Take the ALBANY LOCAL WEEK Challenge! See how much you can do, shop, eat, and play within Albany’s square mile the week of September 20–28.

ALBANY LOCAL WEEK is an opportunity to discover and celebrate what Albany has to offer while supporting our local businesses and organizations.

Simply use the OFFICIAL SCORE CARD, keeping track of your activities from September 20–28. (Score card, instructions, and list of special offers are available on pp. 44–46 of this Activity Guide. Additional forms are available at albanyca.org/albanylocalweek or at the Community Center.) The person with the top score will be honored with his or her name on the Über ALBANY LOCAL CUP. Winner will be announced October 7 at the City Council Meeting. Everyone who submits their score card by October 4 will receive a limited edition participation prize.

More information: albanyca.org/albanylocalweek
Albany Recreation & Community Services
(510) 524-9283

ALBANY LOCAL WEEK
SEPTEMBER 20–28, 2019
FALL IS HEADLED THIS WAY...
That makes it time for Albany Local Week (September 20–28). See how much you can do, shop, eat, and play within Albany's square mile, while getting special discounts from local businesses. For details see pp. 44–46.
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!

DATE
DAY
TIME
MEETS
ALBANY
RESIDENT
NON-
RES.
Aug 19–Aug 23
M–F
1–4 pm
5x
$292
$302

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

Robotics using LEGO® WeDo

AGES 6–7

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

DATE
DAY
TIME
MEETS
ALBANY
RESIDENT
NON-
RES.
Aug 12–Aug 16
M–F
9 am–noon
5x
$279
$289

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

Art Intensive Camps

AGES 5–10

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

DATE
DAY
TIME
MEETS
ALBANY
RESIDENT
NON-
RES.
Aug 19–Aug 23
M–F
1:30–4 pm
5x
$206
$216

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

<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>Aug 5–Aug 9</td>
<td>M–F</td>
<td>9 am–noon</td>
<td>5x</td>
<td>$183</td>
<td>$193</td>
</tr>
</tbody>
</table>

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

Tennis Camps for Tweens & Teens

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

TWEE NS CAMP: AGES 6–11

<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>Aug 12–Aug 16</td>
<td>M–F</td>
<td>10 am–noon</td>
<td>5x</td>
<td>$132</td>
<td>$142</td>
</tr>
<tr>
<td>Aug 19–Aug 23</td>
<td>M–F</td>
<td>10 am–noon</td>
<td>5x</td>
<td>$132</td>
<td>$142</td>
</tr>
</tbody>
</table>

TEENS CAMP: AGES 12–16

<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>Aug 12–Aug 16</td>
<td>M–F</td>
<td>1–3 pm</td>
<td>5x</td>
<td>$132</td>
<td>$142</td>
</tr>
<tr>
<td>Aug 19–Aug 23</td>
<td>M–F</td>
<td>1–3 pm</td>
<td>5x</td>
<td>$132</td>
<td>$142</td>
</tr>
</tbody>
</table>

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

<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>Aug 19–Aug 23</td>
<td>M–F</td>
<td>9:30 am–12:30 pm</td>
<td>5x</td>
<td>$225</td>
<td>$235</td>
</tr>
</tbody>
</table>

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

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.

<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>Aug 12–Aug 16</td>
<td>M–F</td>
<td>9 am–noon</td>
<td>5x</td>
<td>$183</td>
<td>$193</td>
</tr>
</tbody>
</table>

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

**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 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!

**Collage Poetry Mashup Workshop**

**AGES ALL (FAMILIES WELCOME)**

Explore the art of found and made poetry. We will mine magazines, newspapers, and previously published poetry to create word and image collages, cross-out poems, and poetry mashups. Workshop is best for children ages 8 years and older.

**Cartooning 101**

**AGES 7–11**

Anyone can do this class if you have a pencil and 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, puns, gags, punch lines, props, a flying hamburger, speech bubbles and thumb nail sketches. Student with special needs required to have an assistant. $5 material fee paid to instructor.

**Girls Who Code**

**AGES 10–14**

New in Albany...Girls Who Code! GWC is a national nonprofit organization working to close the gender gap in the technology and engineering sectors. Did you know in middle school, 74% of girls express interest in Science, Technology, Engineering and Math (STEM), but when choosing a college major, just 0.4% of high school girls select computer science? Girls explore coding in a fun, supportive and friendly environment. In addition to learning Computer Science, participants get exclusive access to Girls Who Code challenges, events, and speakers. Club members meet weekly and are taught by trained female volunteer facilitators. No experience necessary—curriculum is designed for students with a wide range of coding experience. Must provide own laptop computer—you may bring your own personal laptop or check one out at the Albany Library. Both Mac and PC are welcome.

**Introduction to Creative Writing**

**AGES 10–OLDER**

Bring your creative license and explore the possibilities of written expression! This class is for enthusiastic and reluctant writers alike—designed to inspire “out of the box” thinking and generate creative confidence and momentum. We will range across genres and topics to fuel our imaginations and build dynamic storyworlds of wonder.

**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 an hour and a half of free play. A parent/caregiver must accompany children (1:3 ratio required).

**Looking for cooking classes?**

See pp. 24–26 for free cooking classes funded by SSB
Home School: 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 paid to instructor.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Oct 2</td>
<td>Wed</td>
<td>2:15–3:30 pm</td>
<td>5x</td>
<td>$131</td>
<td>$141</td>
<td></td>
</tr>
<tr>
<td>Oct 9–Nov 6</td>
<td>Wed</td>
<td>2:15–3:30 pm</td>
<td>5x</td>
<td>$131</td>
<td>$141</td>
<td></td>
</tr>
<tr>
<td>Nov 13–Dec 18*</td>
<td>Wed</td>
<td>2:15–3:30 pm</td>
<td>5x</td>
<td>$131</td>
<td>$141</td>
<td></td>
</tr>
</tbody>
</table>

Instructor: Paquerette Clark
Location: Albany Community Center, Craft Room
Min: 4; Max: 12
*No class on Nov 27

Home School: Kids' Ki-Aikido
AGES 7-18
Traditional Japanese Martial Arts instruction in Ki-Aikido for kids. Emphasis on relaxation, self-control and self-discipline. Students will learn rolls, throws, pins, meditation and breathing exercises. A friendly, fun and safe class using positive, non-competitive traditional monastic style forms. Overseen and taught by Maida Sensei–Chief Instructor of the Northern California Ki Society, 7th Dan, local parent, Rinzai Zen Priest and professional Aikido Instructor since 1976 and certified staff.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 3–Sept 26</td>
<td>T/Th</td>
<td>2:30–3:30 pm</td>
<td>8x</td>
<td>$70</td>
<td>$80</td>
<td></td>
</tr>
<tr>
<td>Oct 1–Oct 29</td>
<td>T/Th</td>
<td>2:30–3:30 pm</td>
<td>9x</td>
<td>$70</td>
<td>$80</td>
<td></td>
</tr>
<tr>
<td>Nov 5–Nov 26</td>
<td>T/Th</td>
<td>2:30–3:30 pm</td>
<td>7x</td>
<td>$70</td>
<td>$80</td>
<td></td>
</tr>
<tr>
<td>Dec 3–Dec 19</td>
<td>T/Th</td>
<td>2:30–3:30 pm</td>
<td>6x</td>
<td>$60</td>
<td>$70</td>
<td></td>
</tr>
</tbody>
</table>

Instructor: Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org
Location: Albany Community Center, Rooms 1 & 2
Min: 4; Max: 40
*No class on Nov 11

Home School: KickSmart (KickBoxing & Mindfulness)
AGES 6-18
Be strong. Be confident. Be wise. Come get your kickboxing on with KickSmart, a youth and teen program that combines mindfulness and martial arts. Each day includes challenging, yet exhilarating workouts, followed by a guided meditation. KickSmart uses the ancient martial art of Muay Thai to emphasize the importance of physical exercise and combines it with modern day mindfulness practices. KickSmart is not only extremely fun for any student regardless of gender or age, but quickly builds confidence. Make no mistake, we workout hard! All equipment is provided—including boxing gloves and pads.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Sept 30</td>
<td>M/W</td>
<td>9:30–10:30 am</td>
<td>8x</td>
<td>$204</td>
<td>$214</td>
<td></td>
</tr>
<tr>
<td>Oct 2–Oct 28</td>
<td>M/W</td>
<td>9:30–10:30 am</td>
<td>8x</td>
<td>$204</td>
<td>$214</td>
<td></td>
</tr>
<tr>
<td>Nov 4–Nov 25*</td>
<td>M/W</td>
<td>9:30–10:30 am</td>
<td>6x</td>
<td>$154</td>
<td>$164</td>
<td></td>
</tr>
<tr>
<td>Dec 2–Dec 18</td>
<td>M/W</td>
<td>9:30–10:30 am</td>
<td>6x</td>
<td>$154</td>
<td>$164</td>
<td></td>
</tr>
</tbody>
</table>

Instructor: Jon Lawrence
Location: Albany Community Center, Edith Stone Room
Min: 4; Max: 25
*No class on Nov 11

Jon Lawrence is the founder and creator of KickSmart, a youth program for Kickboxing and Mindfulness. He studied the martial art of Muay Thai in Thailand, and upon his return decided to create a program that serves as a physical and mental outlet for youth and teens in the Bay Area. KickSmart promotes the idea that exercise does not only serve physical well-being, but is equally beneficial to the mind. Check out more details at KickSmart4kids.org.
### Dance

#### Ballet: Beginning
**Ages 3.5–5**
This is an introduction to basic dance movements, to age appropriate music, using fantasy and imagination which helps develop basic motor movements.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 6–Oct 18</td>
<td>Fri</td>
<td>1:30–2 pm</td>
<td>7x</td>
<td>$74</td>
<td>$84</td>
<td></td>
</tr>
<tr>
<td>Nov 1–Dec 20</td>
<td>Fri</td>
<td>1:30–2 pm</td>
<td>7x</td>
<td>$74</td>
<td>$84</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2

- Min: 6; Max: 25  
- *No class on Nov 29*

#### Ballet: Level 1
**Ages 5–7**
Your child will be introduced to more specific ballet movements, which stimulate musical awareness, grace and muscular development.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 6–Oct 18</td>
<td>Fri</td>
<td>3:30–4 pm</td>
<td>7x</td>
<td>$74</td>
<td>$84</td>
<td></td>
</tr>
<tr>
<td>Nov 1–Dec 20</td>
<td>Fri</td>
<td>3:30–4 pm</td>
<td>7x</td>
<td>$74</td>
<td>$84</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2

- Min: 6; Max: 25  
- *No class on Nov 29*

#### 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.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 6–Oct 18</td>
<td>Fri</td>
<td>4:40–5:25 pm</td>
<td>7x</td>
<td>$99</td>
<td>$109</td>
<td></td>
</tr>
<tr>
<td>Nov 1–Dec 20</td>
<td>Fri</td>
<td>4:40–5:25 pm</td>
<td>7x</td>
<td>$99</td>
<td>$109</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2

- Min: 6; Max: 25  
- *No class on Nov 29*

#### Tap: Beginning
**Ages 3.5–5**
This class is an introduction to the basic steps of tap dance using age appropriate music and songs.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 6–Oct 18</td>
<td>Fri</td>
<td>2–2:30 pm</td>
<td>7x</td>
<td>$74</td>
<td>$84</td>
<td></td>
</tr>
<tr>
<td>Nov 1–Dec 20</td>
<td>Fri</td>
<td>2–2:30 pm</td>
<td>7x</td>
<td>$74</td>
<td>$84</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2

- Min: 6; Max: 25  
- *No class on Nov 29*

#### Tap: Level 1
**Ages 5–7**
This class builds on the techniques to include simple combinations with partners.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 6–Oct 18</td>
<td>Fri</td>
<td>4:05–4:35 pm</td>
<td>7x</td>
<td>$74</td>
<td>$84</td>
<td></td>
</tr>
<tr>
<td>Nov 1–Dec 20</td>
<td>Fri</td>
<td>4:05–4:35 pm</td>
<td>7x</td>
<td>$74</td>
<td>$84</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2

- Min: 6; Max: 25  
- *No class on Nov 29*

#### Tap: Level 2
**Ages 8–13**
This class introduces more complicated rhythms and timing with pattern and direction.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 6–Oct 18</td>
<td>Fri</td>
<td>5:30–6:15 pm</td>
<td>7x</td>
<td>$99</td>
<td>$109</td>
<td></td>
</tr>
<tr>
<td>Nov 1–Dec 20</td>
<td>Fri</td>
<td>5:30–6:15 pm</td>
<td>7x</td>
<td>$99</td>
<td>$109</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Mary Lyons  
**Location:** Albany Community Center, Rooms 1 & 2

- Min: 6; Max: 25  
- *No class on Nov 29*
Art & Music

Piano Lessons
AGES 5–18
Students of all levels will receive a 30-minute private lesson. Lessons will emphasize a music conservatory style of training, maintaining interest levels and progressing to an advanced playing level in a short period of time. Lesson times will be arranged upon completing registration for the class. Instrument used for this class will be a full keyboard.

<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>Sept 4–Oct 25</td>
<td>Wed</td>
<td>2:30–3:30 pm</td>
<td>4x</td>
<td>$124</td>
<td>$134</td>
</tr>
<tr>
<td>Oct 2–Oct 23</td>
<td>Wed</td>
<td>2:30–3:30 pm</td>
<td>4x</td>
<td>$124</td>
<td>$134</td>
</tr>
<tr>
<td>Oct 20–Nov 20</td>
<td>Wed</td>
<td>2:30–3:30 pm</td>
<td>4x</td>
<td>$124</td>
<td>$134</td>
</tr>
<tr>
<td>Nov 27–Dec 18</td>
<td>Wed</td>
<td>2:30–3:30 pm</td>
<td>4x</td>
<td>$124</td>
<td>$134</td>
</tr>
</tbody>
</table>

Instructor: Kings Chen/Shu Ming Leung, (510) 559-3609
Location: Albany Community Center, Rooms 1 & 2
Min: 5; Max: 18

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.*

<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>Sept 7–Oct 5</td>
<td>Sat</td>
<td>10–11:30 am</td>
<td>5x</td>
<td>$68</td>
<td>$78</td>
</tr>
<tr>
<td>Oct 12–Nov 16*</td>
<td>Sat</td>
<td>10–11:30 am</td>
<td>5x</td>
<td>$68</td>
<td>$78</td>
</tr>
</tbody>
</table>

Instructor: Claude Sprague, (510) 859-4055, claude@theguitarinstructor.net
Location: Albany Community Center, EOC & Craft Rooms
Min: 4; Max: 16
*No class on Nov 9

Ukulele 1
AGES 12–ADULT
Come join our ukulele class for complete beginners and intermediate strummers! No musical experience necessary. Students will be learning basic chords and scales to jam along to a wide variety of music, including Jazz, Beatles, Motown, Classic Rock, Pop, and of course, Hawaiian music. “Advanced Beginners” and intermediate ukulele hobbyists are encouraged to join this fun and easy to follow course. Taught by Ukulenny, YouTube teacher, co-founder of SF Uke Jam, and sponsored Kala Ukulele artist.

<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>Sept 9–Oct 21*</td>
<td>Mon</td>
<td>6–7:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
</tr>
<tr>
<td>Nov 18–Dec 16</td>
<td>Mon</td>
<td>6–7:30 pm</td>
<td>5x</td>
<td>$84</td>
<td>$94</td>
</tr>
</tbody>
</table>

Instructor: Lenny San Jose aka “Ukulenny”, www.ukulenny.com
Location: Albany Community Center, Rooms 1 & 2
Min: 6; Max: 30
*No class on Sept 30

Ukulele 2
AGES 12–ADULT
Advanced ukulele workshop for players with confident strumming and chord reading ability. This course will focus on advanced strumming patterns, scales, fingerpicking, and special ukulele techniques. Songs will be selected in collaboration between instructor and student, with some orchestral-type ukulele arrangements and individual/small group performances. Taught by Ukulenny, YouTube teacher, co-founder of SF Uke Jam, and sponsored Kala Ukulele artist.

<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>Sept 9–Oct 21*</td>
<td>Mon</td>
<td>7:30–9 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
</tr>
<tr>
<td>Nov 18–Dec 16</td>
<td>Mon</td>
<td>7:30–9 pm</td>
<td>5x</td>
<td>$84</td>
<td>$94</td>
</tr>
</tbody>
</table>

Instructor: Lenny San Jose aka “Ukulenny”, www.ukulenny.com
Location: Albany Community Center, Rooms 1 & 2
Min: 6; Max: 30
*No class on Sept 30

Clay for Kids (Beg/Adv)
AGES 8–12
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/per person paid to instructor.

<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>Sept 3–Oct 1</td>
<td>Tue</td>
<td>3:45–5 pm</td>
<td>5x</td>
<td>$111</td>
<td>$121</td>
</tr>
<tr>
<td>Oct 8–Nov 5</td>
<td>Tue</td>
<td>3:45–5 pm</td>
<td>5x</td>
<td>$111</td>
<td>$121</td>
</tr>
<tr>
<td>Nov 12–Dec 10</td>
<td>Tue</td>
<td>3:45–5 pm</td>
<td>5x</td>
<td>$111</td>
<td>$121</td>
</tr>
</tbody>
</table>

Instructor: Paquerette Clark
Location: Albany Community Center, Craft Room
Min: 4; Max: 12
*No class on Nov 27

Draw/Paint from Life & Beyond
AGES 5–12
Explore fun techniques in drawing, painting, and mixed media. Classes start with warm up exercises, leading into more developed artworks. We use different kinds of materials to draw from life and your imagination. $10 material fee paid to instructor.

<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>Sept 4–Oct 25</td>
<td>Wed</td>
<td>2:30–3:30 pm</td>
<td>4x</td>
<td>$124</td>
<td>$134</td>
</tr>
<tr>
<td>Oct 2–Oct 23</td>
<td>Wed</td>
<td>2:30–3:30 pm</td>
<td>4x</td>
<td>$124</td>
<td>$134</td>
</tr>
<tr>
<td>Oct 20–Nov 20</td>
<td>Wed</td>
<td>2:30–3:30 pm</td>
<td>4x</td>
<td>$124</td>
<td>$134</td>
</tr>
<tr>
<td>Nov 27–Dec 18</td>
<td>Wed</td>
<td>2:30–3:30 pm</td>
<td>4x</td>
<td>$124</td>
<td>$134</td>
</tr>
</tbody>
</table>

Instructor: Kings Chen/Shu Ming Leung, (510) 559-3609
Location: Albany Community Center, Rooms 1 & 2
Min: 5; Max: 18

Ukulele 1
AGES 12–ADULT
Come join our ukulele class for complete beginners and intermediate strummers! No musical experience necessary. Students will be learning basic chords and scales to jam along to a wide variety of music, including Jazz, Beatles, Motown, Classic Rock, Pop, and of course, Hawaiian music. “Advanced Beginners” and intermediate ukulele hobbyists are encouraged to join this fun and easy to follow course. Taught by Ukulenny, YouTube teacher, co-founder of SF Uke Jam, and sponsored Kala Ukulele artist.

<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>Sept 9–Oct 21*</td>
<td>Mon</td>
<td>6–7:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
</tr>
<tr>
<td>Nov 18–Dec 16</td>
<td>Mon</td>
<td>6–7:30 pm</td>
<td>5x</td>
<td>$84</td>
<td>$94</td>
</tr>
</tbody>
</table>

Instructor: Lenny San Jose aka “Ukulenny”, www.ukulenny.com
Location: Albany Community Center, Rooms 1 & 2
Min: 6; Max: 30
*No class on Sept 30

Ukulele 2
AGES 12–ADULT
Advanced ukulele workshop for players with confident strumming and chord reading ability. This course will focus on advanced strumming patterns, scales, fingerpicking, and special ukulele techniques. Songs will be selected in collaboration between instructor and student, with some orchestral-type ukulele arrangements and individual/small group performances. Taught by Ukulenny, YouTube teacher, co-founder of SF Uke Jam, and sponsored Kala Ukulele artist.

<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>Sept 9–Oct 21*</td>
<td>Mon</td>
<td>7:30–9 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
</tr>
<tr>
<td>Nov 18–Dec 16</td>
<td>Mon</td>
<td>7:30–9 pm</td>
<td>5x</td>
<td>$84</td>
<td>$94</td>
</tr>
</tbody>
</table>

Instructor: Lenny San Jose aka “Ukulenny”, www.ukulenny.com
Location: Albany Community Center, Rooms 1 & 2
Min: 6; Max: 30
*No class on Sept 30
Skyhawks Kindergarten Basketball
AGES 4.5–6
The fundamentals of Basketball are taught in a structured environment with a big focus on fun! Through a series of drills, competitive games, and activities, participants learn athletic fundamentals along with teamwork, sportsmanship, leadership, and strategy. Boys and girls explore dribbling, passing, shooting, defense, and rebounding. Listening and following instructions are emphasized.

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

DATE DAY TIME MEETS ALBANY RESIDENT NON- RES.
Sept 3–Oct 15 Tue 5-5:45 pm 7x $132 $142
Sept 3–Oct 15 Tue 6-6:45 pm 7x $132 $142
Oct 22–Dec 17 Tue 5-5:45 pm 7x $132 $142
Oct 22–Dec 17 Tue 6-6:45 pm 7x $132 $142

Instructor: Skyhawks Staff
Location: Albany Community Center, Rooms 1 & 2
Min: 4; Max: 8 *No class on Nov 12 & Nov 26

Kidz Love Soccer: Soccer 1
AGES 5–6
Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session and every participant will have a ball at his or her feet. Shin guards are required after the first meeting. All kids receive a Kidz Love Soccer jersey! Rainout hotline updated 30-minutes before the start of the class. 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.

DATE DAY TIME MEETS ALBANY RESIDENT NON- RES.
Sept 21–Nov 9 Sat 3:45–4:20 pm 8x $120 $130

Instructor: Kidz Love Soccer Staff,
Rainout Hotline (888) 372-5803
Location: Memorial Park, Front West Grass
Min: 6; Max: 24

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! Rainout hotline updated 30-minutes before the start of the class. 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.

DATE DAY TIME MEETS ALBANY RESIDENT NON- RES.
Sept 21–Nov 9 Sat 4:30–5 pm 8x $120 $130

Instructor: Kidz Love Soccer Staff,
Rainout Hotline (888) 372-5803
Location: Memorial Park, Front West Grass
Min: 6; Max: 20
**Beginning Tennis**

**AGES 6–10**

This class is for the young player who wants to learn the basics of tennis. Forehand, backhand, serve and volley will be taught, as well as tennis rules, scoring and etiquette. Games and drills are used to create a fun learning environment. Bring one unopened can of balls to the first class.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>RESIDENT</th>
<th>NON-RESIDENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Sept 23</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Sept 25–Oct 14</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Oct 16–Nov 4</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Nov 6–Nov 27</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Dec 2–Dec 18</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** John Fry & Staff

**Location:** Memorial Park Tennis Courts

Min: 4; Max: 10

*No class on Nov 11*

---

**Intermediate Tennis**

**AGES 7–11**

These classes are for the developing player who needs improvement in their tennis fundamentals and strategy. Focus is on stroke improvement, movement, conditioning and fun. Bring one unopened can of tennis balls to the first class.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>RESIDENT</th>
<th>NON-RESIDENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Sept 23</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Sept 25–Oct 14</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Oct 16–Nov 4</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Nov 6–Nov 27</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Dec 2–Dec 18</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** John Fry & Staff

**Location:** Memorial Park Tennis Courts

Min: 4; Max: 10

*No class on Nov 11*

---

**Advanced Tennis**

**AGES 10–14**

This class is for students with 2–3 years of tennis instruction and experience. Bring one unopened can of tennis balls to the first class.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>RESIDENT</th>
<th>NON-RESIDENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Sept 23</td>
<td>M/W</td>
<td>5:30–6:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Sept 25–Oct 14</td>
<td>M/W</td>
<td>5:30–6:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Oct 16–Nov 4</td>
<td>M/W</td>
<td>5:30–6:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Nov 6–Nov 27</td>
<td>M/W</td>
<td>5:30–6:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Dec 2–Dec 18</td>
<td>M/W</td>
<td>5:30–6:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** John Fry & Staff

**Location:** Memorial Park Tennis Courts

Min: 4; Max: 10

*No class on Nov 11*
### Kids’ Ki-Aikido

**AGES 7-18**

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–30</td>
<td>M/W/F</td>
<td>4-5 pm</td>
<td>1x/week</td>
<td>$50</td>
<td>$60</td>
</tr>
<tr>
<td>Oct 2–Oct 30*</td>
<td>M/W/F</td>
<td>4-5 pm</td>
<td>1x/week</td>
<td>$50</td>
<td>$60</td>
</tr>
<tr>
<td>Nov 1–Nov 27*</td>
<td>M/W/F</td>
<td>4-5 pm</td>
<td>1x/week</td>
<td>$50</td>
<td>$60</td>
</tr>
<tr>
<td>Dec 2–Dec 20</td>
<td>M/W/F</td>
<td>4-5 pm</td>
<td>1x/week</td>
<td>$50</td>
<td>$60</td>
</tr>
</tbody>
</table>

Instructor: Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org

**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, mediation and breathing exercises to help develop the power of mind and body. Founded by Master Koichi Tohei, who was responsible for bringing the martial art of Aikido to the world in 1953. Taught and overseen by Maida Sensei, direct student and representative of Tohei Sensei. Maida Sensei holds the rank of 7th Dan Shihan (Master Instructor) and has taught professionally since 1976.

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 7–Sept 28</td>
<td>Sat</td>
<td>9–11 am</td>
<td>4x</td>
<td>$60</td>
<td>$70</td>
</tr>
<tr>
<td>Oct 5–Oct 28</td>
<td>Sat</td>
<td>9–11 am</td>
<td>4x</td>
<td>$60</td>
<td>$70</td>
</tr>
<tr>
<td>Nov 2–Nov 23*</td>
<td>Sat</td>
<td>9–11 am</td>
<td>3x</td>
<td>$60</td>
<td>$70</td>
</tr>
<tr>
<td>Dec 7–Dec 21</td>
<td>Sat</td>
<td>9–11 am</td>
<td>3x</td>
<td>$60</td>
<td>$70</td>
</tr>
</tbody>
</table>

Instructor: Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org

Location: Albany Community Center, Hall

Min: 5; Max: 25  *No class on Nov 9

### Chinese Martial Arts/Kung Fu

**AGES 7-ADULT**

Chinese Martial Arts, aka Kung Fu is a proven system of self-defense with amazing health benefits. Practical instruction will focus on the martial arts of Ba Gua Zhang, Xing Yi Quan, Tai Chi Chuan, Lu Huo Quan with both empty hand and weapons methods. These classes are effective for people of any age who want to build health, mental acuity and prepare for self-defense situations.

Taught by Shifu Fred Kaye who has over 45 years of martial experience, beginning in the 1970’s with Japanese Shotokan Karate, Northern/Southern Shaolin styles, with Internal Chinese arts and the practical European street defense systems of Bartitsu and La Defense dans la Rue. This class is suitable for adults of any level or physical ability, and for children aged 7 and up with some experience in martial arts. Younger children and children new to the martial arts are welcome if accompanied by a parent or guardian.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 3–Dec 19*</td>
<td>Thur</td>
<td>6:30–8 pm</td>
<td>10x</td>
<td>$154</td>
<td>$164</td>
</tr>
</tbody>
</table>

Instructor: Shifu Fred Kaye

Location: Albany Senior Center, Multi-purpose Room

Min: 5; Max: 30  *No class on Oct 28 & Nov 28

**KickSmart (KickBoxing & Mindfulness)**

**AGES 6-18**

Be strong. Be confident. Be wise. Come get your kickboxing on with KickSmart, a youth and teen program that combines mindfulness and martial arts. Each day includes challenging, yet exhilarating workouts, followed by a guided meditation. KickSmart uses the ancient martial art of Muay Thai to emphasize the importance of physical exercise and combines it with modern day mindfulness practices. KickSmart is not only extremely fun for any student regardless of gender or age, but quickly builds confidence. Make no mistake, we workout hard! All equipment is provided—including boxing gloves and pads.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 7–Oct 12</td>
<td>Sat</td>
<td>9:30–10:30 pm</td>
<td>6x</td>
<td>$154</td>
<td>$164</td>
</tr>
<tr>
<td>Oct 19–Dec 7*</td>
<td>Sat</td>
<td>9:30–10:30 pm</td>
<td>6x</td>
<td>$154</td>
<td>$164</td>
</tr>
</tbody>
</table>

Instructor: Jon Lawrence

Location: Albany Community Center, Rooms 1 & 2

Min: 4; Max: 25  *No class on Nov 9 & Nov 20

Fred Kaye has witnessed, through personal experience and countless testimonials, the profound mental, physical, and emotional benefits the martial arts offer. The martial arts promote peace of mind, self-confidence, health benefits and so much more. He currently teaches classes in Santa Rosa, offers private instruction, workshops and coaching in martial arts and practical self-defense in the East Bay and San Francisco area. Ranked in Chinese Shaolin and Wudang styles, Shotokan Karate and the European street defense methods of Bartitsu and La Defense dans la Rue, he has developed a proven training program using classic methods. Fred believes that people should be able to practice the martial arts for their entire life. Learn more about Fred at www.martialexercise.com.
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, and 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. If you are interested in fall enrollment 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.

<table>
<thead>
<tr>
<th>Days/week</th>
<th>1:55–6 pm</th>
<th>3–6 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 days</td>
<td>$315/month</td>
<td>$230/month</td>
</tr>
<tr>
<td>4 days</td>
<td>$420/month</td>
<td>$285/month</td>
</tr>
<tr>
<td>5 days</td>
<td>$525/month</td>
<td>$395/month</td>
</tr>
</tbody>
</table>

FRIENDSHIP CLUB

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

Smile
School

Young Children Ages 2½–5 (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!

YOUTH SERVICES OPEN HOUSE
Sunday, August 25 • 11 am–1 pm
Ocean View Park Friendship Club

Join us for our first ever Youth Services Open House for fun activities and to learn about all of our exciting new programs: One Square Smile School (preschoolers), Friendship Club After-school Program (1st–5th graders), Teen Center (6th–9th grades), and Recreation Leaders in Training Internship (10th–12th graders).

Questions?
Contact Heather Posner, Youth Services Senior Recreation Supervisor, (510) 559-7220, hposner@albanyca.org

SUMMER CAMP 2019
Children Grades K–5
August 12–16 & August 19–23 • Mon–Fri • 9 am–5 pm
Ocean View Park

$250 Albany Residents; $260 Non-Residents
Extended Care: 8–9 am, 5–6 pm: $25/week for each, $45 for both

For information contact Heather at (510) 559-7220.
To register, call (510) 524-9283.
Min 10: Max 40.
Camps fill-up fast, call today!
2019–2020 After-School Program

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 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 September 3, 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

Albany Teen Center

Heather Posner, Senior Recreation Supervisor
Memorial Park Teen Center, 1331 Portland Avenue
(510) 524-9122
Help Albany Go Carbon-Free!

JOIN THE CARBON-FREE ALBANY CHALLENGE

Connect with your neighbors, community groups and other resources to reduce your carbon footprint.

Sign up today! www.carbonfreealbany.org
Tennis for Adults

ADULT
This two-hour tennis class shares the opportunity for all levels to come together twice a week; covering the fundamentals of grips, footwork, forehand, backhand, volley and serves. We will finish with matches at the end of class. Come out to the courts and burn off some steam. Please bring your own tennis racket and a new can of balls.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 5–Sept 23</td>
<td>M/Th</td>
<td>6-8 pm</td>
<td>6x</td>
<td>$150</td>
<td>$160</td>
</tr>
<tr>
<td>Sept 30–Oct 17</td>
<td>M/Th</td>
<td>6-8 pm</td>
<td>6x</td>
<td>$150</td>
<td>$160</td>
</tr>
<tr>
<td>Oct 28–Nov 18*</td>
<td>M/Th</td>
<td>6-8 pm</td>
<td>6x</td>
<td>$150</td>
<td>$160</td>
</tr>
<tr>
<td>Dec 2–Dec 19</td>
<td>M/Th</td>
<td>6-8 pm</td>
<td>6x</td>
<td>$150</td>
<td>$160</td>
</tr>
</tbody>
</table>

Instructor: PJ Mapumulo
Location: Memorial Park Tennis Courts 1 & 2
Min: 5; Max: 30
*No class on Nov 11

Zumba®

ADULT
Non-stop high-energy dance moves to upbeat music. Come lift your spirits while dancing away your worries to popular music. Zumba® is a full body workout for the mind and body. Let’s dance together!

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 12–Oct 17</td>
<td>Thu</td>
<td>9-10 am</td>
<td>6x</td>
<td>$64</td>
<td>$74</td>
</tr>
<tr>
<td>Nov 7–Dec 19*</td>
<td>Thu</td>
<td>9–10 am</td>
<td>6x</td>
<td>$64</td>
<td>$74</td>
</tr>
</tbody>
</table>

Instructor: Akiko Kobayashi
Location: Albany Community Center, Rooms 1 & 2
Min: 4; Max: 12
*No class on Nov 28

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 more than 20 years. She is a certified yoga and Acu-yoga instructor, as well as, an acupressure practitioner.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Oct 2</td>
<td>Wed</td>
<td>6:30-8 pm</td>
<td>5x</td>
<td>$59</td>
<td>$69</td>
</tr>
<tr>
<td>Sept 14–Oct 12*</td>
<td>Sat</td>
<td>11 am-12:20 pm</td>
<td>5x</td>
<td>$59</td>
<td>$69</td>
</tr>
<tr>
<td>Oct 9–Nov 6</td>
<td>Wed</td>
<td>6:30-8 pm</td>
<td>5x</td>
<td>$59</td>
<td>$69</td>
</tr>
<tr>
<td>Oct 19–Nov 16</td>
<td>Sat</td>
<td>11 am-12:20 pm</td>
<td>5x</td>
<td>$59</td>
<td>$69</td>
</tr>
<tr>
<td>Nov 30–Dec 18*</td>
<td>Wed</td>
<td>6:30-8 pm</td>
<td>5x</td>
<td>$59</td>
<td>$69</td>
</tr>
<tr>
<td>Nov 23–Dec 31*</td>
<td>Sat</td>
<td>11 am-12:20 pm</td>
<td>4x</td>
<td>$48</td>
<td>$58</td>
</tr>
</tbody>
</table>

Instructor: Viji Sundaram
Location: Albany Community Center, Rooms 1 & 2
Min: 5; Max: 10
*No class on Nov 27 & Nov 30

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

ADULT
Your core 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. 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® Movement Educator with an extensive background as a professional dancer. This is a mixed level class (beginning to intermediate). Mats available.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Oct 23</td>
<td>Wed</td>
<td>5:45-6:45 pm</td>
<td>8x</td>
<td>$105</td>
<td>$115</td>
</tr>
<tr>
<td>Oct 30–Dec 18</td>
<td>Wed</td>
<td>5:45-6:45 pm</td>
<td>8x</td>
<td>$105</td>
<td>$115</td>
</tr>
</tbody>
</table>

Location: Albany Community Center, Hall
Min: 8; Max: 35

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.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 9–Oct 28</td>
<td>Mon</td>
<td>6:30–8 pm</td>
<td>8x</td>
<td>$92</td>
<td>$102</td>
</tr>
<tr>
<td>Nov 4–Dec 16*</td>
<td>Mon</td>
<td>6:30–8 pm</td>
<td>6x</td>
<td>$70</td>
<td>$80</td>
</tr>
</tbody>
</table>

Instructor: Jennifer Sowerwine
Location: Albany Community Center, Hall
Min: 5; Max: 30
*No class on Nov 11
Introduction to Da Yan Qi Gong

**ADULT**

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

**DATE**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RES.**
Sept 9-Oct 28  Mon  6-6:45 pm  8x  $70  $80

Instructor: Charlene Leung, M.S., Licensed Acupuncturist
Location: Albany Senior Center, Multi-Purpose Room
Min: 1; Max: 10  *No class on Nov 11, Dec 23 & Dec 30

Intermediate Dan Yan Qi Gong

**ADULT**

For those who have completed Beginning Da Yan Qi Gong.

**DATE**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RES.**
Nov 4-Jan 13*  Mon  6-7:30 pm  8x  $120  $130

Instructor: Charlene Leung, M.S., Licensed Acupuncturist & Herbalist
Location: Albany Senior Center, Multi-Purpose Room
Min: 5; Max: 26  *No class on Nov 11, Dec 23 & Dec 30

Advanced Da Yan Qi Gong

**ADULT**

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

**DATE**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RES.**
Sept 9-Oct 28  Mon  6-7:30 pm  8x  $90  $100

Instructor: Charlene Leung, M.S., Licensed Acupuncturist & Herbalist
Location: Albany Senior Center, Multi-Purpose Room
Min: 1; Max: 10  *No class on Nov 11, Dec 23 & Dec 30

Beginning Ki-Aikido

**AGES 7-ADULT**

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

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

**DATE**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RES.**
Sept 7-Sept 28  Sat  9-11 am  4x  $60  $70
Oct 5-Oct 26  Sat  9-11 am  4x  $60  $70
Nov 2-Nov 23*  Sat  9-11 am  3x  $60  $70
Dec 7-Dec 21  Sat  9-11 am  3x  $60  $70

Instructor: Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org
Location: Albany Community Center, Hall
Min: 5; Max: 25  *No class on Nov 9

Chinese Martial Arts/Kung Fu

**AGES 7-ADULT**

Chinese Martial Arts, aka Kung Fu is a proven system of self-defense with amazing health benefits. Practical instruction will focus on the martial arts of Ba Gua Zhang, Xing Yi Quan, Tai Chi Chuan, Lu Huo Quan with both empty hand and weapons methods. These classes are effective for people of any age who want to build health, mental acuity and prepare for self-defense situations.

Taught by Shifu Kaye who has over 45 years of training in Chinese internal arts (taiji, qi gong, bagu, xingyi and yiquan) since 1973. He currently offers Integral Taiji & Qigong classes at the Albany Senior Center, the University of California Botanical Garden, the Peralta Community Garden and the Bancroft Community Garden. You can see her class schedule and practice videos at www.integraltaiji.wordpress.com

Elizabeth McAnally, PhD has been training in Chinese internal arts (taiji, qi gong, bagu, xingyi and yiquan) since 2005. She has taught classes on philosophy, religion and environmental ethics at Pacifica Graduate Institute, the University of North Texas, Diablo Valley College, and the University of San Francisco. Elizabeth is the author of Loving Water across Religions: Contributions to an Integral Water Ethic (Orbis Press, 2019).

**DATE**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RES.**
Sept 10-Oct 12*  Tue  6-7 pm  7x  $74  $84
Nov 5-Dec 17*  Tue  6-7 pm  6x  $64  $74

Instructor: Elizabeth McAnally, PhD
Location: Albany Senior Center, Multi-Purpose Room
Min: 5; Max: 25  *No class on Nov 26

Integral Taiji & Qigong

**ADULT**

Integral Taiji & Qigong classes with Elizabeth McAnally, PhD focus on embodied, psycho-spiritual, ecological, and cosmological dimensions of qigong and taiji. Through meditative movements, we will cultivate qi (energy) and increase awareness and relaxation. We will practice standing meditation, walking meditation, Taiji Ruler, the Eight Treasures, cleansing the internal organs, embodying the elements, taiji dance, push hands, the Yang style slow form, and more. Everyone is invited to participate, regardless of prior experience. Please wear comfortable clothes and shoes.

**DATE**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RES.**
Sept 10-Oct 12*  Tue  6-7 pm  7x  $74  $84
Nov 5-Dec 17*  Tue  6-7 pm  6x  $64  $74

Instructor: Elizabeth McAnally, PhD
Location: Albany Senior Center, Multi-Purpose Room
Min: 5; Max: 25  *No class on Nov 26

**DATE**  **DAY**  **TIME**  **MEETS**  **ALBANY RESIDENT**  **NON-RES.**
Oct 3-Dec 19*  Thu  6:30-8 pm  10x  $154  $164

Instructor: Shifu Fred Kaye
Location: Albany Senior Center, Multi-purpose Room
Min: 5; Max: 25  *No class on Oct 31 & Nov 28
Beginning Watercolor
ADULT
Discover how easy and beautiful watercolor can be. We will make delicate gradations, hard edges and surprising patterns with paint. Then we mix colors and create the illusion of shadow and light to create wonderful still life and landscape paintings. Drawing skills are not required for this class, and gentle instruction is provided as needed. A materials list is provided upon registration.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.
---|---|---|---|---|---
Sept 6–Oct 11 | Fri | 6:30-8:30 pm | 6x | $145 | $155
Instructor: Ilah Jarvis
Location: Albany Community Center, Craft Room
Min: 3; Max: 10

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.
---|---|---|---|---|---
Oct 18–Nov 22 | Fri | 6:30-8:30 pm | 6x | $145 | $155
Instructor: Ilah Jarvis
Location: Albany Community Center, Craft Room
Min: 3; Max: 10

Clay, Wine...Create!
ADULT
Have you always wanted to play with clay and learn basic hand building techniques? Gather with other creative-minded ladies to share ideas and enjoy guided exercises. Learn tile-building and glaze painting. Make pinch pots, coil pots, and mugs. Bring your choice beverage and snacks to share. All materials provided. No experience necessary. Grab a girlfriend or two and let’s get creative! $20 material fee paid to instructor.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.
---|---|---|---|---|---
Sept 26–Oct 24 | Thu | 7-8:30 pm | 5x | $125 | $135
Nov 7–Dec 12 | Thu | 7-8:30 pm | 5x | $125 | $135
Instructor: Paquerette Clark
Location: Albany Community Center, Craft Room
Min: 3; Max: 8

Clay, Coffee...Connect!
ADULT
Have you always wanted to play with clay and learn basic hand building techniques? Gather with other creative-minded ladies to share ideas and enjoy guided exercises. Learn tile-building and glaze painting. Make pinch pots, coil pots, and mugs. Coffee, tea and materials will be provided. No experience necessary. Grab a girlfriend or two and let’s get creative! $35 material fee paid to instructor.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.
---|---|---|---|---|---
Sept 23–Oct 28 | Mon | 10-11:30 am | 6x | $145 | $155
Nov 4–Dec 16 | Mon | 10-11:30 am | 6x | $145 | $155
Instructor: Paquerette Clark
Location: Albany Community Center, Craft Room
Min: 3; Max: 11

City of Albany RECREATION & COMMUNITY SERVICES 510 524-9283
Figure Drawing

ADULT

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Oct 23</td>
<td>Wed</td>
<td>7–9 pm</td>
<td>8x</td>
<td>$84</td>
<td>$94</td>
</tr>
<tr>
<td>Oct 30–Dec 18</td>
<td>Wed</td>
<td>7–9 pm</td>
<td>8x</td>
<td>$84</td>
<td>$94</td>
</tr>
</tbody>
</table>

Instructor: Jack Katz
Location: Albany Senior Center, South Room
Min: 8; Max: 20

Japanese Brush Painting/Sumi-e

ADULT

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 11–Oct 16</td>
<td>Wed</td>
<td>9:50 am–12:10 pm</td>
<td>6x</td>
<td>$136</td>
<td>$146</td>
</tr>
</tbody>
</table>

Instructor: Fumiyo Yoshikawa, www.fumiyo-y.com, art@fumiyo-y.com (for art supply list)
Location: Albany Community Center, Rooms 1 & 2
Min: 4; Max: 12

How to Make your Drawings Look Real

ADULT

The secret to making a drawing or painting (which is two dimensional) look real (which is something 3 dimensional) is to imitate the appearance of it. Becoming aware of eye-level and vanishing points, and putting your attention on shadows, are a few techniques—there are so many more in this bag of tricks that will increase your confidence to know what to do to your picture to make it look more real. It’s mostly a matter of having things pointed out to you. “If you can see, you can draw—and paint.”

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 14–Nov 4</td>
<td>Mon</td>
<td>6–8 pm</td>
<td>4x</td>
<td>$50</td>
<td>$55</td>
</tr>
</tbody>
</table>

Instructor: Shay Stephens
Location: Albany Senior Center, South Room
Min: 5; Max: 15

How to do Dynamic Drawings

ADULT

In all our favorite Super Heroes comics there’s a formula at work. In fine art, its the same thing. It has to do with what’s in the picture—and what’s not—and where in the frame things are placed. We call that composition. It should move the viewer’s eye along and command attention to what the artist wants most to be noticed. If you’re interested in depicting an eye-catching still-life, or the figure in action (SpiderMan), or just a figure in repose (sleeping cat), this class should help you improve your feel for the total dramatic design of your picture.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 18–Dec 16</td>
<td>Mon</td>
<td>6–8 pm</td>
<td>5x</td>
<td>$60</td>
<td>$65</td>
</tr>
</tbody>
</table>

Instructor: Shay Stephens
Location: Albany Senior Center, South Room
Min: 5; Max: 15

Painting Workshop (Self-directed)

ADULT

In this painting workshop, experienced artists work independently with water-based paints, drawing, collage or mixed media. Participants bring their own projects and materials. There is no instruction, but we strive to provide a supportive space for creative work.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 5–Oct 17</td>
<td>Thur</td>
<td>6:30–9:30 pm</td>
<td>7x</td>
<td>$55</td>
<td>$65</td>
</tr>
<tr>
<td>Oct 24–Dec 19</td>
<td>Thur</td>
<td>6:30–9:30 pm</td>
<td>7x</td>
<td>$55</td>
<td>$65</td>
</tr>
</tbody>
</table>

Instructor: Charley Paff, charleypaff@gmail.com
Location: Albany Community Center, Rooms 1 & 2
Min: 5; Max: 12

How to Draw from Your Imagination

ADULT

You can draw or paint from reality—or not. But either way you’re coloring it with your self-expression. This is about allowing yourself the freedom to express what you want to see without judging it by the amount of “skill” you have. And if you have some, good. And if not, you will pick some up just by being in this class for the fun of it. The imagination will surprise you with its ability to create.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 9–Oct 7</td>
<td>Mon</td>
<td>6–8 pm</td>
<td>5x</td>
<td>$60</td>
<td>$65</td>
</tr>
</tbody>
</table>

Instructor: Shay Stephens
Location: Albany Senior Center, South Room
Min: 5; Max: 15

How to Make your Drawings Look Real

ADULT

The secret to making a drawing or painting (which is two dimensional) look real (which is something 3 dimensional) is to imitate the appearance of it. Becoming aware of eye-level and vanishing points, and putting your attention on shadows, are a few techniques—there are so many more in this bag of tricks that will increase your confidence to know what to do to your picture to make it look more real. It’s mostly a matter of having things pointed out to you. “If you can see, you can draw—and paint.”

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 14–Nov 4</td>
<td>Mon</td>
<td>6–8 pm</td>
<td>4x</td>
<td>$50</td>
<td>$55</td>
</tr>
</tbody>
</table>

Instructor: Shay Stephens
Location: Albany Senior Center, South Room
Min: 5; Max: 15

How to do Dynamic Drawings

ADULT

In all our favorite Super Heroes comics there’s a formula at work. In fine art, its the same thing. It has to do with what’s in the picture—and what’s not—and where in the frame things are placed. We call that composition. It should move the viewer’s eye along and command attention to what the artist wants most to be noticed. If you’re interested in depicting an eye-catching still-life, or the figure in action (SpiderMan), or just a figure in repose (sleeping cat), this class should help you improve your feel for the total dramatic design of your picture.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 18–Dec 16</td>
<td>Mon</td>
<td>6–8 pm</td>
<td>5x</td>
<td>$60</td>
<td>$65</td>
</tr>
</tbody>
</table>

Instructor: Shay Stephens
Location: Albany Senior Center, South Room
Min: 5; Max: 15

Painting Workshop (Self-directed)

ADULT

In this painting workshop, experienced artists work independently with water-based paints, drawing, collage or mixed media. Participants bring their own projects and materials. There is no instruction, but we strive to provide a supportive space for creative work.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 5–Oct 17</td>
<td>Thur</td>
<td>6:30–9:30 pm</td>
<td>7x</td>
<td>$55</td>
<td>$65</td>
</tr>
<tr>
<td>Oct 24–Dec 19</td>
<td>Thur</td>
<td>6:30–9:30 pm</td>
<td>7x</td>
<td>$55</td>
<td>$65</td>
</tr>
</tbody>
</table>

Instructor: Charley Paff, charleypaff@gmail.com
Location: Albany Community Center, Rooms 1 & 2
Min: 5; Max: 12
**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.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 7–Oct 5</td>
<td>Sat</td>
<td>10–11:30 am</td>
<td>5x</td>
<td>$68</td>
<td>$78</td>
<td></td>
</tr>
<tr>
<td>Oct 12–Nov 16</td>
<td>Sat</td>
<td>10–11:30 am</td>
<td>5x</td>
<td>$68</td>
<td>$78</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Claude Sprague, (510) 859-4055, claude@theguitarinstructor.net

**Location:** Albany Community Center, EOC & Craft Rooms

Min: 4; Max: 16

*No class on Nov 9*

**LOW INTERMEDIATE RECORDER ENSEMBLE**

**ADULT**

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

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 24–Nov 19</td>
<td>Tue</td>
<td>6:30–7:30 pm</td>
<td>9x</td>
<td>$79</td>
<td>$89</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Tish Berlin

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

Min: 8; Max: 50

**Ukulele 1**

**AGES 12–ADULT**

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

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 9–Oct 21</td>
<td>Mon</td>
<td>6–7:30 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Nov 18–Dec 16</td>
<td>Mon</td>
<td>6–7:30 pm</td>
<td>5x</td>
<td>$84</td>
<td>$94</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Lenny San Jose aka “Ukulenny”, www.ukulenny.com

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

Min: 6; Max: 30

*No class on Sept 30*

**Ukulele 2**

**AGES 12–ADULT**

Advanced ukulele workshop for players with confident strumming and chord reading ability. This course will focus on advanced strumming patterns, scales, fingerpicking, and special ukulele techniques. Songs will be selected in collaboration between instructor and student, with some orchestral-type ukulele arrangements and individual/small group performances. Taught by Ukulenny, YouTube teacher, co-founder of SF Uke Jam, and sponsored Kala Ukulele artist.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 9–Oct 21</td>
<td>Mon</td>
<td>7:30–9 pm</td>
<td>6x</td>
<td>$100</td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td>Nov 18–Dec 16</td>
<td>Mon</td>
<td>7:30–9 pm</td>
<td>5x</td>
<td>$84</td>
<td>$94</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Lenny San Jose aka “Ukulenny”, www.ukulenny.com

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

Min: 6; Max: 30

*No class on Sept 30*

**ALBANY BIG BAND JAZZ ENSEMBLE**

**ADULT**

The Albany Jazz Band has been playing big band music for more than 15 years. It is part of the City of Albany’s Recreation and Community Services Activities program. The band plays classic to modern instrumental and vocal jazz, swing, latin and other genres arranged for traditional 18-20 piece jazz big band—ordinarily saxophones, trumpets, trombones, guitar, piano, bass and percussion. Our band offers an opportunity to learn, play, and perform tightly arranged jazz, and to explore the vibrant experience of soloing and singing with a big band. Playing and singing level is intermediate and above—experience with jazz and swing idioms is recommended.

Participation in the band requires a commitment to attend regular rehearsals, and to participate in occasional public performances. Due to limited space, enrollment is by permission of instructor only. For information about how to join or other questions about enrollment, contact Instructor. Performances may be scheduled outside regular rehearsal dates and times. $20 material fee paid to instructor.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Nov 20</td>
<td>Wed</td>
<td>7–9:15 pm</td>
<td>12x</td>
<td>$70</td>
<td>$80</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Bob Levenson (Conductor & Musical Director), Rich Kalman (Vocal Director); instructor@albanyjazzband.org

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

Min: 32; Max: 25

**ALBANY COMMUNITY CHORUS**

**ADULT**

Come join us in song! The Albany Community Chorus is a non-auditioned vocal ensemble performing music spanning all genres, cultures and periods of music history. In addition to two major performances per season, we perform at 3-4 other community events throughout the year. The class is open to singers of all levels. This quarter, we are working towards a full performance in December. NOTE: Instructor will notify students for potential missing dates.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 17–Dec 17</td>
<td>Tue</td>
<td>7–9 pm</td>
<td>13x</td>
<td>$89</td>
<td>$99</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Mary Stocker

**Location:** TBA

Min: 25; Max: 65

*No class on October 8*

**High Intermediate Recorder Ensemble**

**ADULT**

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

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 24–Nov 19</td>
<td>Tue</td>
<td>7:30–8:30 pm</td>
<td>9x</td>
<td>$79</td>
<td>$89</td>
<td></td>
</tr>
</tbody>
</table>

**Instructor:** Tish Berlin

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

Min: 8; Max: 50
Albany Chamber Orchestra

**ADULT**

The Albany Chamber Orchestra is a 35-piece orchestra composed of string, wind, brass, and percussion instruments. It was formerly known as the Albany Community Orchestra, the Albany Adult School Orchestra, and the Albany Chamber Strings. The orchestra was organized by Ernest Douglas in 1975 as a class in the Albany Adult School. In the past 44 years, it has given hundreds of amateur adult musicians the opportunity to study and perform over 300 selections from the orchestral repertoire. No auditions are necessary, but players should be of an intermediate level or above. New string players are welcome; wind and brass opportunities are limited, so those players should contact the conductor (see website address). The Orchestra presents two free public concerts each year and an occasional Young People’s Concert. Participants must play in a public concert on Sunday, November 17.

**STRING PLAYERS**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 3–Nov 5</td>
<td>Tue</td>
<td>7-9:15 pm</td>
<td>10x</td>
<td>$76</td>
<td>$86</td>
</tr>
</tbody>
</table>

**WIND & BRASS PLAYERS**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 3–Oct 29*</td>
<td>Sun</td>
<td>7-9:15 pm</td>
<td>9x</td>
<td>$56</td>
<td>$66</td>
</tr>
</tbody>
</table>

Instructor: Teresa Colyer
Location: TBA
Min: 25; Max: 40
*No class on Sept 10, Sept 24, Oct 8 & Oct 22

---

**Collage Poetry Mashup Workshop**

**AGES ALL (FAMILIES WELCOME)**

Explore the art of found and made poetry. We will mine magazines, newspapers, and previously published poetry to create word and image collages, cross-out poems, and poetry mashups. Worship is best for children ages 8 years and older.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 2</td>
<td>Sat</td>
<td>2:30-4 pm</td>
<td>1x</td>
<td>$14</td>
<td>$14</td>
</tr>
</tbody>
</table>

Instructor: Rachel Rosekind, PhD, www.writeyouare.net
Location: Albany Community Center, EOC Room
Min: 5; Max: 12

---

**Japanese Tea Ceremony**

**ADULT**

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 17–Nov 19</td>
<td>Tue</td>
<td>10 am-moon</td>
<td>10x</td>
<td>$204</td>
<td>$214</td>
</tr>
</tbody>
</table>

Instructor: Sosho Kobayashi
Location: Albany Community Center, Rooms 1 & 2
Min: 3; Max: 10

---

**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.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 5–Nov 21*</td>
<td>Thur</td>
<td>10 am-1 pm</td>
<td>10x</td>
<td>$204</td>
<td>$214</td>
</tr>
</tbody>
</table>

Instructor: Soho Sakai
Location: Albany Community Center, Hall
Min: 15; Max: 50
*No class on Oct 24 & Oct 31

---

**Calligraphy**

**ADULT**

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 9–Nov 4</td>
<td>Mon</td>
<td>3-5 pm</td>
<td>9x</td>
<td>$94</td>
<td>$104</td>
</tr>
</tbody>
</table>

Instructor: Carla J. Tenret
Location: Albany Community Center, Rooms 1 & 2
Min: 15; Max: 20

---

Looking for cooking classes? See pp. 24–26 for free cooking classes funded by SSB
## Dance

### Adult Dance Classes

#### Chinese Traditional & Folk Dance

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Meets</th>
<th>Resident</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 3–Sept 24</td>
<td>Thu</td>
<td>7–8:30 pm</td>
<td>4x</td>
<td>$65</td>
<td>$75</td>
</tr>
<tr>
<td>Oct 1–Oct 29</td>
<td>Tue</td>
<td>12:15–1:45 pm</td>
<td>5x</td>
<td>$80</td>
<td>$90</td>
</tr>
<tr>
<td>Nov 5–Nov 26</td>
<td>Tue</td>
<td>12:15–1:45 pm</td>
<td>4x</td>
<td>$65</td>
<td>$75</td>
</tr>
<tr>
<td>Dec 3–Dec 17</td>
<td>Tue</td>
<td>12:15–1:45 pm</td>
<td>3x</td>
<td>$50</td>
<td>$60</td>
</tr>
</tbody>
</table>

**Instructor:** East Bay Shi’s Ballet (Zhongqi Shi)

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

**Min:** 8; **Max:** 14

#### Absolute Beginner Line Dance

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Meets</th>
<th>Resident</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 3–Sept 24</td>
<td>Tue</td>
<td>12:15–1:45 pm</td>
<td>4x</td>
<td>$65</td>
<td>$75</td>
</tr>
<tr>
<td>Oct 1–Oct 29</td>
<td>Tue</td>
<td>12:15–1:45 pm</td>
<td>5x</td>
<td>$80</td>
<td>$90</td>
</tr>
<tr>
<td>Nov 5–Nov 26</td>
<td>Tue</td>
<td>12:15–1:45 pm</td>
<td>4x</td>
<td>$65</td>
<td>$75</td>
</tr>
<tr>
<td>Dec 3–Dec 17</td>
<td>Tue</td>
<td>12:15–1:45 pm</td>
<td>3x</td>
<td>$50</td>
<td>$60</td>
</tr>
</tbody>
</table>

**Instructor:** East Bay Shi’s Ballet (Zhongqi Shi)

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

**Min:** 8; **Max:** 14

#### Beginner Plus Line Dance

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Meets</th>
<th>Resident</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 3–Oct 8</td>
<td>Tue</td>
<td>7–8:30 pm</td>
<td>6x</td>
<td>$58</td>
<td>$68</td>
</tr>
<tr>
<td>Oct 22–Dec 10</td>
<td>Tue</td>
<td>7–8:30 pm</td>
<td>7x</td>
<td>$67</td>
<td>$77</td>
</tr>
</tbody>
</table>

**Instructor:** Aimee Haire

**Location:** Albany Community Center, Hall; Senior Center, Multi-Purpose Room (Sept 3)

**Min:** 8; **Max:** 25

*No class on Oct 25, Nov 8 & Nov 29

#### Absolute Beginner Line Dance

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Meets</th>
<th>Resident</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 5–Dec 5*</td>
<td>Thur</td>
<td>7–8:30 pm</td>
<td>10x</td>
<td>$94</td>
<td>$104</td>
</tr>
</tbody>
</table>

**Instructor:** Aimee Haire

**Location:** Albany Community Center, Hall

**Min:** 8; **Max:** 25

*No class on Sept 19, Oct 17, Nov 7 & Nov 28

#### Beginning/Intermediate Classical Ballet

**Adults**
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 clothes. Hair should be up and away from the face for both men and women with long hair. Come join us!

**Wednesday**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Meets</th>
<th>Resident</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Oct 23</td>
<td>Wed</td>
<td>7:15–8:45 pm</td>
<td>8x</td>
<td>$112</td>
<td>$122</td>
</tr>
<tr>
<td>Oct 30–Dec 18</td>
<td>Wed</td>
<td>7:15–8:45 pm</td>
<td>8x</td>
<td>$112</td>
<td>$122</td>
</tr>
</tbody>
</table>

**Friday**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Meets</th>
<th>Resident</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 6–Oct 18</td>
<td>Fri</td>
<td>7–8:30 pm</td>
<td>7x</td>
<td>$99</td>
<td>$109</td>
</tr>
<tr>
<td>Nov 1–Dec 20*</td>
<td>Fri</td>
<td>7–8:30 pm</td>
<td>6x</td>
<td>$85</td>
<td>$95</td>
</tr>
</tbody>
</table>

**Wednesday & Friday**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Meets</th>
<th>Resident</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 4–Oct 23</td>
<td>Wed/Fri</td>
<td>See Above</td>
<td>15x</td>
<td>$192</td>
<td>$202</td>
</tr>
<tr>
<td>Oct 30–Dec 20*</td>
<td>Wed/Fri</td>
<td>See Above</td>
<td>14x</td>
<td>$179</td>
<td>$189</td>
</tr>
</tbody>
</table>

**Instructor:** David Bertlin & Ronn Guidi

**Location:** Albany Community Center, Hall

**Min:** 9; **Max:** 25

*No class on Oct 25, Nov 8 & Nov 29
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 rolling safely to school), installation of water bottle filling stations at City parks and facilities, free fitness classes in parks, free nutrition, cooking and gardening classes, Safe Routes to School Bike Safety program, and Healthy Me Music & Movement program.

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.
Free Cooking Classes

The City is offering a series of cooking classes this fall. These hands-on cooking classes are free (participants must pay material fee) to Albany residents and registration is required. In order to provide free healthy-living classes to as many Albany residents as possible, we ask that individuals sign up for no more than two free SSB cooking classes per activity guide.

If you have not previously taken classes at the Albany Recreation & Community Services Department, you must register in person at the Albany Community Center (1249 Marin Avenue). Proof of residency is required (e.g. utility bill, CA driver’s license).

Please bring a chef’s knife, cutting board, apron and towel to each class.

Indian Vegetarian Cooking

In these workshops, students will be shown how to prepare mouth-watering vegetarian dishes from the cuisines of India. September 7 Menu: Chenna masala (garbanzo beans in spicy gravy); aloo tikki (potato and pea cutlets); mint and cilantro chutney; brown rice. September 16 Menu: Vegetable kurma (mixed vegetables in a spicy coconut gravy), fried rice with cashew nuts and raisins; mango lassi. At the end of the class, students can enjoy a multi-course meal. $10 material fee paid to instructor.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 7</td>
<td>Sat</td>
<td>10 am-1 pm</td>
<td>1x</td>
<td>FREE</td>
<td>$50</td>
</tr>
<tr>
<td>September 16</td>
<td>Mon</td>
<td>6:30–9 pm</td>
<td>1x</td>
<td>FREE</td>
<td>$50</td>
</tr>
</tbody>
</table>

Instructor: Viji Sundaram
Location: Albany Community Center, Kitchen
Min: 5; Max: 10
### Classic Thai Cooking

**ADULT**

Recently return from Thailand with new trend and his cookbook "Easy Thai," Chat invites you to get into Thai with a Thai meal. Learn Thai culinary philosophy and learn to recognize Thai tastes and flavors by hands-on preparing a 5-dish Thai meal. Learn to use herbs and spices, such as galangal and kaffir lime that are unique to Thai cuisine and transform fresh ingredients into delicious dishes, such as PadThai, Green Curry, Tomyum, Papaya salad, etc. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage. $12 material fee paid to the instructor.

**Registration:**

[WWW.alBaNyca.ORg/ONli NeReg OR FORM ON P age 68](http://WWW.alBaNyca.ORg/ONli NeReg OR FORM ON P age 68)

### Dim Sum Workshop

**ADULT**

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

### Nutritious & Healthy Snacks

**ADULT**

Certified Nutrition Health Coach & Chef Instructor Kim Baur will teach students to make light & healthy snacks that are full of flavor and quick to prepare. Using the freshest and organic ingredients available, you'll want to make her healthy recipes again and again. Bring your sharp chef knife, cutting board, hand towel, and apron. If allergies/dietary restrictions, email instructor. $12 material fee paid to the instructor.

### Vietnamese Cooking

**ADULT**

Recently return from Thailand with new trend and his cookbook "Easy Thai," Chat invites you to get into Thai with a Thai meal. Learn Thai culinary philosophy and learn to recognize Thai tastes and flavors by hands-on preparing a 5-dish Thai meal. Learn to use herbs and spices, such as galangal and kaffir lime that are unique to Thai cuisine and transform fresh ingredients into delicious dishes, such as PadThai, Green Curry, Tomyum, Papaya salad, etc. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage. $12 material fee paid to the instructor.

### What’s in Season for Your Kitchen: September

**ADULT**

The produce used in September will be focused upon: Peppers, Fennel, Head Lettuce and Figs. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim. If allergies/dietary restrictions, email instructor. $12 material fee paid to instructor.

### What’s in Season for Your Kitchen: October

**ADULT**

The produce used in October will be focused upon: Beets, Celery Root, Cauliflower and Pears. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim. If allergies/dietary restrictions, email instructor. $12 material fee paid to instructor.

### Asian Fusion Cuisine

**ADULT**

Let's bring east and west cuisine together and cook a scrumptious dinner which combined ingredients and techniques of both worlds. Enjoy French gourmet with Thai herbs, Chinese spices duck with Pasta, Phyllo and coconut for example. We will prepare a simple and easy 5-course meal such as grilled seafood with tropical fruit ceviche, lemongrass and wild mushroom soup, phyllo banana with coconut caramel, etc. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage. $12 material fee paid to the instructor.

### Healthy Thanksgiving Side Dishes

**ADULT**

Thanksgiving sides don't have to be so heavy, yet still can be delicious! Revamp your Thanksgiving sides with Certified Integrative Nutrition Health Coach & Chef Instructor Kim Baur and make simple side dishes with Brussels Sprouts, Sweet Potatoes and Cranberries that will have your guests wanting to go back for seconds! Bring your sharp chef knife, cutting board, hand towel and apron. If allergies/dietary restrictions, email instructor. $12 material fee paid to the instructor.

### Southeast Asia Cuisine

**ADULT**

Southeast Asian is home to many popular cuisines, such as Burmese, Indonesian, Thai, Vietnamese, etc. Let's select a popular dish from each cuisine and prepare it by using unique ingredients and techniques, such as Burmese tea salad, Indonesian satay, Thai curry, Vietnamese grilled meat, etc. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage. $12 material fee paid to the instructor.
What’s in Season for Your Kitchen: November

ADULT
The produce used in November will be focused upon: Brussels Sprouts, Chicories, Turnips and Persimmons. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim. If allergies/dietary restrictions, email instructor. $12 material fee paid to instructor.

DATE   DAY   TIME   MEETS   ALBANY RESIDENT NON-RES.
November 19 Tue   6–9 pm   1x   FREE   $63
Instructor: Kim Baur, Kim@steppingstone-wellness.com
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Holiday Feast with Asia Flair

ADULT
Holidays are auspicious occasions in Asia indiscriminately! So, whatever the holidays, we celebrate with large amounts of food. With global influences, holiday feasts take on special forms, mixing and matching all cultures and ingredients. We will use influences from around the world to infuse and prepare delicious Asian dishes, such as herb cups, daikon cakes, sweet potato noodles, garlic chive pancakes, curry crepes, 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.
November 25 Mon   6:30–9:30 pm   1x   FREE   $63
Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

What’s in Season for Your Kitchen: December

ADULT
The produce used in December will be focused upon: Leeks, Parsnips, Winter Squash, and Pomegranates. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim. If allergies/dietary restrictions, email instructor. $12 material fee paid to instructor.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 3</td>
<td>Tue</td>
<td>6–9 pm</td>
<td>1x</td>
<td>FREE</td>
<td>$63</td>
<td></td>
</tr>
</tbody>
</table>

Instructor: Kim Baur, Kim@steppingstone-wellness.com
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

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. $12 material fee paid to instructor.

DATE   DAY   TIME      MEETS   ALBANY RESIDENT NON-RES.   COST
December 10 Tue   6:30–9:30 pm   1x   FREE   $63
Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Asian Appetizers for Holidays

ADULT
This holiday season, instead of serving cold cuts and potato salad, let’s offer your guests easy-to-make hors d’oeuvres and appetizers with Asian flair. We will make delicious finger foods from around the world with sensible touches of Asian ingredients and techniques, such as stuffed naan bread, lemongrass mini beef cakes, salmon Thai basil roulades, Coconut puffs, 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.   COST
December 12 Thur  6:30–9:30 pm   1x   FREE   $63
Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Chopped Junior

AGES 8–13
Who is ready to unleash their inner chef? The fun in this class is coming up with ideas for dishes using the mystery ingredients provided! What can you make out of sun-dried tomatoes, asparagus and yogurt? Children are tasked with making something out of the mystery-basket ingredients that don’t seem to go together. Junior Chef’s 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! So much fun! All new recipes! $35 material fee paid to instructor (check).

DATE   DAY   TIME      MEETS   ALBANY RESIDENT NON-RES.   COST
Sept 9–Oct 21 Mon  4–5:30 pm   7x   FREE   $178
Nov 4–Dec 16 Mon  4–5:30 pm   6x   FREE   $155
Instructor: Cooking Round the World Staff
Location: Albany Community Center, Kitchen
Min: 6; Max: 10

Free Adult Cooking Classes

Free Youth Cooking Classes

What’s in Season for Your Kitchen: December

ADULT
The produce used in December will be focused upon: Leeks, Parsnips, Winter Squash, and Pomegranates. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim. If allergies/dietary restrictions, email instructor. $12 material fee paid to instructor.

DATE   DAY   TIME      MEETS   ALBANY RESIDENT NON-RES.   COST
December 3 Tue  6–9 pm   1x   FREE   $63
Instructor: Kim Baur, Kim@steppingstone-wellness.com
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

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. $12 material fee paid to instructor.

DATE   DAY   TIME      MEETS   ALBANY RESIDENT NON-RES.   COST
December 10 Tue  6:30–9:30 pm   1x   FREE   $63
Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

Asian Appetizers for Holidays

ADULT
This holiday season, instead of serving cold cuts and potato salad, let’s offer your guests easy-to-make hors d’oeuvres and appetizers with Asian flair. We will make delicious finger foods from around the world with sensible touches of Asian ingredients and techniques, such as stuffed naan bread, lemongrass mini beef cakes, salmon Thai basil roulades, Coconut puffs, 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.   COST
December 12 Thur  6:30–9:30 pm   1x   FREE   $63
Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
Min: 5; Max: 10
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** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | ---
Aug 10–Oct 12* | Sat | 9–10 am | Free | Free

*No class on Aug 31

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

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 experienced, want to assist someone as they learn or if you are just learning to ride a bike, propel a kick-scooter, roller skate/blade, or run track—come! Work out, run, power walk, push your wheelchair or stroller on the track or the “perimeter road”. 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!

**DATE** | **DAY** | **TIME** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | ---
Aug 4–Aug 25 | Sun | 3–5 pm | Free | Free

**Instructor:** Nancy Henderson, A.E.P. Specialist
**Location:** Albany Middle School Courtyard & Cougar Field

Diwali Dance Party in the Park

**ALL AGES**

Let’s celebrate Diwali with a free dance session led by Albany resident, Giti Dadlani Morris. Her playlist of Bollywood classics and pop hits and energizing dance moves will give you a taste of this massive South Asian festival of lights while having tons of fun. Giti teaches Shimmy Pop at Hipline in Oakland. Families welcome and no experience needed. Please bring your water bottle.

**DATE** | **DAY** | **TIME** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | ---
Oct 26 | Saturday | 11 am–noon | Free | Free

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

Girls & Women’s Ultimate Frisbee Pick-up

**ALL AGES**

Pick-up game for girls, womxn (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 places equal focus on the three pillars of fostering character, community, and competition, and provides a healthy, positive, physical and social outlet for all. Join us for a fun game each week!

**DATE** | **DAY** | **TIME** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | ---
Aug 13–Oct 29 | Tue | 5–6:30 pm | Free | Free

**Instructor:** Bay Area Disc Association
**Location:** Ocean View Park

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. Inclement weather will cancel.

**DATE** | **DAY** | **TIME** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | ---
Sept 7–Oct 19 | Sat | 9–10 am | Free | Free

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

Gentle Yoga in the Park

**AGES 12–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, students will be shown how to stimulate acupressure points. The asana session will be followed by healing pranaymas (breathing techniques), meditation and guided relation. Instructor 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** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | ---
Sept 8–Oct 13 | Sundays | 9–10 am | Free | Free

**Instructor:** Viji Sundaram
**Location:** Memorial Park Stage & Grass Area, 1325 Portland Ave.
Fall is made for playoffs and races! 
Come join one of our leagues and play in a friendly, open environment!

5-ASIDE CO-ED SOCCER
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! Games beginning of August–November 2019. Details are on our website.

KICKBALL MINI LEAGUES
Six weeks of non-stop play starting in October! Grab ten of your best friends and get on the field every Friday night for this schoolyard classic. Registration is $400 per team. Details on our website.

MEN’S & CO-ED SOFTBALL
Albany is the champion when it comes to Softball! We have Monday night Men’s Competitive league and Tuesday/Thursday Co-ed Recreational leagues. All games are at Ocean View Ballpark. Games start beginning of August through November 2019. Details are on our website.

DROP-IN PICKLEBALL
Albany loves Pickleball! Pickleball mixes tennis, ping-pong, and badminton together for quick play, easy scoring and low impact aerobic exercise. Outdoor drop-in doubles games are Tuesday (4–6 pm) at Ocean View Park Courts. Indoor games are on Sundays (5–7 pm) at the Albany Middle School Gym (please RSVP for Sunday play). $5 drop-in fee (Tues) $5 drop-in fee (Sun). $2 paddle rental. Email Bell at bbell@albanyca.org to RSVP.

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

Why should the kids get to have all the fun?
Challenge your endurance with Albany’s 5th Annual 10K run! Including 900 ft. of elevation straight up Marin Avenue—this course is truly a monster!

**SUNDAY, SEPTEMBER 22 • 8 AM**

Starts at the Albany Community Center, 1249 Marin Avenue  
$30 registration fee  
Call (510) 524-9283 for more info  
Visit albanyca.org/adultsports for more information

Post-run party with raffle sponsored by Transports

Special thanks to Transports and Suzette Crêpe Café

---

**RUN AROUND TOWN SUNDAYS: THE RATS RUNNING CLUB**

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 new running options and challenges every Sunday. 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.

For more information:  
B. “Bell” Bell, Adult Sports Coordinator  
bbell@albanyca.org  
www.albanyca.org/adultsports  
(510) 559-7216

---

**10K RUN**

**2019**

**THE MARIN MONSTER**

Challenge your endurance with Albany’s 5th Annual 10K run! Including 900 ft. of elevation straight up Marin Avenue—this course is truly a monster!
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

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.

**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.

**Nutrition Services**

*The Albany Tri City Café:* 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.
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 is 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 and pay at the door. Admission is $5.

### Halloween Dinner
**Thursday, October 31 • 4 pm**

### Thanksgiving Dinner
**Wednesday, November 27 • 4 pm**

### Holiday Dinner
**Friday, December 20 • 4 pm**

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

---

**Health Services**

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

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

**Podiatry Services:** Dr. Eric Fuller, DPM, will be offering Podiatry Services at the Senior/Youth Annex on the 2nd & 4th Wednesdays of each month from 2-5 pm, beginning September 11th. Fee is $10 for Albany Residents/$30 for Non-Residents. Call the Senior Center to make an appointment or for more information.

**Free Blood Pressure Checks:** Get your blood pressure checked for free at the Senior/Youth Annex on the 2nd & 4th Wednesdays of each month from 2-5 pm, beginning September 11th. Call the Senior Center to make an appointment.

---

**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 interest to gather and have fun together. Socialize with friends and make new ones! Please check in at the Front Desk for room location. Schedule is subject to change. Drop-in fee is $1.

**JUST-FOR-THE-FUN-OF-IT SOCIALS**

**MONDAYS**
No socials on August 26, September 2, September 23, November 11, December 23–January 2

Needlecraft & Beading
September 9–December 16 • 9–11 am
Bring your own materials and receive input from peers to improve your craftsmanship.

Senior Center Chorus
September 9–December 16 • 3–4 pm
Come sing away with people that love music.

**TUESDAYS**
No socials on August 27, December 23–January 2

Matinee Movie of the Week
September 3–December 17 • 1:30 pm
Enjoy some popcorn and a movie each week. See our movie flyer for a schedule of films being shown. Limited seating available.

**WEDNESDAYS**
No socials on August 28, December 23–January 2

Pop Up Ping Pong
September 4–December 18 • 1:30–3 pm
Come play non-competitive Ping Pong (Table Tennis). Exercise for physical health and improve your brain health at the same time! All levels welcome.

**THURSDAYS**
No socials on August 29, September 26, November 28, December 23–January 2

Painting
September 5–December 19 • 9 am–noon
Show off your artistic side. Bring your own materials and take this opportunity to get some positive feedback on your work.

For Pet Lovers Only!
September 5–December 19 • 10–11 am
In this social gathering of pet lovers, learn your responsibilities and how animals and people heal each other.

Laughter Yoga
September 5–December 19 • 11 am–noon
(except the 2nd Thurs of the month)
Laughter yoga practice combines laughter and deep breathing. Join us in light exercise with fun movements!

Spanish Conversation Social
September 5–December 19 • Noon–1:30 pm
This class is for seniors who had taken Spanish classes but not necessarily fluent in speaking the language. The purpose of this class is to retain what we have learned and practice using the language in a friendly environment.

Monthly Presentations
September 5–December 19 • 1–5 pm
One presentation every month. Different discussions/talks or fun events. Ask the front desk or look in the monthly Chronicle for more information and presentation dates. Come to a presentation to get a free "Rewards Card" to receive free prizes/gifts and more!

Mahjong & Games
September 5–December 19 • 1–3 pm
Mahjong, Pinochle, board games, and cards available for those looking to have some fun.

Karaokе for Seniors
September 5–December 19 • 1:30–3 pm

**FRIDAYS**
No socials on August 30, November 29, December 23–January 2

French Conversation
September 6–December 20 • 11 am–noon
If you are interested in conversing in French this group is for you. Read books and discuss current events en Francaise. Meets at the Albany Community Center!

Bridge
September 6–December 20 • Noon–3 pm
For the seasoned bridge player. Challenge yourself and those around you in our weekly bridge games.
### Senior Ballet: Aging Gracefully  
**AGES 50—OLDER**  
Open to all genders. Wheelchairs 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.

**DATE DAY TIME MEETS ALCANY RESIDENT NON- RES.**  
Sept 3–Oct 1 Tue 1:45–3 pm 5x $36 $41  
Oct 8–Nov 5 Tue 1:45–3 pm 5x $36 $41  
Nov 12–Dec 10 Tue 1:45–3 pm 5x $36 $41

**Instructor:** Julia Lee  
**Location:** Albany Senior Center, Multi-Use Room  
**Min: 4; Max: 16**  
*No class on Sept 26, Nov 11 & Nov 28*

### Beginning Hip Hop Dance Workout  
**AGES 50—OLDER**  
Designed especially for beginners with little or no dance experience, we’ll demystify hip hop until you’re moving and grooving in this upbeat, fun and friendly dance workout. Using contemporary, retro, reggae and R&B music, a choreographed dance will be cumulatively taught during each session. Bring your water bottle, wear comfortable clothing and supportive athletic shoes. A video of the steps learned is sent to you every week. Fee is per class.

**DATE DAY TIME MEETS ALCANY RESIDENT NON- RES.**  
Sept 5–Oct 10* Thu 11:30–12:30 pm 5x $9 $10  
Oct 17–Nov 14 Thu 11:30–12:30 pm 5x $9 $10  
Nov 21–Dec 19* Thu 11:30–12:30 pm 4x $9 $10

**Instructor:** Judith Kajiwara  
**Location:** Albany Senior Center, Multi-Use Room  
**Min: 5; Max: 25**  
*No class on Sept 26 & Nov 28*

### Intermediate Hip Hop Dance Workout  
**AGES 50—OLDER**  
Designed for those with some dance experience, we’ll groove to this upbeat, fun and friendly dance workout. Using contemporary, retro, reggae and R&B music, you’ll learn choreographed hip hop moves. Bring your water bottle, wear comfortable clothing and supportive athletic shoes. Students will progressively learn a new choreographed dance at the beginning of each 5-week session. A video of the steps learned is sent to you every week. Fee is per class.

**DATE DAY TIME MEETS ALCANY RESIDENT NON- RES.**  
Sept 3–Oct 1 Tue 10:30–11:30 am 5x $9 $10  
Oct 8–Nov 5 Tue 10:30–11:30 am 5x $9 $10  
Nov 12–Dec 17 Tue 10:30–11:30 am 6x $9 $10

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

### Circle Dancing  
**AGES 50—OLDER**  
Simple folk dances done holding hands in a circle. No experience necessary; each dance is taught just before it is done. Traditional dances from Greece, Israel, Scotland, Russia, the US, and many other places, plus newly choreographed dances. Some are slow and meditative, and some are more lively. Fee is per class.

**DATE DAY TIME MEETS ALCANY RESIDENT NON- RES.**  
1st Fridays* Fri 7:30–9:30 pm $7 $8  
3rd Sundays Sun 3–5 pm $7 $8

**Instructor:** Ingrid Talmadge  
**Location:** Albany Senior Center, Multi-Use Room  
**Min: 3; Max: 15**  
*No class on Dec 6*

### Women’s Traditional Dances for Fun, Exercise & Enlightenment!  
**AGES 50—OLDER**  
Were you a folk dancer in college or high school? Perhaps you wish you’d had an opportunity to folk-dance. We welcome beginners and experienced dancers alike to learn or relearn traditional women’s dances. At the heart of each dance is a basic walking step. Together we move to the beautiful music and unique rhythms of ancient Balkan and Mediterranean cultures: Greece, Bulgaria, Turkey, Armenia, Macedonia, the Rom, Israel and others. Traditional Women’s Dance is an inspiring, grounded practice and a gentle form of exercise adaptable to many levels of fitness. Ingrid is our warm and welcoming leader. She began folk dancing with her family as a young child and brings to our class her life-long love of dance and decades of experience as a teacher. Drop-in and join our circle of women! Fee is per class.

**DATE DAY TIME MEETS ALCANY RESIDENT NON- RES.**  
Sept 4–Dec 18* Wed 10:15–11:30 am 16x $7 $8

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

**AGES 50+**

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. Fee is per class.

**Exercise & Movement**

**Pickleball: Kitchenball**

**AGES 50+**

Join us for Kitchenball the fun mini game evolution of America’s fastest growing sport, Pickleball! Kitchenball takes the heart of the non-volley zone mechanic of Pickleball and makes it the focus. Play doubles, with paddles and a Pickleball, compete over a 20 ft wide net to keep the ball low, or be punished by a slam shot from your opponent. Imagine playing a ping pong game where you are shrunk down to where you stand on the table. Albany’s Adult Sports Coordinator, B. Bell, will be teaching how to play this new take on Pickleball: Kitchenball!

**Rosen Method Movement**

**AGES 50+**

This class is powerful, yet playful, combining elements of yoga, dance, stretch, balance, and relaxation, all done to a variety of wonderful music. Lengthening tight muscles and lubricating creaky joints, working with balance, and stimulating the brain—in a supportive group—all contribute to feeling more relaxed and alive. Suitable for all fitness and ability levels. Fee is per class.

---

**Exercise & Movement**

**Gentle Yoga**

**AGES 50+**

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. Fee is per class.

**Exercise & Movement**

**Pickleball: Kitchenball**

**AGES 50+**

Join us for Kitchenball the fun mini game evolution of America’s fastest growing sport, Pickleball! Kitchenball takes the heart of the non-volley zone mechanic of Pickleball and makes it the focus. Play doubles, with paddles and a Pickleball, compete over a 20 ft wide net to keep the ball low, or be punished by a slam shot from your opponent. Imagine playing a ping pong game where you are shrunk down to where you stand on the table. Albany’s Adult Sports Coordinator, B. Bell, will be teaching how to play this new take on Pickleball: Kitchenball!

**Rosen Method Movement**

**AGES 50+**

This class is powerful, yet playful, combining elements of yoga, dance, stretch, balance, and relaxation, all done to a variety of wonderful music. Lengthening tight muscles and lubricating creaky joints, working with balance, and stimulating the brain—in a supportive group—all contribute to feeling more relaxed and alive. Suitable for all fitness and ability levels. Fee is per class.
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 Fitness 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 with 18 years of experience. 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.

Chair & Balance Training

AGES 45–OLDER

Chair, Stretching, Conditioning with weights, and Balance Training. Fee is per class.

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. Improvised No Tutu was recently featured at the BulbFest and on KOFC’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 Tai 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 music and movement ideas so that the class experience is collaborative.

One Friday a month, during the school year, children from the Albany Preschool next door join us for half an hour. We also occasionally tour to schools and 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

Walk, Talk & Be Healthy!

AGES 50–OLDER

A program designed to encourage walking as a healthy lifestyle for adults 50+. Ride on the Senior Center shuttle bus to regional parks and other interesting places. Walk as you connect with other seniors. Walks are usually 1 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.

Zumba® Gold

AGES 55-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.

Gentle Tai Chi

AGES 50–OLDER

This gentle approach to Tai Chi combines Nei Dan exercises and movements from 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.

Rosen Method: Moving Body & Soul

AGES 50–OLDER

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

**AGES 50–OLDER**

Calling all computer newbies! We are continuing a drop-in weekly support group for those who are newer users of iPhones 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.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
Sept 4–Dec 18 | Wed | 1:45–2:45 pm | 17x | $1 | $1

**Instructor:** Mary McKenna  
**Location:** Albany Senior Center, South Room  
Min: 4; Max: 35

---

AARP’s 55 Alive Mature Driving

**AGES 50–OLDER**

This class provides awareness of aging as it affects driving. It offers participants compensating techniques, and emphasizes defensive practices for drivers. 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. November class is refresher course only 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.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
Sept 12–Sept 19 | Thu | 1-5 pm | 2x | $15 | $20
Oct 24 | Thu | 1–5:30 pm | 3x | $15 | $20

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

---

Advanced Beginner Guitar

**AGES 50–OLDER**

Learn to play guitar in a relaxed and fun environment. Bring your own guitar. Material provided. Experience needed. Play with a pick. Drop-ins welcome. Fee is per class.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
Sept 9–Dec 16* | Mon | 1:45-3 pm | 15x | $4 | $5

**Instructor:** Rob Waxman  
**Location:** Albany Senior/Youth Annex, 842 Masonic Ave.  
Min: 5; Max: 12  
*No class on Nov 11

---

Awakening to Change

**AGES 50–OLDER**

What are the changes we want in our lives and how can we accomplish them. This six-week course will explore “the how” using the tools of mindfulness, self-compassion, and some of the latest studies in Neuroscience. Mitch has been studying, training, and teaching in Compassionate Awareness practices for 50 years!

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
Sept 10–Oct 15 | Tue | Noon–1:30 pm | 6x | $60 | $65

**Instructor:** Mitch Durell  
**Location:** Albany Senior Center, Multi-Use Room  
Min: 4; Max: 20

---

The Art of Seeing: Fine Art Photography

**AGES 50–OLDER**

This class will explore what it means to see deeply and look attentively. The field of photography will be viewed through multiple lenses: as a fine art form, a short storytelling medium and a contemplative practice. This class is for experienced photographers working to take their artistry to the next level.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
Sept 4–Oct 23* | Mon | 9:45–11:15 am | 10x | $164 | $189
Sept 6–Oct 25* | Fri | 11 am–1:30 pm | 6x | $164 | $189

**Instructor:** Constance Cole  
**Location:** Albany Senior Center, Multi-Use Room  
Min: 12; Max: 35  
*No class on Sept 23, Sept 25, Oct 9 & Oct 11

---

Compassionate Awareness: The Heart of Meditation

**AGES 50–OLDER**

In this six-week course, we will explore in detail different practices of meditation. All of these practices embody Compassionate Awareness, awareness practices that embody compassion, loving kindness and mindfulness. Mitch has been studying, training, and teaching in Compassionate Awareness practices for 50 years!

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
Sept 10–Oct 15 | Tue | 10:30 am–noon | 6x | $60 | $65

**Instructor:** Mitch Durell  
**Location:** Albany Senior Center  
Min: 4; Max: 20

---

World Affairs & Politics

**AGES 50–OLDER**

This is an open group discussion of world affairs and politics, both local and international. Fee is per class.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
Sept 9–Dec 16* | Mon | 9:45–11:15 am | 10x | $4 | $5

**Instructor:** Constance Cole  
**Location:** Albany Senior Center, Multi-Use Room  
Min: 12; Max: 35  
*No class on Sept 23 & Nov 11

---

City of Albany RECREATION & COMMUNITY SERVICES 510 524-9283
Remarkable Voices: Fall
AGES 50–OLDER

The Best American Short Stories, 2001 contains surprising, excellent stories that appeared in 2000. Novelist Barbara Kingsolver selected them for this collection, which includes glorious fiction by authors we have read and by others who were rightly introduced here.

DATE DAY TIME MEETS AALBANY RESIDENT NON-
RES.
Sept 9–Nov 18* Mon 11:30 am–1:30 pm 10x $80 $85
Instructor: Debra Ratner Location: Albany Senior Center, Senior/Youth Annex
Min: 4; Max: 30 *No class on Nov 11

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.

DATE DAY TIME MEETS AALBANY RESIDENT NON-
RES.
Sept 9–Dec 16* Mon 3–5 pm 15x $96 $101
Instructor: Bill Hyman Location: Albany Senior Center, South Room
Min: 4; Max: 30 *No class on Sept 23 & Nov 11

Literary Gems: December
AGES 50–OLDER

We will read and discuss three remarkable stories. Two are by gifted (and by now, under-appreciated) American women from different centuries, and one is by Albert Camus. Please note: In the most poignant story, events take place in a classroom at a senior center! Instructor will provide readers; their cost is included in the fee.

DATE DAY TIME MEETS AALBANY RESIDENT NON-
RES.
Dec 2–Dec 16 Mon 11:30 am–1:30 pm 3x $50 $55
Instructor: Debra Ratner Location: Albany Senior Center, Senior/Youth Annex
Min: 4; Max: 30

Novels & Memoirs by Women: Fall
AGES 50–OLDER

While Alice Munro is known for her stories, Runaway includes three stories so long and tightly linked that they create an alternative form of novel. There’s a compelling, at times enchanting quality to this "novel", as well as to the other long fictions we will read.

DATE DAY TIME MEETS AALBANY RESIDENT NON-
RES.
Sept 11–Nov 13 Wed 3–5 pm 10x $80 $85
Instructor: Debra Ratner Location: Albany Senior Center, South Room
Min: 4; Max: 30

The Artists Way
AGES 50–OLDER

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

DATE DAY TIME MEETS AALBANY RESIDENT NON-
RES.
Sept 10–Dec 3 Tue 9:30–11:30 am 13x $100 $105
Instructor: Karen Adams Location: Albany Senior Center, South Room
Min: 4; Max: 12

Fiction Writing: Fall
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.

DATE DAY TIME MEETS AALBANY RESIDENT NON-
RES.
Sept 13–Nov 15 Fri 2–4 pm 10x $100 $105
Instructor: Debra Ratner Location: Albany Senior Center, South Room
Min: 4; Max: 30

NEW
Albany Senior Travel Troupe

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.

---

### Legion of Honor Museum: Early Rubens

**AGES 50-OLDER**

Trip Includes: Transportation, admission and docent tour on the oil paintings of Peter Paul Rubens, master of the Northern Baroque period. 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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 5</td>
<td>Thur</td>
<td>9:15 am–3:30 pm</td>
<td>1x</td>
<td>$39</td>
<td>$44</td>
<td></td>
</tr>
</tbody>
</table>

### Conservatory of Flowers: Golden Gate Park

**AGES 50-OLDER**

Trip Includes: Transportation and docent-led tour. 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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 10</td>
<td>Tue</td>
<td>9:15 am–3:30 pm</td>
<td>1x</td>
<td>$25</td>
<td>$30</td>
<td></td>
</tr>
</tbody>
</table>

### Anastasia: Broadway Musical

**AGES 50-OLDER**

Trip Includes: Transportation to Golden Gate Theatre and ticket for the Musical. 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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 18</td>
<td>Wed</td>
<td>10:30 am–9:30 pm</td>
<td>1x</td>
<td>$59</td>
<td>$64</td>
<td></td>
</tr>
</tbody>
</table>

### High Hill Ranch: Placerville

**AGES 50-OLDER**

Trip Includes: Transportation, guided loop tour through Apple Hill with stops at area ranches and BBQ lunch including the popular apple pie a la mode.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 30</td>
<td>Mon</td>
<td>8 am-4:45 pm</td>
<td>1x</td>
<td>$42</td>
<td>$47</td>
<td></td>
</tr>
</tbody>
</table>

### Castello di Amorosa Castle: Winery Tour & Tasting

**AGES 50-OLDER**

Trip Includes: Transportation, tour and wine tasting with chocolate pairing. Lunch on your own in Caiistoga.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 10</td>
<td>Thur</td>
<td>8:30 am–5 pm</td>
<td>1x</td>
<td>$75</td>
<td>$80</td>
<td></td>
</tr>
</tbody>
</table>

### Red Hawk Casino

**AGES 50-OLDER**

Trip Includes: Transportation and gaming. 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>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 16</td>
<td>Wed</td>
<td>8:30 am–5 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
<td></td>
</tr>
</tbody>
</table>

### The Fork: Point Reyes Farmstead Cheese Co.

**AGES 50-OLDER**

Trip Includes: Transportation, tour of the farm and cheese tasting. Lunch on your own in Point Reyes Station.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 30</td>
<td>Wed</td>
<td>9 am–5 pm</td>
<td>1x</td>
<td>$48</td>
<td>$54</td>
<td></td>
</tr>
</tbody>
</table>

### Dandelion Chocolate Tour & Afternoon Tea (San Francisco)

**AGES 50-OLDER**

Trip Includes: Transportation, guided tour of the chocolate factory followed by Afternoon Tea at Bloom Salon.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 7</td>
<td>Thur</td>
<td>10:30 am–4 pm</td>
<td>1x</td>
<td>$79</td>
<td>$84</td>
<td></td>
</tr>
</tbody>
</table>

### Thunder Valley Casino

**AGES 50-OLDER**

Trip includes: Transportation and gaming. 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>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 13</td>
<td>Wed</td>
<td>8:30 am–5 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
<td></td>
</tr>
</tbody>
</table>

### Beach Blanket Babylon (North Beach, San Francisco)

**AGES 50-OLDER**

Trip Includes: Transportation, ticket at Club Fugazi to the Beach Blanket Babylon musical revue. 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>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 17</td>
<td>Sun</td>
<td>11 am–5 pm</td>
<td>1x</td>
<td>$59</td>
<td>$64</td>
<td></td>
</tr>
</tbody>
</table>

### Day in Danville

**AGES 50-OLDER**

Trip Includes: Transportation. Shopping and lunch on your own in holiday-decorated Danville.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 4</td>
<td>Wed</td>
<td>10 am–4:30 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
<td></td>
</tr>
</tbody>
</table>

### Lesher Center for the Arts: A Christmas Carol

**AGES 50-OLDER**

Trip Includes: Transportation, ticket to the classic, “A Christmas Carol”. Lunch on your own in Walnut Creek.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 15</td>
<td>Sun</td>
<td>10 am–5 pm</td>
<td>1x</td>
<td>$56</td>
<td>$61</td>
<td></td>
</tr>
</tbody>
</table>
Senior Travel Troupe
Extended Vacations

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

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.

Cuba Discovery: Highlights of Havana, Vinales & the Pinar del Rio

Ages 50-Older

7 Days: February 24, 2020

Trip Includes: Roundtrip Airfare SFO, Roundtrip Transfers SFO, Air Departure Taxes & Fees, Cuban Health Insurance, 5 Night Accommodations, 12 Meals (5 breakfasts, 4 lunches & 3 dinners), Bilingual Cuban Tour Guide, People to People Interactions, Admissions per Itinerary, Hotel and Airport Transfers In Cuba, Baggage Handling, Air Conditioned Motor Coach, Gratuities.

Cost: $3699 per person, double occupancy; $650 single supplement Deposit: $500 per person. Final payment due November 2019.

Please make checks payable to Premier World Discovery. Cancellation Waiver is available for additional fee.

NEW

Thursday, Oct. 17, 2019 • 1 pm • Snacks

Want to learn more about our Extended Vacations for 2020? Come see our exciting lineup from Premier World Discovery.

• San Antonio Fiesta (April)
• Iceland Explorer (June)
• Mt. Rushmore, Yellowstone & Western Frontiers (August)
• NY City & Hudson River Valley (September)
• Italy’s Amalfi Coast (October)
• Niagara Falls (October)
• National Parks and Canyons of the Southwest (November)
• The Danube and Christmas Markets of Vienna (December)
Senior Travel Lunch Troupe

Join 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. Minimum of 12 and a maximum of 21 on each trip.

Lunch in Downtown Petaluma

**AGES 50–OLDER**
Trip includes: Transportation. Exploring and lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 25</td>
<td>Wed</td>
<td>10 am–3 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
</tr>
</tbody>
</table>

Lunch along Main Street in Benicia

**AGES 50–OLDER**
Trip includes: Transportation. Exploring and lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 25</td>
<td>Fri</td>
<td>10:30 am–3 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
</tr>
</tbody>
</table>

Lunch in Yountville

**AGES 50–OLDER**
Trip includes: Transportation. Exploring and lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 25</td>
<td>Mon</td>
<td>10 am–3 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
</tr>
</tbody>
</table>

Lunch in Historic Elmwood District

**AGES 50–OLDER**
Trip includes: Transportation. Exploring and lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 12</td>
<td>Thur</td>
<td>11 am–3 pm</td>
<td>1x</td>
<td>$19</td>
<td>$24</td>
</tr>
</tbody>
</table>
SENIOR CENTER WORLD’S FAIR
Monday, September 23, 2019 • 11 am–2 pm • Free
Albany Senior Center, 846 Masonic Avenue

Join us in a FAIR-filled day. This event will include games, face painting, photo booth, entertainment, prizes, food and more. It’s never too late to feel like a kid again!

Learn about the Senior Center through games and activities while getting to know the staff, local seniors, and what the Center offers. This event is for everyone: seniors, family, friends, and caregivers.

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

Holiday MARKET

Saturday, December 7, 2019
9 am–5 pm
Find great bargains on holiday decorations, toys, jewelry, books, household items, baked goods and fun! Now accepting clean, saleable, donated items. Apply for a vendor booth by December 1. Call the Senior Center for details 524-9122.
Albany Senior Center
846 Masonic Avenue, Albany

Open HOUSE

Thursday, September 26
9 am–5 pm
Free

Have you been wondering what goes on at the Albany Senior Center? Stop by and discover what the center has to offer! There will be fun activities, class demonstrations, entertainment and free continental breakfast, lunch and dinner!

Join us all day or drop by for that specific activity or class you’ve been wanting to attend. Talk to the instructor and staff and get the information you need.

This event is part of Albany Local Week and National Senior Center Month (September).
“Inclusion is Diversity” is a quilt show depicting the diversity of community.

Ora’s mentor, Marion Coleman, always advised her to “tell your story” as a fabric artist. This quilt show illustrates the many ways in which Ora’s community has inspired and influenced her story. Her community includes not only people of different ages, gender, and sexual orientations, but also people of different races, nationalities, physical and mental capacities. Despite the diversity, her community embraces and respects these differences.

Some of Ora’s earliest memories include her mother and grandmother making bed covers to keep their families warm in the winter. She is grateful to be able to continue their quilting tradition and participate in an art form that has evolved from bed coverings to public and private art for other’s enjoyment and reflection.

Parker, 2017. 16 x 19", fabric.

Fall into Haiku

Do You Do Haiku?

This fall, the Albany Arts Committee is organizing the 4th Annual Fall into Haiku program that decorates city sidewalks with original haiku written by people who live or work in Albany.

Haiku is a form of Japanese poetry written in three lines, 17 syllables, in a 5/7/5 syllable count.

Submissions are being accepted now. See page 51 for full details.

The Albany Community Center Art Gallery is supported by the City of Albany and managed by the Albany Arts Committee. The Arts Committee sponsors four solo shows per year. Each exhibit runs for approximately three months in the Community Center Foyer Gallery. A special thanks to two local businesses—La Vie en Rose and Design-a-Sign, who generously contribute to each show. The Arts Committee is now accepting submissions for shows between January–December 2020. Submission deadline is August 20, 2019 and shows will be selected in September. Please note that group shows are not accepted. For information about the application process visit www.albanyca.org/arts. The Albany Community Center Art Gallery is supported by the City of Albany and managed by the Albany Arts Committee.
Take the ALBANY LOCAL WEEK Challenge!
See how much you can do, shop, eat, and play within Albany’s square mile the week of September 20–28.

ALBANY LOCAL WEEK is an opportunity to discover and celebrate what Albany has to offer while supporting our local businesses and organizations. (See page 46 for a list of special local offers.)

Simply use the score card at right, keeping track of your activities from September 20–28. The person with the top score will be honored with his/her name on the ÜBER ALBANY LOCAL CUP, which will be put on prominent display (in a public location to be determined). Everyone who submits their score card by October 4th will receive a limited edition participation prize (the form of which to be later revealed). ÜBER ALBANY LOCAL CUP winner will be announced at the Albany City Council meeting on October 7, 2019.
Categories
Food & Drink
Restaurants, bars, ice cream...
Home & Garden
Home repairs, garden services, architecture, painting...
Helpful Services
Automotive, copying, photography, dry cleaning, haircuts, nail salons...
Health
Medical, dental, acupuncture, chiropractic, therapy...
Recreation & Entertainment
Movies, bike riding, bowling, classes...
Shopping
You get the idea...
Special Event
See list, below
Good Neighbor
Potlucks, block parties, volunteering...

Special Events
Friday, Sept. 20
◼ Bike About Town (p. 53)
Saturday, Sept. 21
◼ Swap-O-Rama (p. 49)
Sunday, Sept. 22
◼ Marin Monster (p. 48)
Monday, Sept. 23
◼ Sr. Center World’s Fair (p. 48)
Tuesday, Sept. 24
◼ Local Garden Swap (p. 53)
Wednesday, Sept. 25
◼ Music in the Park (back cover)
◼ Haiku Workshop (p. 51)
Thursday, Sept. 26
◼ Sr. Center Open House (p. 49)
◼ Best of Albany Awards Party (p. 47)
Friday, Sept. 27
◼ Food Truck Friday (p. 48)
Saturday, Sept. 28
◼ FOAP Clean-Up (p. 48)
◼ As You Wish Block Movie (p. 49)

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>CATEGORY</th>
<th>DATE</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL ACTIVITY SCORE

**BONUS SECTION**

The Twofer: Combine any two of the 10-point categories on same day. Add 25 points

A Turkey: String any three 10-point categories together on same day. Add 35 points

Good Neighbor: Do one Good Neighbor with any other category on same day. Add 45 points

Mister Rogers Bonus: Do three Good Neighbor activities for the week. Add 60 points

Get Out More Bonus: Attend three Special Events for the week. Add 50 points

Combo Special: Pair one Event with a Shopping, Food, or Recreation on same day. Add 30 points

Royal Flush: Do one of each category on the same day. Add 90 points

**BONUS SECTION SUBTOTAL**

If Activity Section score is more than 50: Add 2000 points

If Bonus Section score is more than 25: Add 5000 points

If you scored a Mister Rogers Bonus: Multiply Bonus Section Subtotal by 2 and enter here

**GRAND TOTAL (ADD 1, 2, 3, 4, & 5)**

SCORE CARD ENTRIES MUST BE RECEIVED BY FRIDAY, OCTOBER 4, 2019. Drop-off entry at front desk, Albany Community Center, 1249 Marin Avenue, Albany. Eber Cup winner will be announced at City Council meeting on Monday, October 7, 2019. All participants will be sent a special prize by mail.
Albany Local Week: Special, Local Offers
September 20–28, 2019

NOTE: SOME OFFERS ARE AVAILABLE ONLY ON CERTAIN DAYS DURING ALBANY LOCAL WEEK. SEE INDIVIDUAL LISTINGS FOR VALID DAYS.

Aly Tyres
1137 Solano Avenue
(510) 280-5641
10% off with mention of Albany Local Week.
Available: F Sa Su M Tu W Th F Sa

Albany Bowl
540 San Pablo Avenue
(510) 526-8618
$1.50 per person, per bowling game. Available 9am–5pm on Sept. 26 & 27 only.
Available: Th F

Arrow Glass Company
640 San Pablo Avenue
(510) 525-2138
15% off new window and door screens. Materials only, installation not included.
Available: M Tu W Th F

Bosu Guang
116 Solano Avenue
(510) 527-8288
15% off your bill when you mention Albany Local Week.
Available: F Sa Su M Tu W Th F Sa

Bossa Luang
1166 Solano Avenue
(510) 527-8200
4% commission instead of 5% commission per customer. One month expiration.
Available: Su M Tu W Th F Sa

Boulevard
618 San Pablo Avenue
(510) 525-5677
10% off on dine-in or take out with mention of Albany Local Week!
Available: M Tu W Th F Sa

Cafe Raj
1158 Solano Avenue
(510) 528-2200
4% commission instead of 5% commission when you call your Albany home.
Available: F Sa Su M Tu W Th F Sa

Daniel Winkler & Associates, Inc.
1215 Solano Avenue
(510) 528-2200
4% commission instead of 5% commission when you call your Albany home.
Available: F Sa Su M Tu W Th F Sa

EMW Auto Body & Frame
618 San Pablo Avenue
(510) 526-2286
Free damage assessment.
Available: M Tu W Th F Sa

Floor Dimensions
1081 Eastshore Hwy
(510) 525-5656
10% off regular prices and flooring and carpeting. Not valid with other discounts or prior purchases. Must mention “Albany Local Week” at time of purchase.
Available: M Tu W Th F Sa

Golden Poppy Flowers
1160 Solano Ave
(510) 525-7313
20% off entire store.
Available: F Sa Su M Tu W Th F Sa

Grow Family Acupuncture
1225 C Solano Avenue
(510) 684-8633
Schedule a new patient appointment during Albany Local Week, get 50% off your first visit! Appointment must be before October 31. Booking is available by phone, email, or online.
Available: M Tu W Th F Sat

Hayama Osteotherapy
828 San Pablo Avenue
(510) 725-7297
$50 off new patient visits. 90-minute initial session consists of complete evaluation and treatment. Great for chronic pain sufferers.
Available: Sa M Tu W Th F Sa

HEAL: Pilates
1053 Solano Avenue
(510) 679-5055
3 Private Lessons for $180!Normally $200. Each lesson is 55 mins on Pilates Reformer, Cadillac or Chair. Email healpilatesstudio@gmail.com to sign up! New clients only. One per customer. One month expiration.
Available: Su M Tu W Th F Sa

Husky-Gerry Family Chiropractic
1037 Solano Avenue
(510) 524-7005
10% off initial evaluation. Call office for appointments- first time patients only.
Available: M Tu W Th F Sa

Jingle Jamboree Music
1016 Talbot Avenue
(510) 334-8851
$100 off afterschool music or summer camp registration. Cannot be combined with other discount or donation certificate.
Available: Su M Tu W Th F Sa

Kim’s Cafe & Sandwiches
1309 Solano Avenue
(510) 525-2550
15% off for Albany residents only.
Available: T

Law Offices of Seth P. Chazin
1604 Solano Avenue
(510) 984-3999
Free 30-minute consultation.
Available: M Tu W Th F Sa

La Va's Pizza Albany
753 San Pablo Avenue
(510) 528-6100
10% off total bill when mentioning Albany Local Week or buy 1 Indian Pizza, get the next 50% off.
Available: M Tu W Th F Sa

Laura Turbow Photography
729 Santa Fe Avenue
(510) 528-5555
50% off all business portrait sessions in the studio, including an online gallery and one hi-res file that can be used for any type of marketing needs including websites, brochures, or any social media. In-studio session only.
Available: F Sa Su M W Th F Sa

Lori Walker Business Consulting
1650 Solano Avenue, Suite C
(510) 526-7744
Complementary 60 minute phone consultation to discuss any of your business concerns such as increasing profits, restructuring, launching, or growing your business.
Available: M Tu W Th F

The Lumber Baron, Inc.
500 Cleveland Avenue
(510) 526-7224
10% off any purchase of $500 or more.
Available: Su M Tu W Th F Sa

Metta Traditional Thai Massage, LLC
727 San Pablo Avenue, Suite 102AB
(510) 525-2826
10% off all services.
Available: M Tu W Th F Sa

Morning Tide
847 Cornell Avenue
(510) 529-4471
20% off in-store only for Albany residents only.
Available: F Sa M Tu W Th F Sa

Mr. DeWic’s Cashew Creamery
1116 Solano Avenue
(510) 225-9534
Buy one scoop, get second 50% off. Limit one per customer. Not valid with other coupons or offers.
Available: Su M Tu W Th F Sa

Natural Healing M.D.
1201 Solano Avenue
(510) 550-7500
Available: Su M Tu W Th F Sa

Nippon European Motors
730 San Pablo Avenue
(510) 527-2443
Albany residents receive a 10% discount off of labor. Cannot be combined with other offers or discounts. By appointment only.
Available: Su M Tu W Th F Sa

Nomi Tea
1475 Solano Avenue
(510) 984-0602
25% off purchase.
Available: F Sa Su M W Th F Sa

Ocean View Brew Works
627 San Pablo Avenue
(510) 280-5127
Monday: $4 Pints for All Albany Residents. Wednesday–Sunday: $2 off first pint or growler fill and 3 for $30 on Crowlers. *Select beers may not be included. Must be 21.
Available: F Sa Su M W Th F Sa

Royal Cleaners
814 San Pablo Avenue
(510) 525-0341
20% off dry-cleaning.
Available: M Tu W Th F Sa

Sarana Community Acupuncture
970 San Pablo Ave
(510) 526-5056
5 for $110 Acu-pack Special: get 5 community acupuncture sessions for just $110. Good for either initial or follow-up treatments, acu-pack can be shared, sessions do not expire once purchased, can be bought as gifts for others. One acu-pack per person maximum.
Available: Su M Tu W Th F Sa

Solano Cellars
1580 Solano Avenue
(510) 525-9463
10% off for retail and 15% off at the bar (must show California ID).
Available: F Sa Su M W Th F Sa

Strictly Vinyl Records
1060 Solano Avenue
(510) 679-5040
15% off used vinyl.
Available: Sa M Tu W Th F Sa

Su Yun’s Chinese Learning Center
850-A Talbot Avenue
(510) 833-7088
FREE one-day trial class. Call to schedule a tour and free class.
Available: M Tu W Th F

Tay Tah Cafe
1182 Solano Avenue
(510) 527-6104
Buy 2 BOA drinks, get 1 free when you mention Albany Local Week.
Available: F Sa Su M W Th F Sa

Toy Go Round
1361 Solano Avenue
(510) 527-1363
10% off all in store. Must mention Albany Local Week.
Available: F Sa Su M W Th F Sa

Wildcats Osteopathy
970 San Pablo Ave
(510) 280-5127
$20 off new patient visits. 90-minute initial session consists of complete evaluation and treatment. Great for chronic pain sufferers.
Available: Sa M Tu W Th F Sa

William’s Osteopathy
1305 Solano Avenue
(510) 527-8288
15% off for Albany residents only.
Available: Su M Tu W Th F Sa

Yoga to the Core
850 A Talbot Avenue
(510) 527-8288
15% off for Albany residents only.
Available: Su M Tu W Th F Sa

Zeal Naturals
990 Solano Avenue
(510) 527-1363
15% off entire store.
Available: Su M Tu W Th F Sa
Let’s celebrate our local businesses and give them the recognition they deserve. Nominate your favorites, then vote!

Nomination Period: August 7–28, 2019
Voting Period: August 29–September 18, 2019
Visit www.EverythingAlbany.com to nominate or vote for your favorites!

Winners announced at the Best of Albany Awards Party
Thursday, September 26, 5–7 pm
Belmont Village, 1100 San Pablo Ave.
Terrace Park Clean-Up Event
Saturday, September 28, 2019
9 am–1 pm
Free T-shirt & Pizza!

Food Truck Friday
Friday, September 27
5–8 pm
Albany Community Center Parking Lot

Bring your neighbors, friends and family to the Albany food truck extravaganza. Head on down to the Albany Community Center, grab a bite to eat, listen to some crunchy tunes and schmooze with friends under the lights. You earn mega Albany Local Week points just for attending! We provide the chairs and tables.

Senior Center World’s Fair
Monday, September 23, 2019 • 11 am–2 pm
Free
Albany Senior Center, 846 Masonic Avenue

Join us in a FAIR-filled day. This event will include games, face painting, photo booth, entertainment, prizes, food and more. It’s never too late to feel like a kid again!

Learn about the Senior Center through games and activities while getting to know the staff, local seniors, and what the Center offers.

This event is for everyone: seniors, family, friends, and caregivers.

Marin Monster 10K Fun Run
Sunday, September 22, 2019 • 8 am • $30

Start training now! The Marin Monster 10K fun run is exactly that...a monster of a run! Head straight up Marin Avenue and then weave your way back to the Albany Community Center. The Marin Monster kicks off Albany Local Week (September 20–28). Register early this run sells-out! Download an application at www.albanyca.org/marinmonster.
Join in Albany's community-wide

CLOTHING SWAP-O-RAMA-RAMA

Saturday, September 21, 2019
1–5 pm
Albany Community Center

It's the Albany Clothing Swap...only bigger and better! Not one, not two, but three awesome opportunities in one event.

The Swap: Arrive promptly at 1 pm to exchange your clean, usable, clothes for some “new to you” clothes; bring your friends and neighbors and your washed, gently worn items to our fabulous swap room where clothing will be set out by type (pants, shirts, dresses, etc.) and size! Choose items and take them home. We have mirrors, but no dressing rooms, so plan accordingly. Leftovers are donated to charity. All clothing sizes welcome.

The Sew: Bring fabric items you want to mend, your sewing machine if you have one (we will have some available) and any sewing notions you need or want to donate (thread, buttons, patches, pins, etc.) Coaches from Swap-o-rama-rama (http://www.meetup.com/Bay-Area-Swap-O-Rama-Rama/) will be on hand to consult on repairs to your favorite fabric/textile items and to teach you to sew or to help reacquaint you with your sewing machine!

The Fix: Bring your sewing machine if it needs repair or a tune-up or if you need help (re) learning to use it. We’ll help you get back to sewing!

Albany Senior Center

OPEN HOUSE

Thursday, September 26
9 am–5 pm
Free

Senior Center
846 Masonic Ave.
Albany

Have you been wondering what goes on at the Albany Senior Center? Stop by during the Open House and discover what the center has to offer! There will be fun activities, class demonstrations, entertainment and free continental breakfast, lunch and dinner!

Join us all day or drop by for that specific activity or class you’ve been wanting to attend. Talk to the instructor and staff and get the information you need.

This event is part of Albany Local Week and National Senior Center Month (September).

Movie Night

Saturday, September 28, 2019
Cornell Avenue at Solano Avenue

Back to the Future
7:30 pm (Sunset)
Free

Bring a lawn chair and a blanket!

Presented by
As You Wish Frozen Yogurt
COASTAL CLEANUP DAY
Saturday, September 21 • 9 AM–noon
Meet at the foot of Buchanan for the shoreline clean-up. Bring gloves, a hat, sunscreen and sturdy shoes. Supplies and refreshments provided!
For more information: www.thewatershedproject.org/events (or if you have a group of 10 or more) call (510) 665-3430 or email: volunteer@thewatershedproject.org

The City of Albany Community Services Department presents
BIKE ABOUT TOWN
AUGUST 16 & SEPTEMBER 20, 2018
6:30 PM - Bikes on Solano, 1554 Solano Ave.

BLOOD DRIVE
Tuesday, September 24 • 11 am–5 pm
Tuesday, December 17 • 9:30 am–3:30 pm
Albany Community Center
Please 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”.

City of Albany RECREATION & COMMUNITY SERVICES 510 524-9283
Haiku Workshop
Wednesday, September 25 • 6–7:30 pm
Albany Library Edith Stone Room

Need inspiration? Come join Albany Poet Laureate Rebecca Black for a haiku workshop and submission party. Laptops will be provided for you to submit your haiku on the spot. This is the first fall event in the Poetry@Albany 2019-2020 lineup. Please contact Rachel Sher (rsher@aclibrary.org), Albany Library Branch Manager, for more information and to join the Poetry@Albany mailing list.

“Fall into Haiku” is a project of the Albany Arts Committee sponsored by the Albany Community Foundation. Visit www.albanyca.org/haiku for details.

POP-UP PARKLET

Friday, September 20 • 8 am–9 pm
In front of Mr. Dewie’s Cashew Creamery & Souvenir Coffee
1116 Solano Avenue

In celebration of Park(ing) Day, Albany Recreation is hosting a pop-up parklet in front of Mr. Dewie’s Cashew Creamery & Souvenir Coffee. Whether you’re having your morning cappuccino or your after dinner ice cream treat, this parklet is here for you to enjoy all day! We will have a little something special planned from 5–7pm

ALBANY CHAMBER OF COMMERCE PRESENTS

BEST OF ALBANY

2019 AWARDS PARTY
Thursday, September 26 • 5–7 pm
Belmont Village • 1100 San Pablo Avenue

Let’s celebrate our local businesses and give them the recognition they deserve. Nominate your favorites, then vote! See page 47 for details.
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.

Fall into Haiku

Do You Do Haiku?
You are invited to participate in the 4th annual “Fall into Haiku” program that decorates city sidewalks with original haiku written by people who live and work in Albany. Haiku is a form of Japanese poetry written in three lines and seventeen syllables using a 5/7/5 syllable count. This year’s theme is “Hills and Bay.” Notice the world around you—falling leaves on Solano, Albany hill in the fog, wind through camphor trees, soccer games and turkeys on parade.

Haiku selected from citywide submissions will be printed on sign boards and installed around Albany from mid-November to mid-December. You do not need to be a published poet, just someone who enjoys writing haiku! All ages are welcome. Tell your friends and families to start versifying! All ages are welcome.

Online submissions accepted from August 15–October 1, 2019. See www.albanyca.org/haiku for details.

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? The Tool Pool makes checking out the tools you need simple. Visit the online library and check out the growing inventory. Stop by the Albany Senior Center offices (846 Masonic Avenue) to register. Please bring a valid photo ID and piece of mail to verify your address. Tools are available for one-week rentals. We are also accepting donations at any time—just contact Jess at albanyrec@gmail.com. Check out www.albanyca.org/toolpool for an interface tutorial and to view our catalogue.
**Local Garden Swap**

Bring your excess homegrown produce to swap with your neighbors.

Tuesday evenings until the end of October, 6:30

(Be on time for best selection)

Albany Community Center Patio

Need more info? Call (510) 524-928

---

**Run Around Town**

Run Every Sunday

8AM - Suzette Crêpe Café, 1226 Solano Ave.

Both short & long courses New route(s) each week

---

**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 until October 8.

For more information, contact:

Brennen Brown at bbrown@albanyca.org

---

**2019 Solano Avenue Stroll**

SUNDAY – SEPTEMBER 8TH

albany subaru • mechanics bank • belmont village senior living in albany • city of albany • city of berkeley • john muir / UCSF health • peggy smith agency – allstate

solanoavenue.org
Events

Holiday Children’s Book, Puzzle and Toy Swap
Sunday, December 8, 9–11 am. Swap begins 9:15 am
Albany Community Center

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

How it works: Walk around your house with your children and have them help identify the gently used toys and books they no longer use (e.g., puzzles, blocks, etc.). Make sure everything is working properly, has all its pieces and is clean. Pack up a box and bring them down to the Albany Community Center on December 8. Bring along extra gift wrapping accessories and take care of your holiday shopping in one fell swoop!

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

An Evening with Ryan Cassata
Tuesday, September 3 • 6–9 pm
Albany Community Center & Library
Free (space is limited: please register in advance)
Award-winning singer/songwriter, LGBTQIA+ activist and motivational speaker Ryan Cassata will be at the library to perform music, screen videos, meet and greet fans, and more. All ages are welcome; teenagers and young adults are especially invited to attend. For more information and to register call the Albany Library (510) 284-0601.

Community Emergency Response Team (CERT) Course
Tuesdays, August 27–October 15 • 6–9 pm • Free
CERT training gives you the practical skills to put out a fire, perform disaster medicine, and conduct a light search and rescue. Help prepare your family, neighborhood and community to be as resilient as possible during an emergency situation. Participants must attend all 8 classes to learn the material and be eligible for certification. Instructed by Michael Raab, Albany Fire Department Engineer.

Sign-up today, class limited to 14 participants!
Contact Sid Schoenfeld to register or for more information:
sschoenfeld@albanyca.org • (510) 559-4588

Fireside Songs and S’mores
Friday, November 15 • 6:30–8:30 pm
Memorial Park Picnic Area Fireplace
Free (Bring a chair)

Spend a crisp November night bundled-up with your friends and neighbors. We will be roasting s’mores on an open fire, singing camp songs and warming our bellies with some classic hot chocolate.

Contact Brennen at bbrown@albanyca.org, if you have a “must sing” song and we will make sure to put it on the list. All ages welcome. We provide the s’mores and hot chocolate, you bring a chair!
**International Walk ’n Roll to School Day**

**Wednesday, October 2, 2019**
**Before School**
**Cornell, Marin, Ocean View & Albany Middle School**

It’s a new school year and there’s no better time to start a new routine. 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! The Safe Routes to School Program kicks off its first official event of the year with International Walk n’ Roll to School Day in October. Bike, scoot, walk, or skip to school and get there a few minutes early to grab a treat and celebrate active transportation!

---

**INTERNATIONAL WALK ’N ROLL TO SCHOOL DAY**

**Wednesday, October 2, 2019**
**Before School**
**Cornell, Marin, Ocean View & Albany Middle School**

It’s a new school year and there’s no better time to start a new routine. 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! The Safe Routes to School Program kicks off its first official event of the year with International Walk n’ Roll to School Day in October. Bike, scoot, walk, or skip to school and get there a few minutes early to grab a treat and celebrate active transportation!
CELEBRATE NOON YEAR’S EVE

Tuesday, December 31, 2019
11 am–1 pm
Albany Community Center Hall

For kids 12 & UNDER
(and parents who can’t stay awake past 9 pm)

At noon we will drop the ball!
Free party kits, craft stations and music!
Ring in 2020 Albany-style!

Songs on Solano

Spread Some Cheer.
Be Merry!

Friday, December 13, 2019
6:30 pm

Wear a warm hat & scarf
meet at the corner of Solano & Stannage

Sunday, September 22, 2019 • 8 AM • See Page 29 for Details

THE MONSTER 10K RUN 2019
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 Davvy 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. Extra credit for teams that dress up like Pirates!

Halloween Carnival  
Friday, Oct. 25 • 6:30–8:30 pm • Free

Calling all ghosts and ghouls! We are terrified to present the annual Halloween Carnival. Bring the whole family down to the Albany Community Center for games, activities, cookie decorating and prizes galore! It’s sure to be a scary good time for all. All kids leave with a prize! Activities include: Spooky Arts & Crafts, Creepy Cookie Decoration, Ghoulish Games, Paranormal Photo Booth.

Noon Year’s Eve  
Tuesday, Dec. 31 • 11 am–1 pm

Is it tough to keep the kids awake past 9pm on December 31? Celebrate New Year’s Eve fun this year at the family-friendly hour of NOON! The Albany Recreation and Community Services Department presents Noon Year’s Eve. We encourage kids 12 and under and their families to stop by for arts, crafts, activities, trivia, celebratory balloon drop, goodies and so much more. Ring in 2020–Albany-style!
1 City Hall
   Police Department
   Fire Department
2 Community Center
   Public Library
3 Senior Center and
   Senior Youth Annex
4 Memorial Park
   Friendship Club
5 Terrace Park
6 Ocean View Park
   Friendship Club
7 Albany Hill Park
8 Children’s Tot Lot
9 S.F. Bay Trail
10 Albany Waterfront
    Eastshore State Park
Feel like you didn’t know about a public meeting, street repair on your block or the dog park going in across the street? Sign-up for the City of Albany’s E-Notification system and get information and updates going on Around Your Block.

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

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

www.albanyca.org/aroundyourblock

Nextdoor Albany
When neighbors start talking, good things happen.

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

To join today, visit www.nextdoor.com
Get 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

City of Albany RECREATION & COMMUNITY SERVICES 510 524-9283
**GREEN THINGS FOR YOU**

**Coastal Clean Up Day**
Saturday, September 21 • 9 am–noon  Albany Beach

The Watershed Project and the City of Albany partner to host this annual clean-up event at Albany Beach. California Coastal Cleanup Day is the state’s largest volunteer event. It’s a great way for families, students, service groups, and neighbors to join together, take care of our fragile marine environment, show community support for our shared natural resources, learn about the impacts of marine debris and how we can prevent them, and to have fun! Wear old clothes, a hat and sunscreen, and bring your own water bottle and gloves if you have them. Supplies and refreshments provided. Children must be accompanied by an adult. For more information, contact The Watershed Project at (510) 665-3430 or visit www.thewatershedproject.org/events. RSVP for groups of 10 or more at volunteer@thewatershedproject.org

**Household Hazardous Waste Drop-Off Event**
Sunday, October 13 • 9 am–1 pm (By Appointment Only)  Golden Gate Fields North Parking Lot

Make sure to register before the event at www.stopwaste.org/recycling/residents/household-hazardous-waste/one-day-event 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. Mattresses will likely be accepted as well. Check the website for details on accepted materials.

**International Walk n’ Roll to School Day**
Wednesday, October 2 • Before School  Check with school for details

It’s a new school year and there’s no better time to change habits. 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! The Safe Routes to School Program kicks off its first official event of the year with International Walk n’ Roll to School Day in October. Bike, scoot, walk, or skip to school and get there a few minutes early to grab a treat and celebrate active transportation!

**Ocean View Community Organic Garden weekly “Open Garden”**
Sundays • 11 am–1 pm

The Ocean View Community Organic Garden serves Albany citizens who live in apartments or condos with little space to grow food. We strive to foster a spirit of community, with gardeners growing and sharing organic fruit, produce, herbs, and flowers. The garden is located in Ocean View Park at 900 Buchanan Street behind the tennis courts. Join us during our “Open Garden” on the 2nd and 3rd Sundays of the month (March–October) from 11 am–1 pm, whenever the garden gates are open. Alameda County Master Gardeners work in the garden and answer questions on the 1st and 3rd Thursdays of each month from 10:30 am–noon (weather permitting).
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. For more information contact Brennen Brown at bbrown@albanyca.org or visit 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.

<table>
<thead>
<tr>
<th>PARK</th>
<th>CLEAN-UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>PIERCE STREET PARK</td>
<td>SATURDAY, AUGUST 17, 9 AM</td>
</tr>
<tr>
<td>TERRACE PARK</td>
<td>SATURDAY, SEPTEMBER 28, 9 AM</td>
</tr>
<tr>
<td>CREEKSIDEN PARK</td>
<td>SATURDAY, OCTOBER 19, 9 AM</td>
</tr>
<tr>
<td>ALBANY BULB</td>
<td>SATURDAY, NOVEMBER 23, 9 AM</td>
</tr>
</tbody>
</table>

Friends of Albany Parks 2020 Schedule will be announced in the 2020 Winter/Spring Guide
**Volunteers Needed**

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**

**August:** Bike About Town, @theCenter, Peggy Thomsen Pierce Street Park Clean-Up

**September:** Bike About Town, Albany Local Week, Sr. Open House, Music in the Park, Clothing Swap, Terrace Park Clean-Up, Marin Monster, Sr. Center World’s Fair

**October:** Creekside Park Clean-Up, Sr. Holiday Dinner, Halloween Carnival

**November:** Sr. Holiday Dinner, Fireside Songs & S’mores, Albany Bulb Clean-Up

**December:** Noon Year’s Eve, Sr. Holiday Dinner, Songs on Solano

**Ongoing Projects**
- 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

---

**Ocean View Community Organic Garden**

*Gardeners wanted!*

Ocean View Park, 900 Buchanan Street

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).

Alameda County Master Gardeners work in the garden and answer questions on the 1st and 3rd Thursdays of each month from 10:30 am–noon (weather permitting).
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.

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 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.
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 .................. 528-5730  
Fire & Emergency Medical Services ...... 528-5770  
City Maintenance ........................ 524-9543  
Human Resources ....................... 528-5714  
Police .................................. 525-7300  
Recreation & Community Services ........ 524-9283  
Friendship Club Ocean View Park ........ 559-7220  
Teen Center Memorial Park ................ 559-7225  
Senior Center .......................... 524-9122  
Jobline .................................. 528-5777  
Albany CARES ........................... 559-4589

**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 ............... 915-4595  
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 Sardiñas ........................ Vice Chair  
Verriice Cooper ......................... Member  
Ben Nobel ................................ Member  
Tod Abbott ................................ Member  
Bryan Marten ............................ Member  
Julia Chang Frank ......................... Member  

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

**Charter Review Committee**

Anne Hsu ............................... Staff Liaison  
Harry Chomsky .......................... Chair  
Lisa Schneider .......................... Chair  
Jennifer Radics-Johnson ................. Member  
Vacant .................................. Member  
Vacant .................................. Member  

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

**Economic Development Committee**

Claire Griffing .......................... Staff Liaison  
John Montagh ............................ Chair  
Stephanie Sala .......................... Vice Chair  
Shaun Charles ........................... Member  
Robert Cheasty .......................... Member  
Lois Brown .............................. Member  
Allen Cain .............................. Member  
Aaron Tiedemann ......................... Member  

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

**Albany Library Board**

Isabelle Leduc .......................... Staff Liaison  
Sarah Levin ............................. Chair  
Genei Gary .............................. Vice Chair  
Amy Apel ............................... Member  
Becky Xin ............................... Member  
Ross Stapleton-Gray ..................... Member  

Meets the 3rd Tuesday of every odd-numbered month at 7 pm, 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  

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

**Police & Fire Pension Board**

Kim Denton .............................. Chair  
Anne Hsu ............................... Vice Chair  
Rochelle Nason .......................... Member  
Dustyn Wiggins .......................... Member  
John Megonmigil ........................ Member  
James Boito ............................. Alternate  
John Weitzel ............................. Alternate  
Archie Stirling .......................... Alternate  
David Belman ........................... Alternate  
Peter O’Connor ........................... Alternate  
Peggy McQuaid ........................... Alternate  

Meets 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  
Seryl Black ............................. Member  
Zhibo Jiang ............................. Member  

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

**Community Media Access Committee**

Jeremy Allen ........................... Staff Liaison  
Chloe Stapleton-Gray ..................... Member  
Naomi Sigal ............................. Member  
Nico Lauer .............................. Member  
Jack Kenny .............................. Member  
George Young ........................... Member  
Vacant ................................. Member  
Vacant ................................. Member  

Meets 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 Downs .......................... Member  

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

**Did You Know?**

There are a number of tax exemptions and fee discount programs available to Albany residents.

www.albanyca.org/HumanServices

**ALBANY CARES**

Community Access to Resources & Services

www.albanyca.org/Albanycares

(510) 559-4589

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.
GET INVOLVED IN LOCAL GOVERNMENT

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

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

<table>
<thead>
<tr>
<th>Family Account Setup (List family members)</th>
<th>First Name</th>
<th>Birthdate</th>
<th>Gender Identity</th>
<th>Work/Cell Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRIMARY (ADULT) CONTACT</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LIST ALL FAMILY MEMBERS WHO MAY PARTICIPATE NOW OR IN THE FUTURE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
<th>E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>ZIP</th>
<th>Home Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emergency Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity Registration: Participant Name</th>
<th>Birthdate</th>
<th>Class/Camp Name</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**TOTAL FEES $**

<table>
<thead>
<tr>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Check</td>
</tr>
<tr>
<td>□ Cash</td>
</tr>
<tr>
<td>□ Credit Card</td>
</tr>
<tr>
<td>□ (Payable to City of Albany)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Card #</th>
<th>Expires</th>
<th>Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Billing Address</th>
<th>State</th>
<th>ZIP Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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 after 10 pm on the Monday prior to 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.
Food Truck Friday
Friday, September 27
5–8 pm
Albany Community Center
Parking Lot

Bring your neighbors, friends and family to the Albany food truck extravaganza. Grab a bite to eat and nosh with friends under the lights. You'll earn mega Albany Local Week points for attending! We provide the chairs and tables, you bring the neighborhood. Big thanks to the Friends of Albany Library!
Music in the Park
2019

City of Albany’s Music in the Park
Free concerts
September, 2019
Wednesdays
6:30–8pm
Memorial Park
1325 Portland Ave.
Albany
Bring a picnic!
Bring family!
Bring a friend!

September 4
KTO Project
Afro-jazz-funk music rooted in Zimbabwe

11
Pop Fiction
Bay Area’s top cover band from Jackson 5 to Bruno Mars

18
Steve Lucky & the Rumba Bums
Vintage rhythm and blues, swing & boogie woogie

25
La Misa Negra
Heavyweight cumbia and high-energy Afro-Latin music

Presented by

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

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