, asserting nature’s presence everywhere.

Someone said painting in general is about pleasure. These landscapes present the artist taking pleasure in physically understanding wild things. Much of the fun is finding the tipping point between showing the natural enjoying the paint itself.

Betsy Kendall, *Lake Anza Shore, Sun*, 2018  
Oil on birch panel, 24 × 18”

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The Albany Community Center Art Gallery is supported by the City of Albany and managed by the Albany Arts Committee. The committee sponsors four solo shows per year. Each exhibit runs for approximately three months in the Community Center Foyer Gallery. The Gallery has played host to wonderful and talented artists from Albany and our neighboring cities. A special thanks to two local businesses—La Vie en Rose and Design-a-Sign—who have generously contribute to each show. The Albany Arts Committee is now accepting submissions for shows January–December 2020. Submission deadline is August 20, 2019 and shows will be selected in September 2019. Please note that group shows are not accepted. For information about the application process visit www.albanyca.org/arts.
Join us for live music, movies, demonstrations, lectures and events at the Albany Community Center. For details and schedule visit www.albanyca.org/@theCenter

**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.

**Bike-In Movie Night**  
**Friday, May 24 • 6:30–8:30 pm • Free**  
May is Bike Month! Join us at the Albany Community Center for a “Bike-In Movie”. We will be showing *Pee-Wee’s Big Adventure* (PG) a family-friendly comedy about one man-child’s cross-country adventure in search of his beloved stolen bike. It’s a bizarre story of perseverance and hope in times of adversity, and is chock-full of zany characters. Ride your bike on down to the Center and join us for this fabulous Bike Month event! We have plenty of space to park your bike in a protected area, complete with a massive bike rack. The popcorn is free and will be flowing freely!

**Perception & Deception in the Age of Globalization with Joe Lurie**  
**Friday, June 28 • 7:30–9 pm • Free**  
Based on his recently released, expanded edition of the award-winning Perception and Deception: A Mind-Opening Journey Across Cultures, Joe Lurie, Executive Director Emeritus, UC Berkeley International House, will present a spirited and insightful exploration of cross-cultural miscommunications in an increasingly globalized, polarizing world. With YouTube, tweets, refugees and fake news rapidly crossing cultures without context, Lurie shares a timely, intriguing and consequential array of intercultural encounters gone wrong because of cultural misperceptions across the globe, in the worlds of migration, religion, language, commerce and technology. David Lennon, former managing editor of the Financial Times, called Lurie’s book “brilliant!” According to Lennon, the book offers: “Terrific and timely insights and tools for understanding culture clashes in a hyper-connecting world.” Book signing at the conclusion of the presentation.

**Albany Trivia Night**  
**Friday, July 26 • 7–9 pm • Free**  
Is your head full of random knowledge? Do your friends always roll their eyes when you begin a sentence with “Actually...”? It sounds like the 5th Annual Albany Trivia Night is right up your alley! Bring a group of friends or show up by yourself and join a free-agent team. Join us at the Albany Community Center for pub trivia, Albany-style—multiple rounds, topics and maybe even a few wild cards.

**City-wide Scavenger Hunt**  
**Friday, Aug. 23 • 6:30–8:30 pm • Free**  
Ahoy matey! This event brings more than a hundred Albanians together for a vigorous hunt around Albany. This year’s list will be more challenging and as always you’ll get bonus points for creativity! Can you find all the items before Davy Jones catches up with ye'? Only one way to find out — we will see you on the 23rd of August or it’s the plank for ya! This event is sure to put the “ARRRR” in Recreation. All generations are welcome! Come as a free agent or put a team together (max: 10). You will need a camera or phone that takes pictures and video for some of the clues. Bringing a bike will give you a major advantage. In case of inclement weather, check our Facebook page (facebook.com/albanyrec) for event status updates.
International High-Five Day

Thursday, April 18, 2019

Grab a friend. Get creative.
Film your original high-five
and post to Facebook or Instagram.
Tag @AlbanyRec
We select our favorites—
winners receive an exclusive
Albany T-shirt!

Tool Pool

Need a Tool? The Tool Pool is up and running!

Do you need some extra tools for that 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 albanyrec@gmail.com for all your Tool
Pool needs.
2ND WEEK OF MAY

Join your classmates and ride your bike to school!

Each Albany school has Bike-to-School events planned.

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**BIKE TO SCHOOL DAY**

**BIKE TO WORK DAY**

THURSDAY, MAY 9, 2019

Stop by Albany’s Energizer Station from 7–9 am
Ohlone Greenway at Marin Avenue

The Energizer Station, hosted by Albany Strollers & Rollers, will provide coffee, snacks, SWAG, bike goodies and the famous Bike to Work Day bags. Local bike shops will pump up your tires and tune-up your bike on the way to work.

www.ebbc.org/btwd

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**Bike-In Movie Night**

Friday, May 24 • 6:30–8:30 pm • Free
Albany Community Center

Ride your bike down to the Community Center for a Bike-in Movie and popcorn.

- Movie: *Pee-Wee’s Big Adventure* (PG)
- Free popcorn
- Secure bike parking

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The City of Albany Community Services Department presents

**BIKE ABOUT TOWN**

MAY 17, JUNE 21, JULY 19, AUGUST 16 & SEPTEMBER 20

6:30 PM • Bikes on Solano, 1554 Solano Ave.
EVENTS

EARTH DAY CELEBRATION & CLEANUP
Saturday, April 20, 2019
9 am–noon
Meet at the foot of Buchanan Street

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 and bring your own reusable water bottle and gloves if you have them. Children must be accompanied by an adult. Please consider riding a bike or walking to the event! Visit www.thewatershedproject.org for more information.

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.

Local Garden Swap
Bring your excess homegrown produce to swap with your neighbors.
Tuesday evenings beginning May 7, 6:30 pm
(Hand out for best selection)
Albany Community Center Patio

RUN AROUND TOWN
City of Albany Community Services Department presents

city of Albany RECREATION & COMMUNITY SERVICES 510 524-9283
Walk ’n Roll to School

Albany students should make sure to walk to school on the first Wednesday of the month (or more) 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!

Blood Drive

Tuesday, June 4 • 9:30 am–3 pm
Albany Community Center

Mark your calendars for the upcoming Red Cross Blood Drive 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”.

Citywide Garage Sale

Saturday, May 11, 2019 • 9 am–3 pm
Too much old stuff? Need space in your garage?
Host a garage sale!

Too much old stuff? Need space in your garage? Take Marie Kondo’s advice and get rid of things that no longer spark joy. Then host a garage sale! Applications are due Wednesday, April 17th by 5pm. Applications are available at Albany City Hall, Community Center, and Senior Center, and can be downloaded at www.albanyca.org/citywidegaragesale.

Play like a Girl!

Sunday, June 2
Memorial Park
(1325 Portland Avenue)
10 am–1 pm
Free
Girls All Ages
In case of inclement weather, check our Facebook page (facebook.com/albanyrec) for event status updates.

Dribble like a...
Throw like a...
Shoot like a...
Swing like a...
Jump like a...
Run like a...

Play like a Girl!

The City of Albany, Albany Unified School District and our sports partners are excited to host a fun, interactive day of getting girls pumped to try out new sports. Athletes and coaches from more than a dozen different sports will be offering hands-on activities so you can hit, catch, throw and play like a girl!

Ultimate Frisbee • Aikido • Basketball • Track & Field • Golf • Wrestling • Flag Football
Tennis • Field Hockey • Softball • Swimming • Soccer • Mountain Biking • Lacrosse • Gymnastics

Sunday, May 20
10 am–1 pm
• Free • Ages 2–17
Memorial Park
• 1325 Portland Ave, Albany
National Night Out 2019
Tuesday, August 6 • 6–8 pm

Close down your street for free and throw a block party, make ice cream sundaes or whatever brings your neighbors together. Register early to qualify for a visit from McGruff, give-away items for kids, a special host gift and a visit from city staff. Contact Sgt. Belman at dbelman@albanyca.org or visit www.albanyca.org/nno to register your block.
Join in Albany’s community-wide
CLOTHING SWAP
Tuesday, May 7, 2019 • 7:30 pm
Albany Community Center, Hall

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.

Children’s Book, Puzzle & Toy Swap
Sunday, June 9, 9–11 am. Swap begins 9:15 am
Albany Community Center

Are your toys bored with your kids? It’s not fair to torture them any longer. Take the time to clean your house and give your gently used items a new home!

How it works: Walk around your house with your children and have them help identify books, toys and puzzles they no longer use. Make sure everything is working properly, has all its pieces and is clean. Pack up a box, bring them down to the Albany Community Center, and take home a few ‘new to you’ items!

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

DROP-IN PICKLEBALL

Outdoor:
Tuesdays, 4–6 pm
Ocean View Park, Pickleball Courts

Indoor:
Sundays, 5–7 pm
Albany High School Gym
$5 drop-in court fee ($4 for seniors), $2 paddle rental

BLOCK MOVIE NIGHTS

The sole purpose of the Block Movie Nights is to get neighbors to meet their neighbors!

Block Movie Night package fee is $100 plus cost of movie licensing. We provide the 12’ movie screen, movie, sound system, street closure (five hours) and staff. Your block provides electricity, a few helpers and a social gathering that includes food prior to the movie.

Movie Nights can take place on Saturdays or Sundays between: July 13–October 20.

For more information, contact:
Brennen Brown at bbrown@albanyca.org.
The 9th Annual Albany FilmFest is over, the awards have been given, and it’s time to say thanks to everyone who helped make this important community arts event a success. This year we had more films, more filmgoers, and more community and business support than ever before. Filmmakers and audiences alike praise our friendly, down-home vibe, and that is due to your commitment, hard work, support, and enthusiasm.

With two youth categories, a special Kids’ Matinee featuring films by and for young filmmakers, and hands-on film activities, Albany FilmFest is proud to support and inspire Albany’s young filmmakers and filmgoers. Parents call Albany FilmFest’s Kids’ Matinee “kid and family friendly” with “great films that bring the community together.”

CAN ANY KID MAKE A FILM AND SUBMIT IT? JUST ASK LEAH, MAEVE, AND RORY, THE 10-YEAR OLD CO-DIRECTORS OF “MUPPET’S MAGICAL RAMPAGE THROUGH ALBANY,” SHOWN AT THE 9TH ANNUAL ALBANY FILMFEST KIDS’ MATINEE:

Thanks to our hardworking volunteers for sharing your time, energy, and passion. You’re the best! We quite literally could not put on this event without your help.

Thanks to our filmgoers for your discernment, good humor, and commitment year after year. Getting innovative independent films out to an appreciative audience is what it’s all about.

Thanks to the City of Albany and Albany City Council for your ongoing recognition of Albany FilmFest’s mission to support creative expression within Albany, to create mutually beneficial connections between the arts and Albany’s education and business communities, and to connect across borders with the greater Bay Area.

Finally, thanks to our wonderful sponsors and partners for your generous help and support. Your generosity and commitment allow Albany FilmFest to showcase a diversity of voices, to contribute to arts education and enjoyment in our community, and to keep the channels of communication and creative expression open to all.

CHECK OUT ALBANYFILMFEST.ORG FOR 2019 WINNERS AND AUDIENCE FAVORITES, ONGOING FILMFEST YEAR-ROUND EVENTS & ACTIVITIES, VOLUNTEER OPPORTUNITIES, AND DETAILS ON HOW YOU CAN SUBMIT YOUR FILM FOR NEXT YEAR’S ALBANY FILMFEST.

See you all next year!

THANK YOU ALBANY FILMFEST 2019 SPONSORS AND PARTNERS!

Albany YMCA • Albany Community Library • Akemi Restaurant • Albany Recreation Department • Berkeley Film Foundation • Boss Burger • Bua Luang Restaurant • Bull Valley Roadhouse • Creatrix Matrix • Cynthia Hampton Photography • DTC Lighting & Grip • Duvateen Sound • Event Magic • Friends of the Albany Library • 4F Lighting • 5 Little Monkeys • Juanita & Maude • Kermit Lynch Wine Merchants • Little Star Pizza • Mangia Mangia Ristorante • Morningtide • Oaktown Spice Shop • Ocean View Brew Works • Raul Varela Videography • Rese Cuisine • Rendez-Vous Cafe Bistro • Rialto Cinemas Cerrito & Elmwood • San Francisco Jewish Film Festivals • Sierra Club Bay Chapter • Stone Bridge Press • Trader Joe’s
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“WE SAW THE LAST [ALBANY] FILM FESTIVAL AND WE THOUGHT IT WOULD BE FUN TO MAKE A FILM, AND MY DOG REALLY DOES NOTHING DURING THE DAY, SO WE SAID, YEAH!” INTERVIEWED ON KALX, MARCH 2019

Thanks to our hardworking volunteers for sharing your time, energy, and passion. You’re the best! We quite literally could not put on this event without your help.

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See you all next year!
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.

Any time 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
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, at Noon, 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 Fall 2019 Activity Guide.

For more information contact Brennen Brown at bbrown@albanyca.org or visit [www.albanyca.org/volunteer](http://www.albanyca.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>PEGGY THOMSEN PSP</td>
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**Albany’s Volunteer Corps** was established to match qualified volunteers with various City departments in need of assistance for special projects, events and day-to-day tasks. Volunteers gain hands-on experience in City government, serve their community, develop a sense of community pride, enhance the City’s programs in a cost-efficient manner, establish a sense of teamwork and meet other community members.

Listed below are some of the events and projects where you can lend a hand throughout the year. For more information and specifics contact Brennen Brown at bbrown@albanyca.org or visit albanyca.org/volunteer.

**UPCOMING OPPORTUNITIES**

**April:** @theCenter, Earth Day Waterfront Clean-up, Sr. Resource Expo

**May:** Bike Month events, Friends of Albany Parks Memorial Park Clean-up, @theCenter, Older Americans Month events

**June:** Friends of Albany Parks Tot Lot Clean-up, @theCenter, Blood Drive, Bike About Town

**July:** @theCenter, Friends of Albany Parks Ohlone Greenway Clean-up, Bike About Town, 4th of July events

**August:** @theCenter, Friends of Albany Parks Peggy Thomson Pierce Street Park Clean-up, Bike About Town

**ONGOING PROJECTS**

Weed Warriors • Storm Drain Stenciling • Tree Planting Program • Albany Hill Adopt-A-Trail Program • Friends of Albany Parks • Meals on Wheels Driver • Senior Front Desk Brown Bag Program • Neighborhood Block Captains

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**OCEAN VIEW COMMUNITY ORGANIC GARDEN**

**Gardeners wanted!**

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).

**FREE MASTER GARDENER TALKS**

3rd Saturdays, 11 am–noon
Ocean View Community Garden, 900 Buchanan Street

**June 2: Seed Saving** Learn the tools and techniques for saving seeds from your favorite heirloom varieties!

**July 7: Perennial Herb Gardening** Learn about these wonderful herbs: how to select them, plant them and care for them.

**August 4: Succulents** Learn to select and care for these water efficient plants in your landscapes.
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
Ocean View Community Organic Garden weekly “Open Garden”

2nd & 3rd 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. See page 65 for the free Master Gardener Series.

Earth Day Waterfront Clean Up
Saturday, April 20 • 9 am–noon • 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!

Annual Compost Giveaway
Saturday, May 4 • 9 am–noon
Memorial Park

The City of Albany is giving away two bags of Waste Management EarthCare Homegrown Compost per household during the Friends of Albany Parks Clean-up event. Make sure to come early because this giveaway will be first come, first served, and stay late to help clean up the park! Albany residents qualify as long as you show your driver's license or Waste Management bill. Compost is 100% local, made from your own Bay Area yard trimmings and residential food scraps. www.albanyca.org/compostgiveaways. Pick-up compost at the edge of Memorial Park on Carmel Avenue. www.albanyca.org/compostgiveaways

Citywide Garage Sale
Saturday, May 11 • 9 am–3 pm

Applications will be available at www.albanyca.org/greenalbany in March and are due no later than Wednesday, 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.

Household Hazardous Waste Drop-Off
Saturday, June 23 • 9 am–1 pm • Golden Gate Fields North Parking Lot (enter on Buchanan Street)

Register www.stopwaste.org/HHW for this free one day drop-off event. Bring your old paints, pesticides, medications, broken electronics, and other household hazardous waste that is illegal to dispose of in your trash or recycling cart. Find one-day drop-off event dates and locations at www.stopwaste.org/recycling/residents/household-hazardous-waste or call (800) 606-6606.
**Facilities**

**Parks**

**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 very own Redwood grove and the Ocean View Community Garden (see p. 61) 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 BBQs. 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

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.

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.

BLOCK PARTIES & PICNIC RENTALS
Start planning for your summer 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 for an application and information.

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.

Dogs in Albany’s Parks
Dogs are allowed in Memorial Park Section B, seven days per week from 11 am–8 pm. Dogs are not allowed on the main ball field.
City Contacts

City Administration .................................. (510) 528-5710
City Attorney ........................................... 528-5858
City Clerk .................................................. 528-5710
City Council ............................................. 559-7250
Community Development .......................... 528-5760
Finance/City Treasurer ............................... 528-5710
Fire & Emergency Medical Services .............. 528-5770
City Maintenance ....................................... 524-9543
Human Resources ....................................... 528-5714
Police ....................................................... 525-7300
Recreation & Community Services ............... 524-9283
Albany Community Resource Center ............... 559-4589
Friendship Club Memorial Park ...................... 559-7240
Friendship Club Ocean View Park ................... 559-7220
Teen Center .............................................. 559-7225
Senior Center .......................................... 524-9122
Jobline ..................................................... 528-5777

Community Contacts

Chamber of Commerce .................................. 525-1771
Albany Education Foundation ....................... 558-6823
Albany Kid’s Corner .................................... 526-7637
Albany Library .......................................... 526-3720
Albany Strollers & Rollers ............................ 915-6595
Albany Project HOPE .................................. 684-2597
ECHO Housing (toll free) ............................. 855-ASK-ECHO
Berkeley Mental Health Family Services .......... 981-5280
Berkeley Mental Health Adult Services .......... 981-5290
Berkeley Mental Health Crisis Services .......... 981-5290
Albany Preschool ....................................... 527-6403
Albany Pool .............................................. 559-6640
Albany Unified School District ....................... 558-3750
Albany YMCA .......................................... 525-1130
Friends of the Albany Library ....................... 526-3720 x 26
Albany Memorial Veterans Building ............... 525-9316
University Village Recreation ....................... 524-4926
Waste Management .................................. 613-8710

Parks, Recreation & Open Space Commission
Chelle Putzer ............................................ Staff Liaison
Harriet Patterson ........................................ Chair
Hillary Sardina ......................................... Vice Chair
Veronica Cooper ........................................ Member
Ben Nobie ............................................... Member
Tod Abbott .............................................. Member
Bryan Marten .......................................... Member
Julia Chang Frank .................................. Member
Meet on the 2nd Thursday of each month at 7:00pm, City Hall, Council Chambers

Charter Review Committee
Anne Hsu ............................................... Staff Liaison
Harry Chomsky ........................................ Chair
Lisa Schneider ......................................... Member
Jennifer Radics-Johnson ............................. Member
Vacant ................................................... Member
Meet on the 2nd Thursday of each month at 7:00pm, City Hall, Council Chambers

Economic Development Committee
Claire Griffing ......................................... Staff Liaison
John Montaghi ........................................ Chair
Stephanie Sala ........................................ Vice Chair
Shaun Charles ......................................... Member
Robert Cheasty ........................................ Member
Lois Brown ............................................. Member
Allen Cain ............................................. Member
Aaron Tiedemanny ................................. Member
Meet on the 1st Thursday of each month at 5pm, City Hall, Council Chambers

Albany Library Board
Isabelle Leduc .......................................... Staff Liaison
Sarah Levin ............................................ Chair
Genell Gary ........................................... Vice Chair
Amy Apel ................................................ Member
Becky Xin ................................................ Member
Ross Stapleton-Gray ................................. Member
Meet the 3rd Tuesday of every odd-numbered month at 7pm, City Hall, Council Chambers

Traffic & Safety Commission
Justin Fried .............................................. Staff Liaison
Robert del Rosario .................................. Chair
Amy Paulsen .......................................... Vice Chair
Preston Jordan ........................................ Member
Farid Javandel ........................................ Member
Ken McCroskey ..................................... Member
Meet the 4th Thursday of every month at 7pm, City Hall, Council Chambers

Police & Fire Pension Board
Kim Denton .............................................. Chair
Anne Hsu ............................................ Vice Chair
Rochelle Nason ........................................ Member
Dustin Wiggins ....................................... Member
John Megonnigal .................................... Member
James Boito ............................................ Alternate
John Weltzel ............................................ Alternate
Archie Stirling ....................................... Alternate
David Belman ......................................... Alternate
Peter O’Connor ...................................... Alternate
Peggy McQuaid ...................................... Alternate
Meet the last Tuesday of the month (Jan, Apr, July, Oct) at 10am, City Hall, Conference Room

Arts Committee
Eva Phalen .............................................. Staff Liaison
Jenny Holland ......................................... Chair
Brandon Schneider .................................. Vice Chair
Lisa Rose ................................................ Member
Andrew Kellogg ....................................... Member
Peter Goodman ....................................... Member
Sheryl Black ........................................... Member
Zhibo Jiang ............................................ Member
Meet the 2nd Monday of each month at 7pm, City Hall, Council Chambers

Community Media Access Committee
Jeremy Allen .......................................... Staff Liaison
Chloe Stapleton-Gray ................................ Member
Naomi Sigal ............................................ Member
Nico Lauer ............................................. Member
Jack Kenny .............................................. Member
George Young ......................................... Member
Vacant ................................................... Member
Meet quarterly (Jan, Apr, July, Oct) at 6pm, City Hall, Council Chambers

Social & Economic Justice Commission
Isabelle Leduc ......................................... Staff Liaison
Brian Parsley .......................................... Member
Judy Kerr .............................................. Member
Margie Marks ......................................... Member
Bart Grossman ....................................... Member
Gregory Down ...................... Member
Meet the 1st Tuesday of each odd month at 7:30pm, City Hall, Council Chambers

www.AlbanyCA.org

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

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

There are two ways to 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

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**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 Ave.
Albany, CA 94706

or by email to recinfo@albanyca.org

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**Planning & Zoning Commission**

Anne Hersch ........................ Staff Liaison
Elizabeth Watty ........................ Chair
Megan Jennings ........................ Vice Chair
Ian MacLeod .......................... Member
Doug Donaldson ........................ Member
Christopher Kent ........................ Member

Meets the 2nd & 4th Wednesday of each month at 7 p.m., City Hall, Council Chambers

**Climate Action Committee**

Claire Griffing ........................ Staff Liaison
Nick Peterson ............................ Chair
Samantha Smithies ........................ Vice Chair
Max Wel ................................... Member
Eric Larson ............................... Member
Thomas Cooper .......................... Member
Allison Merten .......................... Member
Stephanie Siehr .......................... Member

3rd Wednesday of each month at 7:30 pm, City Hall, Council Chambers

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**Recreation Facilities & Staff**

**Albany Community Center**
1249 Marin Avenue (510) 524-9283
Hours: 8:30 am–6:30 pm, Mon/Tues
8:30 am–5 pm Wed/Thur; 8:30 am–Noon Fridays
Chelle Putzer, Recreation & Community Services Director
Eva Phalen, Senior Recreation Supervisor
Liam Kelly, Recreation Supervisor
Alana Rose, Brennen Brown, Rosemarie Chu, Recreation Coordinators
B. Bell, Adult Sports Coordinator

**Albany Friendship Club**
900 Buchanan (Ocean View Park) (510) 559-7220
1331 Portland Ave (Memorial Park) (510) 559-7240
Hours: 1:55–6 pm, Monday–Friday
Summer Hours: 8 am–6 pm, Monday–Friday
Heather Posner, Senior Recreation Supervisor

**Albany Teens@842 Center**
842 Avenue (510) 559-7225
Hours: 3–6 pm, Monday–Friday
TBA, Teen Coordinator

**Albany Senior Center**
846 Masonic Avenue (510) 524-9122
Hours: 9 am–5 pm, Monday–Friday
Robin Mariona, Recreation Supervisor
Jess Cosby, Keenan McCarron, Recreation Coordinators
Karen Gosetti, Recreation Projects Assistant
Mitra David, Patrick McKenna, Kitchen Leaders
Zion Lee, Mary McKenna, Recreation Leaders
Elodia Simental, Bus Driver

**Albany Parks**

Peggy Thomsen Pierce Street Park . . . 720 Pierce St.
Playground, bathrooms, views of the bay
Ocean View Park ................. 900 Buchanan St.
Tennis Courts & Hitting Wall, Ball field, Picnic, Friendship Club, Playground, Community Garden
Memorial Park ................. 1325 Portland Avenue
Tennis Courts, Basketball, Ball Field, Community Garden, Playground, Picnic, Friendship Club
Jewel’s Terrace Park . ...... 7évlín & Terrace Drive
Tennis Courts, Basketball, Playground, Picnic, Grass
Dartmouth Tot Lot....Corner of Dartmouth & Talbot
Play structure for small children

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**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**

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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) 524-9283 PHONE

Family Account Setup (List family members)

Last Name  First Name  Birthdate  Gender Identity  Work/Cell Phone Number

( )
( )
( )

Activity Registration: Participant Name  Birthdate  Class/Camp Name  Dates  Time  Fee

TOTAL FEES $

I would like to donate $1 to the Albany Recreation Scholarship Fund

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.
City of Albany Community Services Department Presents

BIKE ABOUT TOWN

MAY 17, JUNE 21, JULY 19, AUG. 16, & SEPT. 20
6:30 PM · Bikes on Solano, 1554 Solano Ave.

Pump up your tubes, grab your helmet, and be a part of Albany’s BIKE ABOUT TOWN once monthly this May, June, July, August, and September. Join us as we casually tour a bike route in Albany.

BIKE ABOUT TOWN starts at Bikes on Solano. After each ride, be sure to stick around for raffle prizes and special discounts from local businesses. The ride is fun for all ages, so bring the family, friends and neighbors!

Special thanks to Bikes on Solano and Albany Strollers & Rollers
4th of July

THURSDAY, JULY 4 · 12–4 PM · MEMORIAL PARK
GREEN, RED, WHITE & BLUE CELEBRATION*

FAMILY FUN, ENTERTAINMENT, FOOD
KID'S & FAMILY GAMES · ROCK CLIMBING WALL
ZIP LINE · JUMP HOUSES · MUSTACHE/BEARD CONTEST
WATERMELON-EATING CONTEST · EAST BAY VIVARIUM
PET SHOW · LOCAL FOOD TRUCKS · LIVE MUSIC

Diaper DERBY

WHO'S GOT THE FASTEST BABY IN TOWN?
Thursday, July 4th · Memorial Park
Divisions:
Crawlers: 6–10 months (10 feet)
Crawlers: 11+ months (15 feet)
Tippy Toe Toddlers: 11–24 months (15 feet)
Tippy Toe Toddlers: 24–30 months (20 feet)
Register at the Diaper Derby table at the event.

*By “green” we mean our goal is to have a zero-waste event, using compostable plates and utensils, and by recycling cans and paper goods, etc.

Mustache & Beard contest
Grow, make, purchase, or otherwise wear a mustache and/or beard and enter the Mustache & Beard Contest. Prizes will be awarded in both natural and unnatural categories.
Be there with facial hair!