Let’s Pool Our Tools

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

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

Donations are accepted. Drop off your extra hand tools, gardening tools, working power tools or anything else your neighbors might need for do-it-yourself home improvement projects. To schedule a donation drop-off or to borrow a tool contact Jess Cosby, albanyrec@gmail.com.

For more information: www.albanyca.org/toolpool
SNOW TIME TO WASTE: READY FOR SPRING?

Winter is the perfect time to be planning for spring, and—believe it or not—it’s already time to be thinking about summer if you have offspring in Albany. Our camps are popular and fill up fast. See the Summer Camp Preview in this edition of the Activity Guide, and register early!

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### Ballet: Beginning
**Ages 3.5 - 6**
This is an introduction to basic dance movements, to age appropriate music, using fantasy and imagination which helps develop basic motor movements.

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

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

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

### Ballet: Level 2
**Ages 8 - 13**
Your child will be introduced to more specific ballet movements, which stimulate musical awareness, grace and muscular development in the older child.

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

### Tap: Beginning
**Ages 3.5 - 6**
This class is an introduction to the basic steps of tap dance using age appropriate music and songs.

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

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

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

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

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

### Clay for Kids (Beginning/Advanced)
**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 paid to instructor.

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**Instructor:** Paquerette Clark  
**Location:** Albany Community Center, Sharyl Gates Craft Room  
**Min:** 4; **Max:** 12  
*No class on Feb 19 & Apr 8*

### Cartooning 101
**Ages 7 - 11**
Anyone can do this class—if you have a pencil & an imagination! This class will help develop your drawing skills and creativity. Design an original cartoon character. Understand the creative process and development of a cartoon from brainstorming. Create a comic book. Learn about: bird’s eye view, gags, punch lines, props (a flying hamburger, speech bubbles and thumb nail sketches). Note: Students with special needs are required to have an assistant. Come join the fun with our local artist, Jamie Aberegg. $5 material fee paid to instructor.

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**Instructor:** Paquerette Clark  
**Location:** Albany Community Center, Sharyl Gates Craft Room  
**Min:** 4; **Max:** 12  
*No class on Feb 18 & Apr 7*

### Open House at the last class of ballet & tap sessions.
Students can sign up for “Summer Holiday,” “Winter Wonderland.” Fee & rehearsal required.

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**City of Albany**  
RECREATION & COMMUNITY SERVICES  510 524-9283
**Ukulele 1**

**AGES 12-ADULT**

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

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**Instructor:** Lenny San Jose aka “Ukulenny”, [www.ukulenny.com](http://www.ukulenny.com)

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

Min: 6; Max: 30

**Ukulele 2**

**AGES 12-ADULT**

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

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**Instructor:** Lenny San Jose aka “Ukulenny”, [www.ukulenny.com](http://www.ukulenny.com)

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

Min: 6; Max: 30

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**Classical Guitar Technique**

**AGES 16-ADULT**

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

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**Instructor:** Claude Sprague, (510) 859-4055, claudesprague@thesub deberá. net

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

Min: 6; Max: 16

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**Piano Lessons**

**AGES 5-18**

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

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**Instructor:** Kings Chen/Shu Ming Leung, (510) 559-3609

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

Min: 6; Max: 7
### Kidz Love Soccer: Mommy/Daddy & Me Soccer

**AGES 2–3.5 (WITH PARENTS)**

The fun happens on the field, so don’t just watch from the sidelines! Here is your chance to join in your toddler’s introduction to the world’s most popular sport. You’ll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. Adult participation is required. All kids receive a soccer jersey! Check the hotline 30 minutes before the start of the class for the most up-to-date information. Receive cancellation notifications on your smartphone with the free Kidz Love Soccer mobile app. Cancelled classes will be made up at the end of the session by adding an additional class at the same day and time.

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<td>7x</td>
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**Instructor:** Kidz Love Soccer Staff, Rain-out Hotline (888) 372-5803  
**Location:** Memorial Park, Front East Grass  
Min: 5; Max: 20  
*No class on May 23

### Kidz Love Soccer: Tot/Pre Soccer

**AGES 3.5–5**

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

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**Instructor:** Kidz Love Soccer Staff, Rain-out Hotline (888) 372-5803  
**Location:** Memorial Park, Front East Grass  
Min: 6; Max: 24  
*No class on May 23

### 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! Check the Rainout hotline 30 minutes before the start of the class for the most up-to-date information. Receive cancellation notifications on your smartphone with the free Kidz Love Soccer mobile app. Cancelled classes will be made up at the end of the session by adding an additional class at the same day and time.

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**Instructor:** Kidz Love Soccer Staff, Rain-out Hotline (888) 372-5803  
**Location:** Memorial Park, Front East Grass  
Min: 6; Max: 24  
*No class on May 23

### Girls Hockey 101

**AGES 6–16**

This class is intended for all girls who have shown an interest in learning the basics of hockey—off the ice! It will go over basic stick-handling skills, foot skills, and shooting skills that are required to play the game. Girls will be introduced to small area games that will focus on developing the necessary skills to play hockey.

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**Instructor:** Chi-Yin Tse, Oakland Ice Center Operated by Sharks Ice  
**Location:** Cornell Elementary School Blacktop, 920 Talbot Ave.
Min: 10; Max: 30

### Co-ed Hockey 101

**AGES 6–16**

This class is intended for all girls who have shown an interest in learning the basics of hockey—off the ice! It will go over basic stick-handling skills, foot skills, and shooting skills that are required to play the game. Girls will be introduced to small area games that will focus on developing the necessary skills to play hockey.

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**Instructor:** Chi-Yin Tse, Oakland Ice Center Operated by Sharks Ice  
**Location:** Cornell Elementary School Blacktop, 920 Talbot Ave.
Min: 10; Max: 30

---

**Chi-Yin Tse** grew up in New Jersey and began playing hockey at the age of 14. He started out playing street hockey and roller hockey, then quickly transitioned to ice hockey within a year. Chi played college roller hockey for Northeastern University while earning his Bachelor’s Degree in Mechanical Engineering. He returned to Northeastern University in 2009 to begin his graduate program and began coaching their ACHA Division II hockey program as an assistant coach. After completing his Master’s Degree in Biomechanics, he moved out to California and began volunteering as a hockey coach at the Oakland Ice Center. He has since earned the role of Hockey Manager and continues to coach the travel program and in-house programs.

---

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

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<td>Jan 29–Feb 19*</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$110</td>
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<tr>
<td>Feb 24–Mar 11</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
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<td>$120</td>
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<tr>
<td>Mar 16–Apr 1</td>
<td>M/W</td>
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<tr>
<td>Apr 6–Apr 22</td>
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<tr>
<td>Apr 27–May 13</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$110</td>
<td>$120</td>
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<tr>
<td>May 18–Jun 8*</td>
<td>M/W</td>
<td>3:30–4:30 pm</td>
<td>6x</td>
<td>$110</td>
<td>$120</td>
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</tbody>
</table>

**Instructor:** John Fry & Staff  
**Location:** Memorial Park Tennis Courts  
Min: 4; Max: 10  
*No class on Jan 20, Feb 17 & May 25

### 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.

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<thead>
<tr>
<th>Date</th>
<th>M/W</th>
<th>Day</th>
<th>Time</th>
<th>Meets</th>
<th>Resident</th>
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<td>Jan 6–Jan 27*</td>
<td>M/W</td>
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<td>$110</td>
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<td>Jan 29–Feb 19*</td>
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<tr>
<td>May 18–Jun 8*</td>
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<td>6x</td>
<td>$110</td>
<td>$120</td>
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</table>

**Instructor:** John Fry & Staff  
**Location:** Memorial Park Tennis Courts  
Min: 4; Max: 10  
*No class on Jan 20, Feb 17 & May 25

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**Girls Ultimate Frisbee League**
5th–8th graders

The City of Albany and Bay Area Disc Association (BADA) are excited to offer an Ultimate Frisbee League for 5th–8th grade girls who have never played a sport before or have played sports and are interested in trying a new one! Ultimate frisbee is a sport that combines some of the most exciting elements of basketball, soccer, and lacrosse. Bay Area Disc Association’s programs are built on three fundamental concepts: 1) having fun, 2) staying active, and 3) promoting personal growth.

Each league session is 2 hours long and includes skills development, a 5 v 5 game, and a Spirit Circle. All participants will receive their own disc (frisbee) at the start of the league!

<table>
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<tr>
<th>Date</th>
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<th>Time</th>
<th>Meets</th>
<th>Resident</th>
<th>Non-Res.</th>
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<tbody>
<tr>
<td>March 1–Apr 19*</td>
<td>Sun</td>
<td>9–11 am</td>
<td>6x</td>
<td>$54</td>
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**Instructor:** Bay Area Disc Association, bayareadisc.org  
**Location:** Albany Middle School, Cougar Field  
Min: 20; Max: 60  
*No class on March 15 & April 30  
Make up day will be April 26
**Sports & Martial Arts**

**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, Rinza Zen Priest and professional Aikido Instructor since 1976 and certified staff.

**DATE**  
**DAY** | **TIME** | **MEETS** | **RESIDENT** | **NON-RESIDENT**
---|---|---|---|---
Jan 6–Jan 31* | M/W/F | 4–5 pm | 1x/week | $50 | $60
  | 2-3x/week | $70 | $80
Feb 3–Feb 28* | M/W/F | 4–5 pm | 1x/week | $50 | $60
  | 2-3x/week | $70 | $80
Mar 2–Mar 30* | M/W/F | 4–5 pm | 1x/week | $50 | $60
  | 2-3x/week | $70 | $80
Apr 1–Apr 22 | M/W/F | 4–5 pm | 1x/week | $50 | $60
  | 2-3x/week | $70 | $80

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

**Location:** Albany Community Center, Hall

Min: 2; Max: 40  *No class on Jan 20, Feb 17, Mar 20 & Mar 27

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**Beginning Ki-Aikido**  
**AGES 7–ADULT**

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

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

**DATE**  
**DAY** | **TIME** | **MEETS** | **RESIDENT** | **NON-RESIDENT**
---|---|---|---|---
Jan 11–Feb 1* | Sat | 9–11 am | 4x | $60 | $70
Feb 8–Feb 29* | Sat | 9–11 am | 4x | $60 | $70
Mar 7–Apr 18* | Sat | 9–11 am | 5x | $75 | $85

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

**Location:** Albany Community Center, Hall

Min: 5; Max: 25  *No class on Mar 21 & Mar 28

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**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** | **RESIDENT** | **NON-RESIDENT**
---|---|---|---|---
Jan 7–Mar 10* | Tue | 5–5:45 pm | 9x | $169 | $179
Mar 17–May 26* | Tue | 5–5:45 pm | 9x | $169 | $179

**Instructor:** Skyhawks Staff

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

Min: 4; Max: 8  *No class on Feb 18, Apr 7 & Apr 28

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**Girls Volleyball Leagues**

Sundays, March 1–April 26
(No practice/games April 12)

Albany Middle School Gym
1259 Brighton Avenue
$285 (Albany resident)
$295 (non-resident)

Min/max: 24–56 players

Registration Deadline: February 28, 2020

**Coaches Needed!** If you are interested in coaching your child’s team in exchange for a 50% discount on up to one participant’s registration fee, please contact Coach Dave at ClubDirector@ABVolleyball.org by February 28, 2020. Prior volleyball experience is not necessary. We can train you in the first two sessions.

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

The first two weeks, all players will be trained together in a group clinic format and the coaching staff will begin arranging them into teams. From the third week on, each session will start with 30-45 minutes of instruction followed by competitive match play. Schedules will be distributed at the first league game. All teams will play each other at least once. A playoff format will be implemented in the last 1 or 2 sessions. Registration fee includes purchase of a jersey.

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

**4th–6th Grade Girls League**  
Practice/Games: 1:45–3:15 pm

**7th–8th Grade Girls League**  
Practice/Games: 3:30–5 pm
Special Interest

Jump, Jiggle & Roll: Kinder Gym Drop-in
AGES 0–2.5
Come wiggle your waggles away at Kindergym! Children can jump, crawl, run, move and groove for one and a half hours of free play. A parent/caregiver must accompany children (1:3 ratio required).

<table>
<thead>
<tr>
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<th>MEETS</th>
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<td>$3</td>
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<td>Jan 10–Apr 17</td>
<td>Fri</td>
<td>9:30–11 am</td>
<td>15x</td>
<td>$3</td>
<td>$4</td>
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Instructor: Melinda Delatorre
Location: Albany Community Center, Rooms 1 & 2
Min: 3; Max: 15
*No class on Jan 20 & Feb 17

Write On! Creative Writing Lab for Kids
AGES 8–12
For the reluctant writer to the enthusiastic, this intensive writing program is designed to strengthen students’ abilities to express themselves through the written word with special emphasis on skill-building (mechanics, editing, spelling). Small, cooperative, fun classes will focus on various writing strategies from pre-writing and organizing ideas to drafting, revising and publishing a class magazine. The series is cumulative and will build on previous lessons, including those taught in the Creative Writing Summer Lab!

<table>
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<tr>
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<td>Jan 9–Feb 6</td>
<td>Thur</td>
<td>4–6 pm</td>
<td>5x</td>
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<tr>
<td>Feb 13–Mar 19</td>
<td>Thur</td>
<td>4–6 pm</td>
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<td>Mar 26–Apr 30</td>
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<td>4–6 pm</td>
<td>5x</td>
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<tr>
<td>May 7–June 4</td>
<td>Thur</td>
<td>4–6 pm</td>
<td>5x</td>
<td>$174</td>
<td>$184</td>
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Instructor: Abby Skrivan, www.writeonyouth.com
Location: Albany Middle School, Annex Room 23
Min: 6; Max: 20
*No class on Feb 20 & Apr 9

Film and Story Workshop
AGES 10–15
Ever wonder what it takes to make a great film? Want to make a film for the Albany Film Festival? Learn DIY filmmaking techniques by studying films and making a short video using your own equipment or gear provided by the workshop. Students will research, storyboard, and design characters and worlds. Get hands-on experience using a green screen and learn post-production tricks to composite your characters into handmade miniature worlds. See examples and more info at. Each session builds on the other but can be taken independently as well. $20 material fee paid to instructor.

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<td>$210</td>
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<td>Mar 5–Apr 2</td>
<td>Thur</td>
<td>3:45–5:30 pm</td>
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<td>Apr 16–May 21*</td>
<td>Thur</td>
<td>3:45–5:30 pm</td>
<td>5x</td>
<td>$210</td>
<td>$220</td>
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Instructor: Mason Hall, www.narrativeartcenter.com
Location: Albany Community Center, EOC Room
Min: 5; Max: 10
*No class on Feb 6, Feb 20, Apr 9 & Apr 30

Kids’ Carpentry
AGES 5–12
Kids have enjoyed working with wood and learning how to use hand tools in Kids’ Carpentry since 1982. Boys and girls are encouraged to develop problem-solving skills while building their own cool projects using applied math and fractions. The kids are also introduced to a wide range of woodworking hand tools, safety and craftsmanship. Projects include: super tops, boats, clocks, games, doll furniture, bird-feeders, trucks, and many other projects to choose from. Our goal is to empower the students to become independent thinkers! This program may be taken year-round with different projects offered each session. Our motto is: “Building confidence and teaching with respect in a safe and happy environment.” $35 (Jan & Mar) $30 (May) material fee paid to instructor on first day of class.

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<td>$126</td>
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<td>Jan 6–Feb 24*</td>
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<td>Mar 9–Apr 20*</td>
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<td>4:45–6 pm</td>
<td>6x</td>
<td>$126</td>
<td>$136</td>
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<tr>
<td>May 4–Jun 8*</td>
<td>Mon</td>
<td>2:15–3:30 pm</td>
<td>5x</td>
<td>$108</td>
<td>$118</td>
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<td>May 4–Jun 8*</td>
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<td>5x</td>
<td>$108</td>
<td>$118</td>
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<tr>
<td>May 4–Jun 8*</td>
<td>Mon</td>
<td>4:45–6 pm</td>
<td>5x</td>
<td>$108</td>
<td>$118</td>
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Instructor: Kids’ Carpentry Staff, Nino Rybokoski
Location: Albany Community Center, Sharyl Gates Craft Room
Min: 5; Max: 7 (Winter)
Min: 6; Max: 7 (Spring)
*No class on Jan 20, Feb 17, Apr 6 & May 25
Audio-Visual Apprentice Program

Ages 13–17 • May–October 2020
4 Volunteer Openings Available

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

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

After completing the A/V Apprentice Program, crew members will receive an official City of Albany certificate of accomplishment, commendation from the Albany City Council, and may be eligible for paid employment with the City of Albany Recreation and Community Services Department. Applications are due by Friday, April 24, 2020. Applications available at www.albanyca.org/av.

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

For more information and an application contact Brennen Brown, bbrown@albanyca.org.
Look! Winter & Spring Break Camps

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

**Albany Friendship Club:**

**Mid-Winter Camp**  
**Ages 6–12**

This full day camp is run by the City of Albany’s Friendship Club. Camp offers a variety of activities through out the day and snack is included. Morning and evening extended care (8–9 am; 5–6 pm) available for $25/each or $45/both. For more information (510) 559-7220.

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<td>Feb 18-Feb 21</td>
<td>T–F</td>
<td>9 am–5 pm</td>
<td>4x</td>
<td>$210</td>
<td>$220</td>
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</table>

**Instructor:** Albany Friendship Club Staff  
**Location:** Ocean View Park Friendship Club

**Albany Friendship Club:**

**Spring Camp**  
**Ages 6–12**

This full day camp is run by the City of Albany’s Friendship Club. Camp offers a variety of activities through out the day and snack is included. Morning and evening extended care (8–9 am; 5–6 pm) available for $25/each or $45/both. For more information (510) 559-7220.

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<td>Apr 7–Apr 10</td>
<td>T–F</td>
<td>9 am–5 pm</td>
<td>4x</td>
<td>$210</td>
<td>$220</td>
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</table>

**Instructor:** Albany Friendship Club Staff  
**Location:** Ocean View Park Friendship Club

**Art Intensive Camp**  
**Ages 5–9**

Come have Fun with painting, drawing, and collage both large and small. Learn new techniques from local artist, Paquerette. Starting with playful warm-up drawing exercises, we’ll enjoy using a variety of materials such as colored pencils, markers, tempera paint, and watercolors. Students will work with wet clay and fire the pieces, then paint the baked clay pieces with glaze and fire again. Students will bring home their final works on the last day of camp. $20 material fee paid to instructor.

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<td>Apr 6–Apr 10</td>
<td>M–F</td>
<td>10 am–12:30 pm</td>
<td>5x</td>
<td>$206</td>
<td>$216</td>
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</table>

**Instructor:** Paquerette Clark  
**Location:** Albany Community Center, Sharyl Gates Craft Room

Min: 4; Max: 10
Get a jump on setting up summer activities for the youngsters in your household. Following is an early listing of camps offered next summer (a few more will be added in the Summer Guide). Programs fill up fast, so register early!
About Skyhawks Sports

Skyhawks Sports provides sports programs where children can discover and develop athletic skills and social values, such as teamwork, leadership and sportsmanship. Our programs are designed to give each child a positive experience in sports fostering a thirst for an active, healthy lifestyle and love of the game. From traditional summer camps to year-round clinics and leagues, Skyhawks has a program to fit the need of every child. With a variety of programs for ages 3-12 ranging from sport specific sport training to multi-sport introduction, Skyhawks has it all.

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

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**Skyhawks 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 8:1.

**Skyhawks Basketball**

**AGES 6–12**

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, defense and rebounding makes this one of our most popular programs. All participants receive a T-shirt, basketball and player evaluation. Participant-to-coach ratio is 12:1.

**Skyhawks Flag Football**

**AGES 6–12**

Flag Football is a fun and safe introduction to "America’s Game". Participants learn the fundamentals of passing, rushing, receiving and defense along with the rules, strategy and play-calls of the game.

The camp ends with the Skyhawks Super Bowl, where campers show-off their new skills with their new friends. All participants receive a T-shirt, football and player evaluation. Participant-to-coach ratio is 10:1.

**Mini-Hawk:**

**Soccer, Baseball, Track & Field**

**AGES 4–6**

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

**Skyhawks Ultimate Frisbee**

**AGES 6–12**

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

**About Skyhawks Sports**

Skyhawks Sports provides sports programs where children can discover and develop athletic skills and social values, such as teamwork, leadership and sportsmanship. Our programs are designed to give each child a positive experience in sports fostering a thirst for an active, healthy lifestyle and love of the game. From traditional summer camps to year-round clinics and leagues, Skyhawks has a program to fit the need of every child. With a variety of programs for ages 3-12 ranging from sport specific sport training to multi-sport introduction, Skyhawks has it all.

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

**International Soccer: Half-Day Camp**

**Ages 10-16**

Full Day camp runs for six hours a day from Monday to Friday inclusive. Sessions are split into 2 x 3 hours blocks. A more advanced camp for players looking for a more competitive training environment. The Full Day Camp will follow the Half Day Camp syllabus in the morning and will then focus on game-related techniques, tactical development, skills testing and coached match play in the afternoon. The first session of each day will place emphasis on skill development and mastery of core techniques through individual, small group practices and coached games.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
July 13–July 17 | M-F | 9 am-noon | 5x | $170 | $180
July 13–July 17 | M-F | 1-4 pm | 5x | $170 | $180

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

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**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.

**International Soccer: Half-Day Camp**

**Ages 10-16**

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
July 13–July 17 | M-F | 9 am-noon | 5x | $170 | $180
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**Instructor:** Challenger Sports Staff  
**Location:** Ocean View Park, 900 Buchanan, Albany  
**Min: 6; Max: 20**

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**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.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
Aug 17-Aug 21 | M-F | 9:30 am-12:30 pm | 5x | $225 | $235

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

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**International Soccer: Full Day Camp**

**Ages 10-16**

Full Day camp runs for six hours a day from Monday to Friday inclusive. Sessions are split into 2 x 3 hours blocks. A more advanced camp for players looking for a more competitive training environment. The Full Day Camp will follow the Half Day Camp syllabus in the morning and will then focus on game-related techniques, tactical development, skills testing and coached match play in the afternoon. The first session of each day will place emphasis on skill development and mastery of core techniques through individual, small group practices and coached games.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
--- | --- | --- | --- | --- | ---
July 13–July 17 | M-F | 9 am-4 pm | 5x | $235 | $245

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

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**Challenger Sports: International Soccer Camps**

**Ages 6-16**

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

**HOST A COACH!**

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

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**Challenger Sports: International Soccer Camps**

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Digital Arts

Techsplosion: Minecraft YouTubers—Let’s Play!

**AGES 7–12**

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
--- | --- | --- | --- | --- | ---
Aug 17–Aug 21 | M–F | 9 am–noon | 5x | $292 | $302

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

Techsplosion: Stop-Motion Minecraft Animation!

**AGES 7–12**

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
--- | --- | --- | --- | --- | ---
June 22–June 26 | M–F | 9 am–noon | 5x | $250 | $260

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

Techsplosion: 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!

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Techsplosion: Live-Action YouTube Stars!

**AGES 7–12**

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

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--- | --- | --- | --- | --- | ---
June 22–June 26 | M–F | 9 am–noon | 5x | $292 | $302

**Instructor:** Techsplosion.org Staff  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min:** 10; **Max:** 12
**Architectural Drafting & Design: Make Engineering & Designing Fun**

**AGES 10-17**

Students will take a hands-on approach to learn 2D and 3D architectural graphics using Autocad to prepare working drawings, layouts and sketches, use design elements for structures and building components. All equipment, laptops, and supplies are provided for use. Students will gain architectural drafting and design principles, and computer-aided drafting tools to develop architectural drawings. Future young architects/engineers will setup drawings, learn CAD commands, and learn editing methods applied to architectural drafting.

**AGES 10-13**

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY** | **RESIDENT** | **NON-**
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Aug 3-Aug 7 | M-F | 9 am-noon | 5x | $220 | $230

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

**STEM Explorations Using LEGO®**

**AGES 8-13**

Refine your construction skills as you tinker with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts through projects such as: dizzying Teacup Rides, customized Cuckoo clocks, and the historic Wright Flyer. Design and build as never before and explore your craziest ideas.

**AGES 8-17**

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY** | **RESIDENT** | **NON-**
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July 13-July 17 | M-F | 9 am-noon | 5x | $220 | $230

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

**Harry Potter Master Engineering Using LEGO®**

**AGES 8-13**

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY** | **RESIDENT** | **NON-**
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Aug 10-Aug 14 | M-F | 1-4 pm | 5x | $210 | $220

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

**Adventures in STEM Using LEGO®**

**AGES 6-7**

Bring your craziest ideas to life with Play-Well TEKnologies and tens of thousands of LEGO® parts! Build engineer-designed projects such as: chugging Steamboats, enchanting Moon Bridges, and bustling Airports. Design and build as never before and explore your craziest ideas.

**AGES 6-17**

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY** | **RESIDENT** | **NON-**
--- | --- | --- | --- | --- | --- | ---
July 6-July 10 | M-F | 9 am-noon | 5x | $210 | $220

**Instructor:** CADPro Kids LLC Staff  
**Location:** Albany Community Center, Hall  
**Min:** 10; **Max:** 24

**Minecraft Master Engineering Using LEGO®**

**AGES 8-13**

Bring Minecraft to life using LEGO®! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based course, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO®.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY** | **RESIDENT** | **NON-**
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July 20-July 24 | M-F | 1-4 pm | 5x | $210 | $220

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

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

**AGES 10-17**

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

**AGES 10-13**

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY** | **RESIDENT** | **NON-**
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Aug 3-Aug 7 | M-F | 9 am-noon | 5x | $220 | $230

**Instructor:** CADPro Kids LLC Staff  
**Location:** Albany Community Center, Rooms 1 & 2  
**Min:** 5; **Max:** 15
### Minecraft Engineering Using LEGO®

**AGES 5–7**

Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced PlayWell instructor. Whether you are new to Minecraft and LEGO® or a seasoned veteran, you’ll be hooked on the endless creative possibilities.

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**Instructor:** Play-Well TEKnologies  
**Location:** Albany Community Center, Hall

Min: 10; Max: 24

### Ninjaneering Using LEGO®

**AGES 5–7**

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO® projects with the guidance of an experienced PlayWell instructor while exploring the fantasy world of Ninjago.

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**Instructor:** Play-Well TEKnologies  
**Location:** Albany Community Center, Hall

Min: 10; Max: 24
Special Interest

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 and $5 snack fee paid to instructor.

Cartooning 101 Camp
AGES 8–11
Anyone can do this camp if you have a pencil and an imagination! This camp will help develop your drawing skills and creativity. Design an original cartoon character. Understand the creative process and development of a cartoon from brainstorming. Create a comic strip and comic book. Learn about: bird’s eye view, gag punch lines, props (a flying hamburger, a comic strip and comic book). Each unforgettable week will culminate in the writing and production of a bound “literary journal” of their favorite work.

Write On! Summer Writing Lab
AGES 8–12
Albany Middle School English teacher Abby Skrivan, MA, offers week-long, intensive creative writing workshops for kids. These small classes offer a fun, supportive learning environment for writing, reading and learning from each other. The participants will have the opportunity to form an intimate, student-directed writing community as they develop and deepen their mastery of the writing process. Students will take part in a wide range of writing exercises, including cooperative games, observational writing, poetry, story writing and peer-editing. This unforgettable week will culminate in the writing and production of a bound “literary journal” of their favorite work.

Note: Students who attended in the summer of 2019 are encouraged to attend! Second and third-year students will deepen the progress made and take their writing to a new level! Attending multiple sessions is also encouraged. Each week will focus on different skills and writing strategies.

Improv and Theater Games
AGES 9–13
“We improv, it’s a combination of listening and not trying to be funny…” Kristin Wiig
During this week, campers will be introduced to basic concepts of comedy improv such as “yes and” (enthusiastically accepting what is offered), “group mind” (listening to each other and working as a team) and “space object work” (miming objects and environments). Using warm-up exercises and improv “structures”, they will be encouraged to trust their instincts, think on their feet and actively support each other (it is said that a good improviser is one who makes their teammates look good rather than themselves). They will also laugh a lot! No experience necessary. The only requirement is an ability to listen and follow directions.

Film and Story Camp I
AGES 11–16
Do you love movies? Want to learn how to use a green screen in your own films? In this workshop we study the art of filmmaking, learn its history and techniques while making our own live action short films. We’ll learn the basics of using a green screen and other special effects to composite our characters into handmade miniature worlds, bringing our stories to life. See examples on instructor’s website. $20 material fee paid to instructor.

Film and Story Camp II
AGES 11–16
Take a deeper dive into how special effects are made using a green screen while learning more advanced techniques in Adobe Creative Cloud to edit your video projects. Learn how to composite your live action into miniature scenes, and how to bring your film ideas to life with color grading and sound recording techniques. Designed to work in conjunction with Workshop I but can be taken independently if you have experience with Adobe After Effects or Premiere Pro. See examples on instructor’s website. $20 material fee paid to instructor.
Girl’s Sports Rock!

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

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

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

The City of Albany offers soccer, tennis, volleyball, baseball, golf, basketball, flag football, ultimate frisbee, fitness camps and more. For more information consult this Activity Guide or call the Recreation Department at 524-9283. You can also view the Activity Guide and register for classes online at www.albanyca.org/rec.
THE 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 are offering our program at the Ocean View Park site only. Transportation is provided to the site. Enrollment is limited to 55 children per day. 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 spring enrollment contact staff for more information.

FRIENDSHIP CLUB FEES
Fees include daily transportation from Albany elementary schools to Friendship Club. A deposit equal to 50% of one month’s tuition is due prior to enrollment. This deposit may be applied for your child’s last month of enrollment. If your child qualifies for free or reduced lunch with the AUSD you may apply for reduced fees at Friendship Club.

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<td>1:55–6 pm</td>
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<td>3–6 pm</td>
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FRIENDSHIP CLUB
Heather Posner, Senior Recreation Supervisor
900 Buchanan Street (Ocean View Park)
(510) 559-7220
PLAN AHEAD FOR CAMPS!

MID-WINTER CAMP 2020*

February 18–21 • Tues–Fri • 9 am–5 pm
Weekly fee: $210 for Albany residents; $220 non-residents
Children ages 6–12 (grades 1–5)

SPRING CAMP 2020*

April 7–10 • Tues–Fri • 9 am–5 pm
Weekly fee: $210 for Albany residents; $220 non-residents
Children ages 6–12 (grades 1–5)

Full-week service only for camps
Morning and evening extended care (8–9 am; 5–6 pm) available for $25/each or $45/both
Campers must bring lunch (snacks are provided)
Drop-in service not available
10-child minimum/40-child maximum

For more information: (510) 559-7220

ALBANY TEEN CENTER
Now accepting limited enrollment for Middle School Students at Friendship Club!
For more information: (510) 559-7220
Wednesdays and Fridays
10:00am - 1:00pm
Albany Senior Youth Annex - 842 Masonic Ave. (Next to the Albany Senior Center)

Assistance With:
• Housing Referrals and Applications
• Transportation
• Legal Aid
• Services for Seniors and those with Disabilities
• Medical, Dental and Mental Health Care
• Utility Bill Payment Assistance
• Much More!

Snacks & Drinks Available
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.

For more information on programs and projects funded with the Sugar-Sweetened Beverage Tax proceeds, please visit the City’s website, www.albanyca.org/ssb.

Water bottle filling stations installed at Albany parks
Free Cooking Classes

The City is offering a series of cooking classes for youth and adults this winter/spring season. These hands-on cooking classes are free to Albany residents, however all participants must register in-person at the Albany Community Center with proof of residency in the form of a valid CA driver’s license or utility bill. 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. Students pay material fee directly to instructor in class.

Cancelation Policy – Please notify us via email (recinfo@albanyca.org) at least five (5) days before your class begins if you need to cancel.

Adults: Please bring a chef’s knife, cutting board, apron, towel and to-go containers (in case there are left-overs) to each class.

Thai New Year Feast

The week of April 13 is Thai New Year and Water Festival. Celebration goes on for the whole week with delicious Thai meals, music, and dance including throwing water at each other to keep cool and washing away the old year and cleansing each other for the new year. Food is a major part of this festivity and so we will cook a special Thai meal to celebrate this occasion. Bring your sharp chef’s knife or clever cutting board, hand towel, apron, and beverage. $12 material fee paid to the instructor.

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<tr>
<td>April 13</td>
<td>Mon</td>
<td>6:30-9:30 pm</td>
<td>1x</td>
<td>FREE</td>
<td>$63</td>
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</tbody>
</table>

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

Funded with Sugar-Sweetened Beverage Tax proceeds.
**Korean Cuisine**

**ADULT**

Tasty and simple are Korean characteristics when come to food, not to mention the amount of chilies being used, Spicy! Join us and cook up some popular Korean dishes and small side dishes, a signature of Korean meals. Learn to make Pa Jon (pancake), Kimchee, Chup Chae (bean noodles), BBQ ribs, etc. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage. $12 material fee paid to the instructor.

**DATE** | **DAY** | **TIME**
--- | --- | ---
March 6 | Fri | 6:30–9:30 pm

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

**Vietnamese Cooking**

**ADULT**

Vietnamese cuisine has a right East meets West combination of subtle tastes and flavors. Let’s explore what makes Vietnamese cuisine so popular. Asian food is generally healthy, but Vietnamese is in the forefront. Learn to use fresh herbs, such as Vietnamese mint-Rau Ram, basil-Rau Que, Ngo Gai and simple techniques in preparing popular Vietnamese dishes, such as Lemongrass chicken, Hot and sour seafood soup, Clay pot, Shrimp fresh spring rolls, Green mango salad, and more. Bring your favorite wok, chef knife, and beverage. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage. $12 material fee paid to the instructor.

**DATE** | **DAY** | **TIME**
--- | --- | ---
April 1 | Wed | 6:30–9:30 pm

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

**Dim Sum Workshop**

**ADULT**

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

**DATE** | **DAY** | **TIME**
--- | --- | ---
April 20 | Mon | 6:30–9:30 pm

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

**International Crepes**

**ADULT**

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

**DATE** | **DAY** | **TIME**
--- | --- | ---
March 4 | Wed | 6:30–9:30 pm

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

**Healthy Stir-fries Workshop**

**ADULT**

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

**DATE** | **DAY** | **TIME**
--- | --- | ---
April 6 | Mon | 6:30–9:30 pm

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

**Asian Vegetarian Cooking**

**ADULT**

Using his new cookbook, “Asian Fusion, Vegetarian” Chat invites you to join his quest for healthy eating. Let’s modify popular Asian dishes into vegetarian friendly meals and maintain the soul that makes Asian cuisine so uniquely popular. We will make for our meal, 5-6 dishes from various Asian Cuisines, such as China, India, Japan, Thailand, Vietnam, etc. and make them healthier and more beneficial by using only vegetables and their by-products. Learn to use different seasonings and herbs from Asia and prepare popular Asian dishes. Some dishes can be made in big batches that last for several meals. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage. $12 material fee paid to instructor.

**DATE** | **DAY** | **TIME**
--- | --- | ---
January 27 | Mon | 6:30–9 pm

**February 10 | Mon | 6:30–9 pm

**Instructor:** Viji Sundaram  
**Location:** Albany Community Center, Kitchen  
**Min:** 5; **Max:** 10
What's in Season for Your Kitchen: January

**ADULT**
Certified Nutrition Health Coach & Chef Instructor Kim Baur, founder of Steppingstone Wellness is committed to supporting the City of Albany and its residents to move toward a healthier lifestyle. The produce used in January will be focused upon Artichokes, Turnips, Celery, and Kiwis. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim and this will be a hands-on class. Bring your sharp Chef's knife, cutting board, towel and apron. Invite a friend to register! If allergies/dietary restrictions, email the instructor. $12 material fee paid to instructor.

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<td>January 22</td>
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Instructor: Kim Baur, Kim@steppingstone-wellness.com
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

What's in Season for Your Kitchen: February

**ADULT**
Certified Nutrition Health Coach & Chef Instructor Kim Baur, founder of Steppingstone Wellness is committed to supporting the City of Albany and its residents to move toward a healthier lifestyle. The produce used in February will be focused upon Leeks, Radishes, Sweet Potatoes and Grapefruits. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim and this will be a hands-on class. Bring your sharp Chef's knife, cutting board, towel and apron. Invite a friend to register! If allergies/dietary restrictions, email the instructor. $12 material fee paid to instructor.

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

What's in Season for Your Kitchen: March

**ADULT**
Certified Nutrition Health Coach & Chef Instructor Kim Baur, founder of Steppingstone Wellness is committed to supporting the City of Albany and its residents to move toward a healthier lifestyle. The produce used in March will be focused upon Artichokes, Turnips, Celery, and Kiwis. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim and this will be a hands-on class. Bring your sharp Chef’s knife, cutting board, towel and apron. Invite a friend to register! If allergies/dietary restrictions, email the instructor. $12 material fee paid to instructor.

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<tr>
<td>March 11</td>
<td>Wed</td>
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<td>1x FREE</td>
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Instructor: Kim Baur, Kim@steppingstone-wellness.com
Location: Albany Community Center, Kitchen
Min: 5; Max: 10

What's in Season for Your Kitchen: April

**ADULT**
Certified Nutrition Health Coach & Chef Instructor Kim Baur, founder of Steppingstone Wellness is committed to supporting the City of Albany and its residents to move toward a healthier lifestyle. The produce used in April will be focused upon Asparagus, Broccoli Rabe, Peas, and Rhubarb. Delicious recipes and helpful techniques for preparation will be demonstrated by Chef Kim and this will be a hands-on class. Bring your sharp Chef’s knife, cutting board, towel and apron. Invite a friend to register! If allergies/dietary restrictions, email the instructor. $12 material fee paid to instructor.

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<tr>
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<td>1x FREE</td>
<td>$63</td>
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</table>

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

The City is offering a series of cooking classes for youth and adults this winter/spring season. These hands-on cooking classes are free to Albany residents, however all participants must register in-person at the Albany Community Center with proof of residency in the form of a valid CA drivers’ license or utility bill. 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.

Cancelation Policy – Please notify us via email (recinfo@albanyca.org) at least five (5) days before your class begins if you need to cancel.

Baking Round the World

AGES 7–13

A typical class includes baking, eating, perhaps an international folktale, fun language acquisition and a brief map education, sometimes even a trivia game show. The outcome is a new appreciation of food and a desire to see the world through food! If your child is a pizza hound, this is the class for them! Pizza’s Round the World, at least 2 different pizzas each day! From Indian Naan bread pizza to French Benedict Pizza, to German berry dessert pizza. Children will learn to make and love to eat a variety of pizzas. There will be additional side dishes as well. We are nut free and can accommodate some allergies. $30 material fee paid to instructor (check).

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<tr>
<td>Mar 2-Apr 13*</td>
<td>Mon</td>
<td>4-5:30 pm</td>
<td>6x</td>
<td>FREE</td>
<td>$154</td>
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</table>

Instructor: Cooking Round the World Staff
Location: Albany Community Center, Kitchen
Min: 6; Max: 10

Off to College Cooking for Teens

AGES 15–18

Teens will learn how to make super easy, delicious and healthy meals using common dorm cooking tools including a rice cooker and microwave oven to prepare a variety of one pot meals, including stews, curries, and meals in mug! $42 Materials fee paid to instructor on first day of class.

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<tr>
<td>Jan 7-Feb 4</td>
<td>Tue</td>
<td>6-7:30 pm</td>
<td>5x</td>
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<td>Feb 11-Mar 10</td>
<td>Tue</td>
<td>6-7:30 pm</td>
<td>5x</td>
<td>FREE</td>
<td>$170</td>
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<tr>
<td>Mar 17-Apr 14</td>
<td>Tue</td>
<td>6-7:30 pm</td>
<td>5x</td>
<td>FREE</td>
<td>$170</td>
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</table>

Instructor: Ilah Jarvis
Location: Albany Community Center, Kitchen
Min: 3; Max: 6

Pizza Mania

AGES 6–13

A typical class includes baking, eating, perhaps an international folktale, fun language acquisition and a brief map education, sometimes even a trivia game show. The outcome is a new appreciation of food and a desire to see the world through food! If your child is a pizza hound, this is the class for them! Pizza’s Round the World, at least 2 different pizzas each day! From Indian Naan bread pizza to French Benedict Pizza, to German berry dessert pizza. Children will learn to make and love to eat a variety of pizzas. There will be additional side dishes as well. We are nut free and can accommodate some allergies. $30 material fee paid to instructor (check).

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Instructor: Cooking Round the World Staff
Location: Albany Community Center, Kitchen
Min: 6; Max: 10

World Cooking

AGES 9–12

Join us for a culinary trip around the world! Each day we will travel to a different country, prepare a healthful, delicious dish from each, and learn about their food cultures: Turkey, India, France, Greece, and El Salvador. Your child will be exposed to an international palate of flavors, build confidence in the kitchen, and learn important kitchen skills like kitchen safety, how to read a recipe, proper measuring, and food preparation techniques. We will create delectable dishes such as Bean and Cheese Pupusas (corncakes), Potato Fillo Triangles, and Fenugreek Flatbreads. Please contact instructor prior to registering if your child has food allergies. $20 material fee paid to the instructor on the first day.

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<td>Mar 5-Apr 2</td>
<td>Thu</td>
<td>2-3:30 pm</td>
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Instructor: Health in a Pan Staff, Alicia Faris
Location: Albany Community Center, Kitchen
Min: 6; Max: 10

Kitchen Laboratory

AGES 9–12

Let’s experiment with food! This is a science class in the kitchen. We’ll conduct experiments and use our observational skills to learn food science while also preparing tasty treats. Science topics include acids and bases, colligative properties, fermentation, osmosis, and more. Our experiments will yield delicious results such as Veggie Stir-Fry with Neon Noodles, Homemade Vanilla Ice Cream, and Macerated Strawberries. Please contact Instructor prior to registering if your child has food allergies. $20 material fee paid to the instructor on the first day.

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<tr>
<td>Jan 9-Feb 13*</td>
<td>Thu</td>
<td>2-3:30 pm</td>
<td>5x</td>
<td>FREE</td>
<td>$139</td>
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Instructor: Health in a Pan Staff, Alicia Faris
Location: Albany Community Center, Kitchen
Min: 6; Max: 10

*No class on Feb 6
Introduction to Da Yan Qi Gong

Adults

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 only offered in the fall. March class is only open to students who had taken Introduction to Qi Gong with Charlene before.

**DATE** | **DAY** | **TIME** | **MEETS** | **RESIDENT** | **NON-RES.**
---|---|---|---|---|---
Jan 27–Mar 16* | Mon | 6-6:45 pm | 7x | $65 | $75
Mar 23–May 12* | Mon | 6-6:45 pm | 7x | $65 | $75

**Instructor:** Charlene Leung, M.S., Licensed Acupuncturist & Herbalist  
**Location:** Albany Senior Center, Multi-Purpose Room

Min: 8; Max: 35  
*No class on Feb 17 & Apr 27

Advanced Da Yan Qi Gong

Adults

This class is for those who have completed Beginning and Intermediate Da Yan Qi Gong with Charlene Leung.

**DATE** | **DAY** | **TIME** | **MEETS** | **RESIDENT** | **NON-RES.**
---|---|---|---|---|---
Jan 27–Mar 16* | Mon | 6-7:30 pm | 7x | $105 | $115
Mar 23–May 11* | Mon | 6-7:30 pm | 7x | $105 | $115

**Instructor:** Charlene Leung, M.S., Licensed Acupuncturist & Herbalist  
**Location:** Albany Senior Center, Multi-Purpose Room

Min: 1; Max: 10  
*No class on Feb 17 & Apr 27

Beginning Ki-Aikido

Ages 7–Adult

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

**DATE** | **DAY** | **TIME** | **MEETS** | **RESIDENT** | **NON-RES.**
---|---|---|---|---|---
Jan 11–Feb 1 | Sat | 9-11 am | 4x | $60 | $70
Feb 8–Feb 29 | Sat | 9-11 am | 4x | $60 | $70
Mar 7–Apr 18* | Sat | 9-11 am | 5x | $75 | $85

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

Min: 5; Max: 25  
*No class on Mar 21 & Mar 28

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

Adults

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

**DATE** | **DAY** | **TIME** | **MEETS** | **RESIDENT** | **NON-RES.**
---|---|---|---|---|---
Jan 8–Feb 26 | Wed | 5:45-6:45 pm | 8x | $105 | $115
Mar 4–Apr 22 | Wed | 5:45-6:45 pm | 8x | $105 | $115

**Instructor:** Ernie Adams, (510) 619-9223, www.userfriendlypilates.com  
**Location:** Albany Community Center, Hall

Min: 8; Max: 35  
*No class on Mar 21 & Mar 28

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

ADULT
Learn how to relax and enjoy a body-mind synchronicity through the ancient practice of yoga. Students will learn how to do classic yoga postures in styles borrowed from several schools of Yoga. While holding the yoga poses, they will be shown how to stimulate acupressure points. The asana session will be followed by heating pranayasanas (breathing techniques), meditation and guided relaxation. Instructor Viji Sundaram has been teaching yoga in India and the US for more than 25 years. She is a certified yoga and Acu-yoga instructor, as well as, an acupressure practitioner.

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<td>$59</td>
<td>$69</td>
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<td>Feb 12–Mar 11</td>
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<td>Feb 15–Mar 14</td>
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<td>Mar 18–Apr 15</td>
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<td>Mar 21–Apr 18</td>
<td>Sat</td>
<td>11 am-12:20 pm</td>
<td>5x</td>
<td>$59</td>
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Instructor: Viji Sundaram  
Location: Albany Community Center, Rooms 1 & 2  
Min: 5; Max: 20  
*No class on Feb 6

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, the Yang style slow form, and more. Everyone is invited to participate, regardless of prior experience. Please wear comfortable clothes and shoes.

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<td>Tue</td>
<td>6-7 pm</td>
<td>8x</td>
<td>$84</td>
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<tr>
<td>Mar 3–Apr 21*</td>
<td>Tue</td>
<td>6-7 pm</td>
<td>7x</td>
<td>$74</td>
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Instructor: Elizabeth McAnally, PhD  
Location: Albany Senior Center, Multi-purpose Room  
Min: 5; Max: 25  
*No class on Mar 31

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, fore-hand, back-hand, 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 you own tennis racket and a new can of balls.

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<td>6x</td>
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<td>M/Th</td>
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<td>6x</td>
<td>$150</td>
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<td>Mar 16-Apr 2</td>
<td>M/Th</td>
<td>6-8 pm</td>
<td>6x</td>
<td>$150</td>
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<tr>
<td>Apr 13–Apr 30</td>
<td>M/Th</td>
<td>6-8 pm</td>
<td>6x</td>
<td>$150</td>
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Instructor: PJ Mapumulo  
Location: Memorial Park Tennis Courts 1 & 2  
Min: 5; Max: 30  
*No class on Jan 20 & Feb 17

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.

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<td>Feb 27–Mar 26</td>
<td>Thurs</td>
<td>5-6 pm</td>
<td>5x</td>
<td>$56</td>
<td>$64</td>
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</tbody>
</table>

Instructor: Akiko Kobayashi  
Location: Albany Community Center, Rooms 1 & 2  
Min: 4; Max: 12  
*No class on Feb 6

Beginning Yoga

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

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<tbody>
<tr>
<td>Jan 6-Feb 24*</td>
<td>Mon</td>
<td>6:30–8 pm</td>
<td>6x</td>
<td>$79</td>
<td>$89</td>
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<tr>
<td>Mar 2-Apr 20</td>
<td>Mon</td>
<td>6:30–8 pm</td>
<td>8x</td>
<td>$104</td>
<td>$114</td>
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</tbody>
</table>

Instructor: Jennifer Sovereine  
Location: Albany Community Center, Hall  
Min: 5; Max: 30  
*No class on Feb 6

Chinese Martial Arts/Kung Fu

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 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.

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<tbody>
<tr>
<td>Jan 9-Apr 2*</td>
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<td>6:30-8 pm</td>
<td>10x</td>
<td>$154</td>
<td>$164</td>
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</table>

Instructor: Shifu Fred Kaye  
Location: Albany Senior Center, Multi-purpose Room  
Min: 5; Max: 30  
*No class on Feb 6, Feb 20 & Mar 26
Designing Your Career

ADULT

Are you a professional that is looking for more meaning and clarity on how to reshape your career so that it feels more satisfying? It takes something to have a vision and take the right actions to become the success you want to be, both personally and professionally. Join Author and Success Coach Dr. Sweta for this insightful and thought-provoking workshop as she gives you the tools you need to get into the right action to create the career of your dreams. In this session you’ll learn how to: Uncover what you really want when it comes to your Career; Name what holds you back; Learn how to over-come what stands in your way; Create an action plan that is a match for you.

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<td>January 10</td>
<td>Thu</td>
<td>6:30-8:30 pm</td>
<td>1x</td>
<td>$45</td>
<td>$55</td>
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<td>February 3</td>
<td>Mon</td>
<td>6:30-8:30 pm</td>
<td>1x</td>
<td>$45</td>
<td>$55</td>
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</tbody>
</table>

Instructor: Sweta Chawla
Location: Albany Community Center, EOC Room
Min: 5; Max: 20

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 handmade rubber stamps. There will be a different script taught every class. Students will have to purchase basic supplies at local art stores.

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<td>3–5 pm</td>
<td>9x</td>
<td>$104</td>
<td>$114</td>
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<tr>
<td>Mar 23–June 1*</td>
<td>Mon</td>
<td>3–5 pm</td>
<td>9x</td>
<td>$104</td>
<td>$114</td>
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</table>

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

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”.

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<td>6–8 pm</td>
<td>5x</td>
<td>$60</td>
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</tbody>
</table>

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

Ikebana Sogetsu School

ADULT

Develop creative self-expression through flower arrangement. Learn the beauty of the simplification 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.

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<tr>
<td>Jan 9–Mar 19*</td>
<td>Thu</td>
<td>10 am–1 pm</td>
<td>10x</td>
<td>$204</td>
<td>$214</td>
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<tr>
<td>Apr 2–June 18*</td>
<td>Thu</td>
<td>10 am–1 pm</td>
<td>10x</td>
<td>$204</td>
<td>$214</td>
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</table>

Instructor: Soho Sakai
Location: Albany Community Center, Hall
Min: 15; Max: 50

*No class on Feb 20, Apr 30 & June 4
Beginning Watercolor

ADULT

Discover how easy and beautiful watercolor can be. We will make delicate gradations, hard edges and surprising patterns with paint. Then 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.

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<td>Fri</td>
<td>6:30-8:30 pm</td>
<td>6x</td>
<td>$145</td>
<td>$155</td>
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</table>

Instructor: Ilah Jarvis
Location: Albany Community Center, Rooms 1 & 2

Watercolor Landscape

ADULT

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

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<td>6:30-8:30 pm</td>
<td>6x</td>
<td>$145</td>
<td>$155</td>
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</table>

Instructor: Ilah Jarvis
Location: Albany Community Center, Sharyl Gates Craft Room

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.

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<td>5x</td>
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<td>Thu</td>
<td>7:30-9:30 pm</td>
<td>5x</td>
<td>$125</td>
<td>$135</td>
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</table>

Instructor: Paquerette Clark
Location: Albany Community Center, Sharyl Gates Craft Room

Clay, Coffee...Connect!

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. For more information, please email the instructor.

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<td>7x</td>
<td>$55</td>
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<tr>
<td>Mar 5-Apr 23*</td>
<td>Thu</td>
<td>6:30-9:30 pm</td>
<td>7x</td>
<td>$55</td>
<td>$65</td>
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Instructor: Charley Paff, charleypaff@gmail.com
Location: Albany Community Center, Rooms 1 & 2

Figures 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.

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<td>Jan 8-Feb 26</td>
<td>Wed</td>
<td>7-9 pm</td>
<td>8x</td>
<td>$84</td>
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<tr>
<td>Mar 4-Apr 22</td>
<td>Wed</td>
<td>7-9 pm</td>
<td>8x</td>
<td>$84</td>
<td>$94</td>
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Instructor: Jack Katz
Location: Albany Senior Center, South Room

Drawings Faces and People

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. This class shows easy methods to draw what you see as the human face and body. It will give you a better understanding of body attitudes and facial expressions.

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<tr>
<td>Mar 30-Apr 27</td>
<td>Mon</td>
<td>6-8 pm</td>
<td>5x</td>
<td>$60</td>
<td>$65</td>
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</table>

Instructor: Shay Stephens
Location: Albany Senior Center, South Room

Painting Workshop (Self-directed)

ADULT

Gain the freedom of brush strokes that give excitement to art work. Oriental brush painting makes you aware of your 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.

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<td>Jan 8-Feb 12</td>
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<td>$140</td>
<td>$150</td>
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<tr>
<td>Feb 26-Apr 1</td>
<td>Wed</td>
<td>9:50 am-12:10</td>
<td>6x</td>
<td>$140</td>
<td>$150</td>
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Instructor: Fumiyo Yoshikawa, www.fumiyo-y.com,
sum-e@fumiyo-y.com (for art supply list)
Location: Albany Community Center, Rooms 1 & 2

Japanese Brush Painting/Sumi-e

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.

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<tr>
<td>Jan 9-Feb 27*</td>
<td>Thu</td>
<td>7:30-9:30 pm</td>
<td>5x</td>
<td>$125</td>
<td>$135</td>
</tr>
<tr>
<td>Mar 12-Apr 16*</td>
<td>Thu</td>
<td>7:30-9:30 pm</td>
<td>5x</td>
<td>$125</td>
<td>$135</td>
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</table>

Instructor: Paquerette Clark
Location: Albany Community Center, Sharyl Gates Craft Room

Min: 3; Max: 10

Advance Watercolor

ADULT

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

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<tbody>
<tr>
<td>Mar 13-Apr 17</td>
<td>Thu</td>
<td>6:30-8:30 pm</td>
<td>6x</td>
<td>$145</td>
<td>$155</td>
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</table>

Instructor: Ilah Jarvis
Location: Albany Community Center, Sharyl Gates Craft Room

Min: 3; Max: 10

ADVANCE

Beginning Watercolor or an equivalent class

Beginner's Watercolor

ADULT

Discover how easy and beautiful watercolor can be. We will make delicate gradations, hard edges and surprising patterns with paint. Then 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.

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<td>Jan 31-Mar 6</td>
<td>Fri</td>
<td>6:30-8:30 pm</td>
<td>6x</td>
<td>$145</td>
<td>$155</td>
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Instructor: Ilah Jarvis
Location: Albany Community Center, Rooms 1 & 2

ADVANCED

Beginning Watercolor or an equivalent class

ADVANCED

Beginning Watercolor or an equivalent class

ADVANCED

Beginning Watercolor or an equivalent class

ADVANCED

Beginning Watercolor or an equivalent class
**Chinese Traditional & Folk Dance**

**ADULT**

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
---|---|---|---|---|---
Jan 7-Jan 28 | Tue | 12:15-1:15 pm | 4x | $94 | $94
Feb 6-Feb 25 | Tue | 12:15-1:15 pm | 4x | $96 | $96
Mar 3-Mar 31* | Tue | 12:15-1:15 pm | 3x | $64 | $74
Apr 7-Apr 21 | Tue | 12:15-1:15 pm | 3x | $64 | $74
May 5-May 26 | Tue | 12:15-1:15 pm | 4x | $86 | $94

Instructor: East Bay Shi’s Ballet (Zhonggi Shi)  
Location: Albany Community Center, Rooms 1 & 2  
Min: 8; Max: 14  
*No class on Mar 17 & Mar 24

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**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!

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
---|---|---|---|---|---
Jan 8-Feb 26 | Wed | 7:15-8:45 pm | 8x | $112 | $122
Mar 4-Apr 22 | Wed | 7:15-8:45 pm | 8x | $112 | $122

FRIDAY

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
---|---|---|---|---|---
Jan 10-Feb 28 | Fri | 7-8:30 pm | 8x | $112 | $122
Mar 6-Apr 17 | Fri | 7-8:30 pm | 7x | $99 | $109

**WEDNESDAY & FRIDAY**

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
---|---|---|---|---|---
Jan 8-Feb 28 | W/F | See Above | 16x | $204 | $214
Mar 4-Apr 22 | W/F | See Above | 15x | $192 | $202

Instructor: David Bertlin & Ronn Guidi  
Location: Albany Community Center, Hall; Rooms 1 & 2 (Jan 24, Feb 28, Mar 29 & Mar 27)  
Min: 8; Max: 31  
*No class on Feb 6

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**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.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
---|---|---|---|---|---
Jan 7-Mar 17** | Tue | 6:30-7:30 pm | 10x | $79 | $89
Mar 24-May 26* | Tue | 6:30-7:30 pm | 9x | $79 | $89

Instructor: Tish Berlin  
Location: Albany Middle School, Music Room  
Min: 8; Max: 50  
*No class on Feb 18 & Apr 7

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**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 on a 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.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RESIDENT**
---|---|---|---|---|---
Jan 7-Mar 17** | Tue | 7:30-8:30 pm | 10x | $79 | $89
Mar 24-May 26* | Tue | 7:30-8:30 pm | 9x | $79 | $89

Instructor: Tish Berlin  
Location: Albany Middle School, Music Room  
Min: 8; Max: 50  
*No class on Feb 18 & Apr 7
Albany Big Band Jazz Ensemble

**ADULT**

The Albany Jazz Band, actively playing big band music for more than 15 years, is part of the City of Albany’s Recreation and Community Services program. The band plays classic to modern instrumental and vocal jazz, swing, latin and other genres arranged for 18 to 20 pieces jazz big band ensemble—saxophones, trumpets, trombones, guitar, piano, bass and percussion. The ensemble offers an opportunity to learn, play, and perform skillfully arranged jazz compositions, and to experience soloing and singing with a big band.

The playing and singing level for the band is intermediate and above; experience with jazz and swing idioms is recommended and sight-reading skills are a must. Participation in the band requires a commitment to attend regular rehearsals and to participate in public performances (1-3 may be scheduled per term).

**NOTE:** Due to limited space, enrollment is by permission of instructor only. For information about how to join or other questions about enrollment, contact instructor. For information about the band visit the website. $20 material fee paid to instructor may be required on first meeting.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
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Jan 15–May 27 | Wed | 7-9:15 pm | 18x | $70 | $80

**Instructor:** Rich Kalman (Conductor & Musical Director), 
**Location:** Albany Middle School, Music Room

**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 mid-semester performance in March and a spring performance in June. **NOTE:** Instructor will notify students for potential missing dates.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
--- | --- | --- | --- | --- | ---
Jan 11–Feb 15 | Sat | 10-11:30 am | 6x | $82 | $92
Feb 29–Apr 11 | Sat | 10-11:30 am | 7x | $95 | $105

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

**Raga Music for Beginners**

**ADULT**

You may have heard Ravi Shankar play sitar with the Beatles? Have you wanted to make improvisational music like that with your voice? Hailing from India, Raga music is an oral tradition over 2000 years old. By the end of the course students will be able to learn to sing from the heart instead of reading notation.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
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Jan 15–Feb 19 | Wed | 6:30-8 pm | 6x | $100 | $110
Mar 11–Apr 8 | Wed | 6:30-8 pm | 5x | $84 | $94

**Instructor:** Krishna Parthasarathy
**Location:** Albany Community Center, EOC Room

**Classical Guitar Technique**

**AGES 16–ADULT**

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
--- | --- | --- | --- | --- | ---
Jan 11–Feb 15 | Sat | 10-11:30 am | 6x | $82 | $92
Feb 29–Apr 11 | Sat | 10-11:30 am | 7x | $95 | $105

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

**Ukulele 1**

**AGES 12–ADULT**

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
--- | --- | --- | --- | --- | ---
Mar 2–Apr 6 | Mon | 6–7:30 pm | 6x | $100 | $110

**Instructor:** Lenny San Jose aka “Ukulenny”, www.ukulenny.com
**Location:** Albany Community Center, Rooms 1 & 2

**Min: 6; Max: 30**

**Ukulele 2**

**AGES 12–ADULT**

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
--- | --- | --- | --- | --- | ---
Mar 2–Apr 6 | Mon | 7:30–9 pm | 6x | $100 | $110

**Instructor:** Lenny San Jose aka “Ukulenny”, www.ukulenny.com
**Location:** Albany Community Center, Rooms 1 & 2

**Min: 6; Max: 30**
**City of Albany**
recreatiOn & c OMMunity Service S  510 524-9283  32

**5-aSide cO-ed FutSaL**
Soccer rules! Winter rain does not stop soccer, we just play faster and harder indoors-5-aSide Futsal (Indoor Soccer)! Futsal is played on a hard court delimited by lines. Footwork is everything! League games are Sunday afternoons at Albany High School, beginning January 2020. Registration starts November 1, 2019. For more info call (510) 524-9283. Download your application at www.albanyca.org/adultsports.

**Drop-in Dodgeball**
Sunday Drop-in Dodgeball is here for the Winter and Spring 2020 Season. Come and re-experience the fun and excitement of (almost, pretty much) official dodgeball. Mix it up with 5 other friends and newcomers on your team, in this awesome 6 vs. 6 co-ed action. Players need only bring $5, appropriate footwear, and a visibly numbered shirt. Drop-in dodgeball is on Sunday evenings, 7–9 pm, at Albany High School Gymnasium. Visit www.albanyca.org/adultsports.

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

**Winter Adult Leagues Head Indoors for Fun!**
Come join one of our leagues and play in a friendly, open environment!

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

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Get your team together!

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2020 SPRING LEAGUES
Softball (Men’s & Co-ed), Kickball, 5-Aside Soccer
Registration begins February 1, 2020
www.albanyca.org/adultsports

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Why should the kids get to have all the fun?
RUN AROUND TOWN SUNDAYS: THE R.A.T.S. RUNNING CLUB

Running transforms your body, mind and spirit, while making new friends and enjoying the outdoors. Run Around Town Sundays (RATS) is Albany’s official running club. Our mission is to make running fun and accessible for all levels, from the slow beginners to the fast, long distance performers.

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

ANNIVERSARY RUN
Sunday, February 2 • 8 am
Meet at Suzette Crepe, 1226 Solano Ave.

Run Around Town Sundays, Albany’s official running club, invites you to celebrate their 7th anniversary. Choose your distance: the run will be along the Bay Trail toward the Bay Bridge. Runners can choose a casual distance, or make their run epic by running all the way to Emeryville. After the run, please join us for our swag giveaways. Check out our website at www.albanyca.org/adultsports for updates and a downloadable map.

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

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

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

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

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

**Paratransit Services**

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

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

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

**Health Services**

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

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

- **Podiatry Services**: Dr. Eric Fuller, DPM, will be offering Podiatry Services at the Senior/Youth Annex on the 2nd Wednesday of the month from 2-5 pm, free to Albany Residents/$10 for Non-Residents. Call the Senior Center to make an appointment or for more information.
Why cook? Eat at the Senior Center

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

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

Also ask Staff about the monthly Birthday Dinners!

Holiday Dinner
Friday, December 20 • 4–5 pm

Chinese New Year/Birthday Dinner
Friday, January 24 • 4 pm

Valentine’s Day Dinner
Friday, February 14 • 4 pm

St. Patrick’s Day Dinner
Tuesday, March 17 • 4 pm

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

Free Blood Pressure Checks: Get your blood pressure checked for free at the Senior/Youth Annex on the 2nd Wednesday of the month from 2-5 pm.

Nutrition Services

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

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

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

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.

Free Blood Pressure Checks:

Chinese New Year/Birthday Dinner:

Valentine’s Day Dinner:

St. Patrick’s Day Dinner:

Sundae Tuesday:

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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.
**MONDAYS**

No socials on Jan. 20 & Feb. 17 (City Holidays)

**Needlecraft & Beading**
Jan. 6–Apr. 27 • 9–11 am
Bring your own materials and receive input from peers to improve your craftsmanship.

**Senior Center Chorus**
Jan. 6–Apr. 27 • 3–4 pm
Come sing away with people that love music.

**TUESDAYS**

Matinee Movie of the Week
Jan. 7–Apr. 28 • 1:30 pm
Enjoy some popcorn and a movie each week. See our movie flyer for a schedule of films being shown.

**WEDNESDAYS**

**Pop-up Ping Pong**
Jan. 8–Apr. 29 • 1:30–3 pm
Come play non-competitive Ping Pong (Table Tennis) at the Albany Senior Center. Exercise for physical health and improve your brain health at the same time! All levels welcome.

**THURSDAYS**

No socials on Apr. 16 (Resource Expo)

**Painting**
Jan. 9–Apr. 30 • 9 am–noon
Show off your artistic side. Bring your own materials and take this opportunity to get some positive feedback on your work.

**For Pet Lovers Only!**
Jan. 9–Apr. 30 • 10–11 am
Come to this social gathering of pet lovers to learn from each other your responsibilities and how animals and people heal each other.

**FRIDAYS**

No socials on Apr. 17 at Senior Center (White Elephant Sale)

**French Conversation**
Jan. 10–Apr. 24 • Noon–3 pm
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**
Jan. 10–Apr. 24 • Noon–3 pm
For the seasoned bridge player. Challenge yourself and those around you in our weekly bridge games.

**Laughter Yoga**
Jan. 9–Apr. 30 • 11 am–noon
(Except the 2nd Thursday of the Month)
Want to do yoga and have a laugh at the same time? Join us in light exercise with some fun movements.

**Mahjong & Games**
Jan. 9–Apr. 30 • 1–3 pm
Mahjong, Pinochle, board games, and cards available for anyone looking to have some fun.

**Karaoke for Seniors**
Jan. 9–Apr. 30 • 1:30–3 pm
(Meets every 3rd Thursday)
Tired of singing in the shower? Come and sing with friends. Not a contest, only friendly encouragement. Give it a try.
How to Prepare for an Emergency
Tuesday, January 7 • Noon–1 pm • Free
Presented by Johanna Jenkins from Beacon Home Care

“Be Prepared Not Scared” Emergencies and disasters can strike quickly and without warning. They can force you to evacuate your neighborhood or be confined to your home. What would you do if your basic services—water, gas, electricity or communications—were cut off? Join Johanna in a discussion of ways to protect yourself and cope with disaster by planning ahead. Learn more about the types of Bay Area emergencies to prepare for and how to create your Emergency Preparedness Kit (GO-BAG).

Arthritis: Natural Healing and Prevention
Thursday, January 23 • 1–2 pm • Free
Presented by Tiffany, Assistant to the Founder of Healing Lab

Learn 3 easy steps for healthier joints. This free talk draws from the latest research on nutrition, exercise, and energy healing to help you address and prevent osteoarthritis.

Healthy Heart
Tuesday, February 18 • Noon–1 pm • Free
Presented by Johanna Jenkins from Beacon Home Care

Though heart disease risks increase with age, it doesn’t have to be an inevitable part of getting older. The right lifestyle habits and a heart-healthy diet can help protect you. Johanna present ways to keep your heart Healthy, sample foods that promote a happy heart, and learn easy ways to stay motivated.

Health Benefits of Tea
Tuesday, March 3 • Noon–1 pm • Free
Presented by Shamila Chand with Bee Mindful Tea

Discover the Health benefits of Tea with Tea Tasting. This is a very popular presentation that includes a historical count of Tea, brewing techniques and exploring Tea traditions from around the world. In this class, we get to taste the different types of Tea and everyone can find a Tea that they love. It’s the Tea alternative to Wine Tasting.

Healthy Sleeping Habits
Tuesday, March 10 • Noon–1 pm • Free
Presented by Johanna Jenkins from Beacon Home Care

As we age, we often experience normal changes in our sleeping patterns, such as becoming sleepy earlier, waking up earlier, or experiencing less deep sleep. However, disturbed sleep, waking up tired every day, and other symptoms of insomnia are not a normal part of aging. Sleep is just as important to your physical and emotional health as it was when you were younger. Learn ways to improve your quality of sleep and understand the underlying causes of your sleep problems. Johanna will share tips to help you identify and overcome age-related sleep problems, get a good night’s rest, and improve the quality of your day.

Eating Healthy to Prevent/Manage Disease
Tuesday, March 24 • Noon–1 pm • Free
Yvonne Medina, Health & Lifestyle Coach

Have you ever heard the saying, “You are what you eat?” It’s true, poor food choices inevitably lead to poor health. The opposite is also true, if you eat healthy foods you can reverse some of the miserable symptoms associated with poor health. Learn some simple tips to help take charge of your health.

P.A.I.N: Pay Attention Inside Now
Tuesday, April 21 • Noon–1 pm • Free
Yvonne Medina, Health & Lifestyle Coach

We all want to move away from pain fast. Of course, there’s no value to having pain right? Actually pain is just an indicator that something is off. Learn how to listen to the powerful message that pain is giving you and how to mitigate the pain naturally.

Presentations are intended for informational purposes only. Advice or services offered are those of the respective volunteer presenters and not endorsed by the City of Albany.

State of the City
Thursday, January 30 • 2–3 pm • Free
Presented by Albany Mayor Rochelle Nason with facilitator Buddy Akacic

Albany Mayor Rochelle Nason will provide an overview of key issues facing the city, including housing development, transportation, hospital access, and the waterfront. Her talk will be followed by an opportunity to ask questions and share your concerns.
**Gentle Tai Chi**

**AGES 50+**

This gentle approach to Tai Chi combines Nei Dang Chi Kung emphasizing deep breathing and meditative elements. Helps circulation, loosening joints and secure balance. Fee is per class.

- **Jan 6–Apr 29**
  - M/W/F: 10:30–11:30 am
  - Min: 3; Max: 15
- **Jan 9–Feb 6**
  - Thur: 11:30 am–12:30 pm
- **Feb 13–Mar 12**
  - Thur: 11:30 am–12:30 pm
- **Mar 19–Apr 23**
  - Thur: 11:30 am–12:30 pm

**Instructor:** Allan Jacinto

**Location:** Albany Senior Center, Multi-Use Room (Tue/Thur; Apr 24–29)

**Min. 5; Max. 20** *No class on Jan 20 & Feb 17*

**Intermediate Hip Hop Dance Workout**

**AGES 50+**

Designed for those with dance experience, this is an upbeat, fun and friendly dance experience. Using contemporary, retro, reggae and R&B music, a choreographed dance will be cumulatively taught during each session. This class moves at a much faster pace than the Beginning Hip Hop Workout. 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.

- **Jan 7–Feb 4**
  - Tue: 10:30–11:30 am
  - Min: 5; Max: 25
- **Feb 11–Mar 10**
  - Tue: 10:30–11:30 am
  - Min: 5; Max: 25
- **Mar 17–Apr 21**
  - Tue: 10:30–11:30 am
  - Min: 5; Max: 25

**Instructor:** Judith Kajiwara

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

**Min. 5; Max. 25**

**Beginning Hip Hop Dance Workout**

**AGES 50+**

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.

- **Jan 9–Feb 6**
  - Thur: 11:30 am–12:30 pm
  - Min: 5; Max: 25
- **Feb 13–Mar 12**
  - Thur: 11:30 am–12:30 pm
  - Min: 5; Max: 25
- **Mar 19–Apr 23**
  - Thur: 11:30 am–12:30 pm
  - Min: 5; Max: 25

**Instructor:** Judith Kajiwara

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

**Min. 5; Max. 25** *No class on April 16*

**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 and come on an empty stomach. Bring your own mat or towel. Fee is per class.

- **Jan 6–Apr 30**
  - M–F: 9–10 am
  - Min: 5; Max: 20

**Instructor:** Judi Kajiwara

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

**Min. 5; Max. 20** *No class on Jan 20, Feb 17 & Apr 16*

**Rosen Movement**

**AGES 50+**

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

- **Jan 8–Apr 29**
  - Weds: 12:15–1:15 pm
  - Min: 5; Max: 25

**Instructor:** Helen Morgan & Deborah Marks

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

**Min. 5; Max. 25**

**Free to Move: Expressive Movement & Rhythm for Brain & Body Health**

**AGES 50+**

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

Guided by the creative processes of Orff Schulwerk, this drop-in 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. This class also occasionally tours to other senior centers to demonstrate healthy aging through movement. Call the Center before dropping in so you know where to find us. Fee is per class.

*Developed by Anne green Gilbert, Creative Dance Center, Seattle

**Women’s Traditional Dances for Fun, Exercise & Enlightenment!**

**AGES 50+**

Were you a folkdancer in college or high school? Perhaps you wish you’d had an opportunity to folkdance. 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 folkdancing 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.

**Instructor:** Ingrid Talmadge

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

**Min. 4; Max. 25**
Walk, Talk & Be Healthy!

**AGES 50-OLDER**

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

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<tbody>
<tr>
<td>Jan 8–Jan 29</td>
<td>Wed</td>
<td>11–11:45 am</td>
<td>4 x</td>
<td>$39</td>
<td>$44</td>
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<tr>
<td>Feb 5–Feb 26</td>
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<td>11–11:45 am</td>
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<tr>
<td>Mar 4–Mar 25</td>
<td>Wed</td>
<td>11–11:45 am</td>
<td>4 x</td>
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<tr>
<td>Apr 1–Apr 22</td>
<td>Wed</td>
<td>11–11:45 am</td>
<td>4 x</td>
<td>$39</td>
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Instructor: Jasmine Buzcek, NASM Personal Trainer, Corrective Exercise Specialist

Location: Albany Community Center, EOC Room

Min: 5; Max: 12

**Fitness into the Golden Ages: Weight & Balance Training**

**AGES 40-OLDER**

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

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

Jasmine is the owner and manager of All In One Fitness. During the last 15 years of running All In One Fitness, she and her partner established a niche in working with seniors and improving their quality of life through exercise.

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<tr>
<td>Jan 10–Apr 24</td>
<td>Mon</td>
<td>Noon–1 pm</td>
<td>15 x</td>
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<td>$3</td>
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<tr>
<td>Apr 1–Apr 22</td>
<td>Wed</td>
<td>11–11:45 am</td>
<td>4 x</td>
<td>$39</td>
<td>$44</td>
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Instructor: Julia Lee

Location: Albany Senior Center, Multi-Use Room

Min: 4; Max: 16 *No class on Jan 20, Feb 17 & Apr 18

**Beginner Line Dance**

**AGES 65-OLDER**

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

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<tr>
<td>Jan 6–Apr 27*</td>
<td>Mon</td>
<td>2–3 pm</td>
<td>15 x</td>
<td>$2</td>
<td>$3</td>
</tr>
<tr>
<td>Jan 9–Apr 30*</td>
<td>Thu</td>
<td>1–2 pm</td>
<td>16 x</td>
<td>$2</td>
<td>$3</td>
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Instructor: Julia Lee

Location: Albany Senior Center, Multi-Use Room

Min: 4; Max: 16 *No class on Jan 20, Feb 17 & Apr 18

**Folk Dancing**

**AGES 50-OLDER**

Dances from the Balkans, Greece + other places. Come dance with us! Dances without partners (although we do sneak in a couple dance once in a while) that keeps us active and healthy. Wonderful teachers. Fee is per class.

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<tr>
<td>1st Fridays</td>
<td>Fri</td>
<td>7:30–9:30 pm</td>
<td>Monthly</td>
<td>$7</td>
<td>$8</td>
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</table>

Instructor: Ingrid Talmadge

Location: Albany Senior Center, Multi-Use Room

Min: 3; Max: 15

**Chair & Balance Training**

**AGES 50-OLDER**

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

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<th>TIME</th>
<th>MEETS</th>
<th>RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6–Apr 27*</td>
<td>Mon</td>
<td>Noon–1 pm</td>
<td>15 x</td>
<td>$2</td>
<td>$3</td>
</tr>
<tr>
<td>Jan 10–Apr 24*</td>
<td>Fri</td>
<td>Noon–1 pm</td>
<td>17 x</td>
<td>$2</td>
<td>$3</td>
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</tbody>
</table>

Instructor: Julia Lee

Location: Albany Community Center, Hall

Min: 4; Max: 16 *No class on Jan 20, Feb 17 & Apr 18

**Pickleball: Kitchenball**

**AGES 50-OLDER**

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!

<table>
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<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>Jan 6–Apr 27*</td>
<td>Mon</td>
<td>Noon–1:30 pm</td>
<td>13 x</td>
<td>$6</td>
<td>$7</td>
</tr>
</tbody>
</table>

Instructor: B. Bell

Location: Albany Senior Center, Multi-Use Room

Min: 3; Max: 15 *No class on Jan 20 & Feb 17

**Zumba® Gold**

**AGES 65-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 for all ages new and improved for anyone. Join us for a great class!

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<th>TIME</th>
<th>MEETS</th>
<th>RESIDENT</th>
<th>NON-RES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 10–Apr 24*</td>
<td>Fri</td>
<td>9–10 am</td>
<td>15 x</td>
<td>$9</td>
<td>$10</td>
</tr>
</tbody>
</table>

Instructor: Odile Attahulin

Location: Albany Senior Center, Multi-Use Room*

Min: 3; Max: 15 *South Room on Apr 24

**Israeli Dancing**

**AGES 50-OLDER**

Learn dances old and new from old Israeli times to the new Israel. No experience necessary; each dance is taught just before it is done. Some are slow and meditative, and some are more lively. Ingrid has been teaching Israeli dances for 60 years. Fee is per class.

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<th>MEETS</th>
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<tr>
<td>3rd Sundays</td>
<td>Sun</td>
<td>3–5 pm</td>
<td>Monthly</td>
<td>$7</td>
<td>$8</td>
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</table>

Instructor: Ingrid Talmadge

Location: Albany Community Center, Hall

Min: 3; Max: 15

**Rosen Method: Moving Body & Soul**

**AGES 50-OLDER**

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

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<th>MEETS</th>
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<th>NON-RES.</th>
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<td>Fri</td>
<td>9–10 am</td>
<td>15 x</td>
<td>$9</td>
<td>$10</td>
</tr>
</tbody>
</table>

Instructor: Odile Attahulin

Location: Albany Senior Center, Multi-Use Room*

Min: 3; Max: 15 *South Room on Apr 24

NEW
Novels & Memoirs by Women: Winter

**AGES 50+ OLDER**

My Life in Middlemarch, by Rebecca Mead, tells two life stories: that of Mary Ann Evans (George Eliot) and that of Mead, who describes the connections between them with engaging candor. This is a rich and thoughtful book, and one does not need to have read any Eliot at all to savor it.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
--- | --- | --- | --- | --- | ---
Jan 8–Mar 11 | Wed | 3–5 pm | 10x | $80 | $85

**Instructor:** Debra Ratner  
**Location:** Albany Senior Center, South Room

Min: 4; Max: 30  
*No class on Jan 20 & Feb 17*

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Novels & Memoirs by Women: Spring

**AGES 50+ OLDER**

Tayari Jones’ 2005 novel The Untelling was called “truly a wonderful story” by The Boston Globe. Its narrative voice creates a rare and memorable intimacy with the reader.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
--- | --- | --- | --- | --- | ---
Apr 1–June 3 | Wed | 3–5 pm | 10x | $80 | $85

**Instructor:** Debra Ratner  
**Location:** Albany Senior Center, South Room

Min: 4; Max: 30

---

Memoir Writing

**AGES 50+ OLDER**

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

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
--- | --- | --- | --- | --- | ---
Jan 6–Apr 27 | Mon | 1–3 pm | 15x | $96 | $101

**Instructor:** Bill Hyman  
**Location:** Albany Senior Center, South Room

Min: 4; Max: 30  
*No class on Jan 20 & Feb 17*

---

Film for Thought

**AGES 50+ OLDER**

In this course we will watch and then discuss thought-provoking, complex movies each about an hour and a half long and made within the last fifty years. The course will enrich students’ film-watching experience as they learn to view films more attentively. My teaching motto is There Are No Wrong Answers: a major benefit of our time together lies in hearing each other’s responses. Two representative movies are Field of Dreams and Lars and the Real Girl. You are welcome to visit a class and see if it appeals to you before making a decision. Class meets on 2nd and 4th Thursdays.

**DATE** | **DAY** | **TIME** | **MEETS** | **ALBANY RESIDENT** | **NON-RES.**
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Jan 9–Apr 23 | Thu | 1:30–3:45 pm | 8x | $50 | $55

**Instructor:** Rachel Edelson  
**Location:** Albany Senior Center, Multi-Use Room

Min: 3; Max: 20  
*This class meets only on the 2nd/4th Thursdays*
Meditation Practice and Support

AGES 50–OLDER

Come join us for a 30 minute meditation (sometimes guided) and then talk and discussion about various topics like spirituality, Buddhism, mindfulness, presence, neuroscience, prayer, wise communication, or addiction. Fee is per class.

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<th>MEETS</th>
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<th>NON-RESIDENT</th>
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<tbody>
<tr>
<td>Jan 8–Apr 22</td>
<td>Thur</td>
<td>10–11 am</td>
<td>16x</td>
<td>$6</td>
<td>$7</td>
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</tbody>
</table>

Instructor: Mitch Durell  
Location: Albany Senior Center, Senior/Youth Annex
Min: 4; Max: 20 *No class on Apr 16

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.

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<tr>
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<td>Mon</td>
<td>9:45–11:15 am</td>
<td>10x</td>
<td>$4</td>
<td>$5</td>
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Instructor: Constance Cole  
Location: Albany Senior Center, Multi-Use Room  
Min: 12; Max: 35 *No class on Jan 20 & Feb 17

Meditative Tea Tasting

AGES 50–OLDER

Universal Chan is a donation-based non-profit organization holding the lineage of the Zen tradition of Chinese Buddhism. We are dedicated to spreading the wisdom of Zen to enhance our life. Through our deep and wide connection with mainland China and Taiwan, we have access to many varieties of premium tea which enable us to seamlessly combine the value of tea and wisdom of Chan in our teaching. It turns out that it is an effective teaching approach for people with different backgrounds. The class will start with guided meditation, followed by tasting different varieties of premium tea, including some introduction of basic tea knowledge. Through guided meditation, even beginners can have some experience of the calming down of body and mind, and improvement of awareness with more sensitivity to the aroma and taste of the tea, which enables us to better enjoy this healthy drink and the peaceful present moment.

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<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<tbody>
<tr>
<td>Jan 7–Feb 25</td>
<td>Tue</td>
<td>10–11:30 am</td>
<td>8x</td>
<td>$60</td>
<td>$65</td>
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</tbody>
</table>

Instructor: Mitch Durell  
Location: Albany Senior Center, South Room
Min: 4; Max: 20

The Art of Seeing: Fine Art Photography

AGES 50–OLDER

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

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<tbody>
<tr>
<td>Apr 8–May 27</td>
<td>Wed</td>
<td>11 am–1:30 pm</td>
<td>6x</td>
<td>$189</td>
<td>$194</td>
</tr>
<tr>
<td>Apr 10–May 29</td>
<td>Fri</td>
<td>11 am–1:30 pm</td>
<td>6x</td>
<td>$189</td>
<td>$194</td>
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</table>

Instructor: Becky Jaffe  
Location: Albany Senior Center, South Room
Min: 8; Max: 20 *No class on Apr 22, Apr 24, May 13 & May 15

Qigong: The Six Healing Sounds

AGES 50–OLDER

Qigong comes from both the Chinese medical tradition and from the great meditation masters of Buddhism and Taoism. The goal of Qigong is three-fold: healing, calming, and energizing the body and mind. The Six Healing Sounds heal, calm, and increase, purify, and bring balance to our body/mind through moving our intrinsic energy (Qi) throughout the body, and through the use of colors, emotions, and sounds, connected to organ systems. The class will be led by Mitch Durell. Mitch learned the six healing sounds in China from his 94 year master, Ma-Li-Tang in 1988 and has been practicing and teaching for the past 30 years.

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<tr>
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<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
<th>NON-RESIDENT</th>
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<tbody>
<tr>
<td>Jan 7–Feb 25</td>
<td>Tue</td>
<td>10–11:30 am</td>
<td>8x</td>
<td>$60</td>
<td>$65</td>
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</table>

Instructor: Mitch Durell  
Location: Albany Senior Center, South Room
Min: 4; Max: 20

iPad Partners for Beginners

AGES 50–OLDER

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

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<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<tbody>
<tr>
<td>Jan 8–Apr 29</td>
<td>Wed</td>
<td>1:45–2:45 pm</td>
<td>17x</td>
<td>$1</td>
<td>$1</td>
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</table>

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 age 50 and older. Participants must take both classes to receive their Certificate of Completion, which entitles drivers, 50 and older, to a discount for three years on their auto insurance. Fee for this class is $15 for AARP Members, $20 for Non-Members. Check or money order only (No cash), payable to: AARP. AARP members bring membership number.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
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<th>NON-MEM.</th>
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<tr>
<td>Jan 9–Jan 16</td>
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<td>1–5 pm</td>
<td>2x</td>
<td>$15</td>
<td>$20</td>
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</table>

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

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

Graton Casino, Rohnert Park
AGES 50-OLDER
Trip Includes: Transportation; gaming and lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<tbody>
<tr>
<td>January 8</td>
<td>Wed</td>
<td>8:30 am-5 pm</td>
<td>1x</td>
<td>$20</td>
<td>$25</td>
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</table>

Min: 12; Max: 21

“Dear Evan Hansen” - Broadway Sacramento
AGES 50-OLDER
Trip Includes: Transportation and ticket to Tony award winning musical “Dear Evan Hansen” at the Memorial Auditorium in Sacramento. Lunch on your own.

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<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>MEETS</th>
<th>ALBANY RESIDENT</th>
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<td>Thur</td>
<td>10 am-6 pm</td>
<td>1x</td>
<td>$90</td>
<td>$95</td>
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Min: 12; Max: 21

Sandhill Cranes – Woodbridge Ecological Reserve
AGES 50-OLDER
Trip Includes: Transportation and ranger led talk and viewing of the cranes feeding at the Woodbridge Ecological Reserve. Shelter has displays and hot chocolate/coffee and cookies. Bring binoculars and pack a meal or buy a take-out meal.

<table>
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<tr>
<th>DATE</th>
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<th>TIME</th>
<th>MEETS</th>
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<td>Thur</td>
<td>1-8 pm</td>
<td>1x</td>
<td>$32</td>
<td>$37</td>
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Min: 12; Max: 21

Legion of Honor – James Tissot: Fashion and Faith
AGES 50-OLDER

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<th>TIME</th>
<th>MEETS</th>
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<td>Thur</td>
<td>9:15 am-3:30 pm</td>
<td>1x</td>
<td>$45</td>
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Min: 12; Max: 21

Malaya Tea Room - Alameda
AGES 50-OLDER
Trip Includes: Transportation and Traditional British or Malaysian Afternoon Tea.

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<td>Wed</td>
<td>10 am-2:30 pm</td>
<td>1x</td>
<td>$39</td>
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Min: 12; Max: 21

John Muir National Historic Site
AGES 50-OLDER
Trip includes: Transportation and docent tour of the historic home of John Muir, naturalist and conservationist. Lunch on your own.

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<thead>
<tr>
<th>DATE</th>
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<th>MEETS</th>
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<td>Thur</td>
<td>9 am-3 pm</td>
<td>1x</td>
<td>$29</td>
<td>$34</td>
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</table>

Min: 12; Max: 21

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

Sacramento Hard Rock Casino
AGES 50-OLDER
Trip Includes: Transportation; gaming and lunch on your own.

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<tr>
<th>DATE</th>
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<tr>
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<td>Wed</td>
<td>8:30 am-5 pm</td>
<td>1x</td>
<td>$20</td>
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Presidio Officers’ Club Tour
AGES 50-OLDER
Trip Includes: Transportation and docent led tour of the Presidio’s museum and cultural center, the Officers’ Club with exhibits and stories from the Presidio’s past and present. Lunch on your own.

<table>
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<td>Thur</td>
<td>9 am-3 pm</td>
<td>1x</td>
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San Francisco Botanical Garden
AGES 50-OLDER
Trip Includes: Transportation, docent led tour of the garden. Picnic lunch and viewing garden on your own.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
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<th>MEETS</th>
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<tbody>
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<td>Mon</td>
<td>9:30 am-3:30 pm</td>
<td>1x</td>
<td>$29</td>
<td>$34</td>
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“Chicken, Chittlins, and Caviar” - Lesher Center for the Arts
AGES 50-OLDER
Trip Includes: Transportation and ticket to the musical soul food concert, “Chicken, Chittlins and Caviar”. Lunch on your own in Walnut Creek.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
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<th>MEETS</th>
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<tr>
<td>April 4</td>
<td>Sat</td>
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<td>$74</td>
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Mission Santa Clara and de Saisset Museum
AGES 50-OLDER
Trip Includes: Transportation and docent tour of the Mission Santa Clara de Asis and newly renovated California History Exhibit at the de Saisset Museum at Santa Clara University. Lunch on your own.

<table>
<thead>
<tr>
<th>DATE</th>
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<th>MEETS</th>
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<td>$40</td>
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Filoli Historic House and Garden
AGES 50-OLDER
Trip Includes: Transportation and docent tour of the Filoli garden estate. Bring picnic lunch or lunch on your own at Quail’s Nest Café at Filoli.

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<tr>
<th>DATE</th>
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<th>MEETS</th>
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<tr>
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Iceland Explorer
AGES 50-OLDER
7 Days: June 3, 2020
Trip Includes: Round-trip Airfare (SFO), Round-trip Ground Transfers SFO, 5 nights One Hotel / Reykjavik, 8 Meals (5 Breakfasts, 1 Lunch & 2 dinners), Professional Tour Director, Motorcoach Transportation, Sightseeing per Itinerary, Admission per Itinerary, Hotel Transfers, Baggage Handling, Int'l Air Taxes/Fuel.
Cost: $4025 per person, double occupancy; $950 single supplement. Deposit: $500 per person. Final payment due March 2020. Please make checks payable to Premier World Discovery. Cancellation Waiver is available for additional fee.

Paris, Burgundy and Provence River Cruise
AGES 50-OLDER
11 Days: April 13, 2020
Trip Includes: Round-trip Airfare SFO, Round-trip Transfers (SFO), 2 Nights Paris Hotel, 7 Night Cruise, 22 Meals (9 breakfasts, 6 Lunches & 7 dinners), Regional Wine/Dinner, Welcome & Farewell Dinners, FWD Tour/Cruise Manager, English Speaking Staff, Baggage Handling, Hotel/Ship Transfers, Int’l Air Taxes/Fuel/Fees and Port Charges.

SPECIAL PRESENTATION:
SENIOR TRAVEL TROUPE
2020 SCHEDULE

Tuesday, February 11, 2020 • 11 am • Free Senior Center • Snacks Served
Want to learn more about our Extended Vacations for 2020? Come see our exciting lineup from Premier World Discovery.
• San Antonio Fiesta (April)
• Mt. Rushmore, Yellowstone & Western Frontiers (August)
• Niagara Falls & Heritage Highlights (NY, Pennsylvania, Washington & Virginia) (September)
• Nashville, Smoky Mountains & Bluegrass (September)
• Italy’s Amalfi Coast (October)
• National Parks & Canyons of the Southwest (November)
Senior Travel Lunch Troupe

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

San Francisco Mission District Lunch

**AGES 50-OLDER**

Trip Includes: Transportation. Lunch on your own.

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<tr>
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Min: 12; Max: 21

Lunch in Emeryville

**AGES 50-OLDER**

Trip Includes: Transportation. Lunch on your own at a favorite Thai restaurant or at the Public Market.

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Min: 12; Max: 21

Lunch in San Carlos

**AGES 50-OLDER**

Trip Includes: Transportation. Lunch on your own.

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<td>10 am–3 pm</td>
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Min: 12; Max: 21

Lunch in Sebastopol

**AGES 50-OLDER**

Trip Includes: Transportation. Lunch on your own.

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<tr>
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<td>10 am–3 pm</td>
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Min: 12; Max: 21
Holiday Market
Saturday, December 7, 2019 • 9 am–2 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

New Year’s Eve Party
Tuesday, December 31, 2019 • 5–9 pm
$12 adults
Tickets sold at the Senior Center
Enjoy a fun New Year’s Eve party with friends, family and neighbors at the Albany Senior Center. Food, Bingo, games, prizes and more. Sponsored by Friends of Albany Seniors!

Pancake Breakfast
Join the Friends of Albany Seniors for breakfast prepared especially for you by Albany firefighters.
Saturday, February 29
9 am–1 pm
$8 Adults, $5 Children (6 and under)

White Elephant & Bake Sale!
The Friends of the Albany Senior Center invite you to find great bargains at this yearly fundraiser. There will be toys, jewelry, books, baked goods and more!
Saturday, April 18 • 9 am–2 pm
Now accepting items! Electronics, typewriters, clothing or furniture will not be accepted.

Albany Senior Center
846 Masonic Avenue, Albany
Call the Albany Senior Center today for more details!
(510) 524-9122

Friends of Albany Seniors to support the Albany Senior Center

Sponsor the Albany Senior Center
Become a member of the Friends of Albany Seniors (FOAS) for just $10/year or an $80 lifetime fee.
FOAS funds social events like Tuesday Movies, the Dinner Program, birthday parties and more.
FOAS provides scholarships to seniors for classes, events and trips and fun fundraising events including the yearly Luau, White Elephant sale and the pancake breakfast.
Thanks for helping our Albany Seniors thrive!
**Ava Charney-Danysh  Elegies Of Chaco Canyon**

January 11, 2020–March 29, 2020  •  Opening Reception: January 12, 4–6 pm
Albany Community Center Foyer

Remote Chaco Canyon, with its ancient stone structures, astronomical observatories, and continued unanswered questions about its origins and abrupt abandonment, have always had a very profound effect on Ava. As a photographer, she has been most interested in the ineffable - using light and shadow to evoke the hidden emotions that lie under what is overtly visible.

Her intent in this series is to explore the relationship of the land to the ancient human creations on it, whose purpose is still not fully known. Hiking among the ruins in the high desert light, looking at the same night sky that was seen in these astronomical observatories, watching the sunrise of the summer solstice come through the exact opening in the stone where the ancient builders designated it - all of this inspired her to use black and white photography to explore the pull of this powerful and mysterious place, and to pay homage to the creators that came before.

Most of the images in this exhibit were originally shot with black and white film, Ava’s preferred way of working, due to her love of grain, and the inchoate emotions it can evoke.

---

**CELEBRATING THE SEASON WITH HAIKU**

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

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

---

*I love all mushrooms
And the chestnuts I don’t like.
My tongue makes a spike.*

Calliste Hesse, Kindergarten
Join us in celebrating 10 years of community, conversation, and compelling independent short films in Albany.

Enjoy!
Watch cool independent films all week long: Documentary, Comedy, Drama, Animation, Music, Environmental. Watch themed blocks of short—and really short—films at our All-Day Sunday Shorts event. Bring the family to our Kids Matinee and film-related activities. Look for our pop-ups and special events.

Community!
Stay after every screening for filmmaker panels and Q&A sessions. Attend our film workshops. Talk with filmmakers and filmgoers at our Filmmakers Lounges.

Support!
Volunteer for our AFF Team. Become a sponsor. Buy a festival pass and enjoy all the films. Most films screen at Landmark’s Albany Twin theater on Solano Avenue.

Questions?
Contact info@albanyfilmfest
albanyfilmfest.org

Saturday, March 21–Sunday, March 29, 2020

Family Film Workshop
AGES 6–ADULT
Calling all families! Make a short clip of your child performing in a miniature world that you create together. This family craft and film production workshop is an easy introduction to filmmaking for the whole family. You’ll use our provided craft materials to make a miniature city, house, or fantasy world, and composite your child (or adult!) digitally into this miniature world using green screen techniques. We’ll screen the clips at the end. Children must be accompanied by adults. Sponsored by Narrative Art Center and Albany FilmFest.

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<td>6:30-8:30 pm</td>
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<td>Free Free</td>
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Instructor: Mason Hall
Location: Albany Library, Edith Stone Room

Thinking about Storytelling in Filmmaking: Meet & Greet Workshop
ADULTS
In this workshop, we bring together the local film community to focus on story and its relationship to characters and their worlds. Through a series of brief lectures intermixed with workshop activities, we discuss story structure, character development, and world creation by looking at examples in art and film, touching on production design, visual communications basics, the importance of theme. We even look into the how these issues are discussed through the philosophy of aesthetics. The group will workshop storyboard content and end the session with time to socialize, helping to connect the local filmmaking community. Sponsored by Narrative Art Center and Albany FilmFest.

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<td>Free Free</td>
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Instructor: Mason Hall
Location: Albany Library, Edith Stone Room

Presented by KALB
Albany’s Community Access Television Channel 33
Noon Year’s Eve  
Tuesday, Dec. 31 • 11 am–1 pm  
Free  
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. At 11 am, performer, Drea Lusion, will take us on an unexpected adventure where books are alive, boots can sing, and hoops will float and dance before your eyes! Ring in 2020...Albany style.

Bee-curious? Everything You Wanted to Know About Bees, but Were too Afraid to Ask  
Friday, Jan. 24 • 7:30–8:30 pm  
Free  
Bees are considered the most important creatures on the planet because they are required for ecosystem function and are essential pollinators of the majority of our food supply. But how much do you know really about them? While most people are familiar with honey bees and bumble bees, they’ve never heard of a sweat bee, mason bee or digger bee. The diversity and beauty of bees is truly astonishing. Learn why their populations are declining, what you can do to support them, and where the phrase “the bees knees” originated.

Dr. Hillary Sardinas is an ecologist and mellitologist (bee specialist) who researched sunflower bee nesting habits during her graduate studies at UC Berkeley. She currently works with local farmers and ranchers to conserve natural resources on their properties.

Bollywood Dance Party  
Friday, Feb. 28 • 7–9 pm  
$5 (Children under 12 Free)  
This is your chance to spend an evening dancing like a Bollywood star. Led by Albany resident, Giti Dadlani Morris, her playlist of Bollywood classics and Bhangra hits will inspire you to hit the dance floor. Get moving, get energized and have a fun, immersive cultural experience right here in Albany. Families welcome and no experience needed!

Noir & Noirs  
Friday, Mar. 27 • 7–9 pm  
$5 suggested donation  
The City of Albany, Albany Library and the Albany FilmFest present a night of crime, drama, fast-talking detectives and pinot noir. Join us as we show the classic film noir *The Maltese Falcon* (1hr 41min/ NR/1941). The story of a private detective who takes on a case that involves him with three eccentric criminals and their quest for a priceless statuette. Enjoy complementary wine, small bites and maybe a few surprises.
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
*
**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, puzzles and books they no longer use. Make sure everything is working properly, has all its pieces and is clean. Bring items down to the Albany Community Center.

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

**Join in Albany’s community-wide CLOTHING SWAP**

**Tuesday, January 28, 2020 • 7:30 pm**

Albany Community Center, Rooms 1 & 2

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

**Walk 'n Roll to School Day**

1st Wednesdays, February–April

Before School

Cornell, Marin, & Ocean View Schools

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

**Blood Drive**

**Tuesday, December 26 • 9 am–2:30 pm**

Tuesday, March 3 • 9:30 am–3 pm

Albany Community Center

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

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

**Join in Albany's community-wide CLOTHING SWAP**

**Tuesday, January 28, 2020 • 7:30 pm**

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Chinese New Year
Thursday, February 6, 2020 • 3:30–5 pm
Albany Community Center, Main Hall
Free
Sin Nian Kwai Lo (Happy New Year)! Gung Hay Fat Choy (Congratulations & Good Fortune)! For more than 16 years the Albany Recreation Department has celebrated Chinese New Year at the Community Center. Students from Cornell and Ocean View elementary schools and Sun Wei Chinese After School will present cultural Chinese song-and-dance as well as the 12-Zodiac story. In traditional fashion, we will Dance with Dragons and Leap with Lions, courtesy of Zion Lee. Welcome the Year of the Rat—Albany-style. This is a free event for children under 12.

Audio-Visual Apprentice Program
Ages 13–17 • May–October 2020
4 Volunteer Positions Available
Learn how to use professional audio and video equipment while producing TV and web content for City events. Participants will also gain valuable work experience while having fun in a team environment. This is a volunteer position. See page 20 for more details.

Application information will be listed in the 2020 Summer Activity Guide and available at www.albanyca.org/AV. For more information, contact Brennen Brown at bbrown@albanyca.org.

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

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

Run Around Town
City of Albany Community Services Department presents
Run Every Sunday
8AM-SuzetteCrêpeCafe,1226SolanoAve.
Both short & long courses New route(s) each week

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Thursday, February 6, 2020 • 3:30–5 pm
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Both short & long courses New route(s) each week
**MARTIN LUTHER KING JR. DAY OF SERVICE EVENT**

**Friends of Albany Parks Clean-up & Planting**
Saturday, January 18, 2020 • 9 am–noon
Codornices Creek

The Friends of Albany Parks will host a day of service in honor of Martin Luther King Jr. Day on Codornices Creek. Meet at the “outdoor classroom” near 1101 8th Street, Berkeley. For more information contact Brennen Brown at bbrown@albanyca.org.

**SANDBAG FILLING STATION**

Saturdays, December 7, January 11, & February 1
10 am–1 pm
Ocean View Park, 900 Buchanan Street
Free

Need assistance filling your sandbags? Hot cocoa and cookies will be served. Please bring a shovel. If you require further assistance to get sandbags, please contact Neighborhood Services at (510) 559-4588 to make other arrangements.

**DROP-IN PICKLEBALL**

Outdoor:
Tuesdays, 4–6 pm
Ocean View Park, Pickleball Courts
$5 drop-in court fee, $2 paddle rental

Indoor:
Sundays, 4–7 pm
Albany High School Gym
$5 drop-in court fee, $2 paddle rental
Join the Carbon-Free Albany Challenge
to create a safer and healthier future!

Sign up today at
www.carbonfreealbany.org

CARBON-FREE
ALBANY

Albany residents can use the Carbon-Free Albany Challenge website to:

1. Learn simple ways to reduce your carbon footprint
2. Track your progress and see results
3. Connect with your neighbors and other resources

The best part? Most of the actions are easy, will save you money, and can improve your health and comfort!

Working together to ensure a vibrant and sustainable urban village.
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](http://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](http://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](http://www.albanyca.org/socialmedia)

1000 San Pablo Avenue
(510) 528-5710
cityhall@albanyca.org
**GREEN THINGS FOR YOU**

**Holiday Recycling Tips**
What do you do with all of the holiday waste that is generated this time of the year? Here are a few tips:

- Recycle your holiday tree on your regular collection day during the month of January. Visit www.albanyca.org/albanyrecycles.
- Reuse wrapping materials—keep ribbons and bows for next year, save money and help the environment.
- Recycle batteries curbside on top of your recycle bin. Visit www.albanyca.org/hhw for special instructions.
- Recycle polystyrene foam at the El Cerrito Recycling Center.
- Dispose of Fats, Oils and Grease (FOG) from holiday meals by pouring cooled FOG into a sturdy paper container or egg carton and dispose into your green organics cart.

**Holiday Children’s Book, Puzzle & Toy Swap**

**Sunday, December 8 • 9–11 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 books, toys and puzzles they no longer use. Make sure everything is working properly, has all its pieces, and is clean. Pack up a box, bring them down to the Albany Community Center, and take home a few ‘new to you’ items. Clean toys thoroughly beforehand. Toys must be gently used and in working order—no missing pieces. No stuffies. Swapping begins promptly at 9:15 am!

**East Bay Community Energy**

Want to power your home with 100% renewable, carbon-free electricity? Opt up to EBCE’s Renewable 100 service to power your home with 100% renewable electricity, and support local clean energy generation.

East Bay Community Energy (EBCE) is the local clean electricity supplier in Alameda County. EBCE provides cleaner, greener energy at competitive rates to customers. EBCE reinvests earnings back into the community to create local green energy jobs, local programs, and clean power projects. To learn more, visit www.ebce.org and click the “opt up” button on the main page.

**50th Anniversary Earth Day Shoreline Clean-up**

**Saturday, April 18 • 9 am–12:30 pm**  
**Albany Waterfront • 1 Buchanan Street**

Join the City of Albany and the Watershed Project for a waterfront cleanup in celebration of Earth Day! Wear sturdy shoes, a hat and sunscreen, and bring your own reusable water bottle and gloves if you have them. Supplies and refreshments provided. Children must be accompanied by an adult. For more information, contact The Watershed Project at (510) 665-3430. RSVP for groups of 10 or more at volunteer@thewatershedproject.org.

**Support Albany’s Sharing Economy**

Join over 500 Albany Residents who are part of the “Buy Nothing Albany, CA” Facebook group to share resources that you no longer need and ask for what you do need – all for free! Whether it’s furniture, kids toys, books, clothes, or more, you can help keep waste out of the landfill and give goods in Albany a second life! You can also buy, sell, and trade with neighbors using Nextdoor, or use Albany’s tool lending library at www.albanyca.org/services/tool-pool.

**Citywide Garage Sale**

**Saturday, May 9 • 9 am–3 pm**

Applications will be available at www.albanyca.org/citywidegaragesale in March and are due no later than Wednesday, April 15 by 5 pm. The Citywide Garage Sale listings and maps will be available first week of May on the City’s website, at City Hall, Community Center and Senior Center. Email ecarrade@albanyca.org for more information.

**Memorial Park Clean-up & Compost Giveaway**

**Saturday, May 16 • 9 am–12 pm**  
**Memorial Park • 1325 Portland Avenue**

The 2020 Memorial Park Clean-up and Compost Giveaway will be held on Saturday, May 16th at Albany’s Memorial Park. City of Albany residents can pick up two free bags of Waste Management EarthCare Homegrown Compost per household during the Memorial Park Clean-Up. To receive compost, bring proof of Albany residency (ID, Waste Management bill, etc.), and come early because this giveaway will be first-come, first-served. After you pick up your compost, stick around and help clean up Memorial Park!
The Friends of Albany Parks program encourages community members to get involved with the care, maintenance and beautification of their favorite neighborhood park.

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

Additional events will be announced in the Summer 2020 Activity Guide.

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.

**Park** | **Clean-Up**
--- | ---
Codornices Creek | Saturday, Jan 18, 9 AM
Albany Hill | Saturday, Feb 15, 9 AM
Dartmouth Tot Lot | Saturday, Apr 4, 9 AM
Memorial Park | Saturday, May 16, 9 AM
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).

**UPCOMING OPPORTUNITIES**

**December:** Noon Year’s Eve, Sr. Holiday Dinner, Songs on Solano, Sr. Center Holiday Market  
**January:** MLK Commit to Serve Week, Friends of Albany Parks Codornices Creek Clean-up, Clothing Swap, @theCenter  
**February:** Sr. Center Pancake Breakfast, @theCenter, Chinese New Year, Friends of Albany Parks Albany Hill Clean-up  
**March:** @theCenter, Albany FilmFest  
**April:** Friends of Albany Parks Dartmouth Tot Lot Clean-up

**ONGOING PROJECTS**

Weed Warriors • 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 • Tool Pool
It’s Picnic Time!

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

OCEAN VIEW PARK
The Ocean View Park picnic area is located among Albany’s own Redwood grove and the Ocean View Community Garden (see p. 61) with picturesque views of Albany Hill and slivers of the San Francisco Bay. The children’s play area is spacious and features swings and climbing structures.

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

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

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

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

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

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

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

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

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

ALBANY COMMUNITY CENTER
The Albany Community Center features a large community room (complete with a commercial kitchen and outdoor patio) with capacity for up to 160 people. The room is equipped with sound and a stage/dance floor, drop-down projector screen for presentations, and a variety of tables and chairs for any event setup. This room is a very popular place for wedding receptions, parties and banquets throughout the year. Call our front desk for a complete price quote and information at (510) 524-9283 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 (510) 524-9122 for availability and a price quote.

TENNIS COURTS
Tennis courts may be reserved by the public for reservations starting at 9 am daily and ending at 10 pm. You can 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.

BLOCK PARTIES & PICNIC RENTALS
Start planning for your spring 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 (510) 524-9283 for more information about Block Parties. Visit www.albanyca.org/BlockParties for an application and information.
### Parks, Recreation & Open Space Commission

- **Isabelle Leduc** ............................. Staff Liaison
- **Harriet Patterson** ........................ Member
- **Hillary Saritañas** ........................ Member
- **Kirsten Negus** ................................. Member
- **Ben Nobel** ..................................... Member
- **Todd Abbott** .................................. Member
- **Bryan Marten** .................................. Member
- **Julia Chang Frank** ............................ Member

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

### Charter Review Committee

- **Anne Hsu** ....................................... Staff Liaison
- **Harry Chomsky** ................................. Member
- **Lisa Schneider** ................................ Member
- **Jim Lindsay** ...................................... Member
- **Paul Giganti** ..................................... Member
- **Patricia Donald** ................................ Member

  **Meets as needed upon request of the City Council, at 7:30 pm, City Hall, Council Chambers**

### Economic Development Committee

- **Claire Griffith** .................................. Staff Liaison
- **John Montaghi** ................................. Member
- **Stephanie Sala** ................................. Member
- **Shaun Charles** .................................. Member
- **Robert Cheasty** ................................. Member
- **Andrea Goldman** .............................. Member
- **Allen Cain** ....................................... Member
- **Aaron Tiedemann** .............................. Member

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

### Library Board

- **Isabelle Leduc** ................................. Staff Liaison
- **Sarah Levin** ...................................... Member
- **Ge’Nell Gary** .................................... Member
- **Amy Apel** ....................................... Member
- **Becky Xin** ...................................... Member
- **Ross Stapleton-Gray** ........................... Member

  **Meet 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** ............................ Member
- **Amy Paulsen** ..................................... Member
- **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** ...................................... Staff Liaison/Member
- **Anne Hsu** ....................................... Member
- **Rochelle Nason** ................................ Member
- **John Weitzel** .................................... Member
- **John Ford** ...................................... Member

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

### Arts Committee

- **Eva Phalen** ...................................... Staff Liaison
- **Jenny Holland** .................................. Member
- **Brandon Schneider** ............................ Member
- **Lisa Rose** ........................................ Member
- **Andrew Kellogg** ................................ Member
- **Peter Goodman** ................................ Member
- **Sheryl Black** .................................... Member
- **Zhi Bo 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

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

### Social & Economic Justice Commission

- **Sid Schoenfeld** ................................ Staff Liaison
- **Brian Parsley** .................................... Member
- **Judy Kerr** ........................................ Member
- **Margie Marks** .................................... Member
- **Bart Grossman** .................................. Member
- **Gregory Downs** ................................ Member

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

### Community Media Access

- **Did you know?**
  - There are a number of tax exemptions and fee discount programs available to Albany residents.
  - **[www.albanyca.org](http://www.albanyca.org/Albanycares)**

- **Albany CARES**
  - Community Access to Resources & Services
  - **[www.albanyca.org](http://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.**
Recreation Facilities & Staff

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

Albany Senior Center
846 Masonic Avenue (510) 524-9122
Hours: 8:30 am–5 pm, Monday–Friday
Sid Schoenfeld, Neighborhood Services Manager
Robin Mariona, Recreation Supervisor
Jess Cosby, Keenan McCarron Recreation Coordinators
Karen Gosetti, Recreation Projects Assistant

Albany Friendship Club
900 Buchanan (Ocean View Park) (510) 559-7220
Hours: 1:55–6 pm, Monday–Friday
Summer Hours: 8 am–6 pm, Monday–Friday
Heather Posner, Senior Recreation Supervisor
Danielle Brownlie, Recreation Coordinator

Albany Parks

Peggy Thomsen Pierce Street Park • 720 Pierce St.
Playground, bathrooms, views of the bay

Ocean View Park • 900 Buchanan Street
Tennis Courts & Hitting Wall, Ball field, Picnic, Friendship Club, Playground, Community Garden

Memorial Park • 1325 Portland Avenue
Tennis Courts, Basketball, Ball Field, Community Garden, Playground, Picnic, Friendship Club

Jewel’s Terrace Park • Tevlin & Terrace Drive
Tennis Courts, Basketball, Playground, Picnic, Grass

Dartmouth Tot Lot • Corner of Dartmouth & Talbot
Play structure for small children

Planning & Zoning Commission
Anne Hersch ...................... Staff Liaison
Elizabeth Watty ...................... Member
Megan Jennings ...................... Member
Ian MacLeod ...................... Member
Doug Donaldson ...................... Member
Christopher Kent ...................... Member

Meet the 2nd & 4th Wednesday of each month
at 7 pm, City Hall, Council Chambers

Climate Action Committee
Elizabeth Carrade ...................... Staff Liaison
Nick Peterson ...................... Member
Kate Breeding ...................... Member
Max Wei ...................... Member
Eric Larson ...................... Member
Thomas Cooper ...................... Member
Allison Marten ...................... Member
Sarah Choi ...................... Member

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

City Council, Committee or Commission Meeting Online!
City of Albany Community Access TV
Cable Channel 33
www.albanyca.org/kalb

Watch Your Favorite

City Council, Committee or Commission Meeting Online!
City of Albany Community Access TV
Cable Channel 33
www.albanyca.org/kalb

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.

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

Refunds requested prior to the first class meeting:

Five (5) business days or more:
• Payee will be refunded less a $20 withdrawal fee.

Four (4) business days or fewer:
• Payee will be refunded less a $40 late withdrawal fee.

Camp refund policy
Refunds will not be granted after 10 pm on the Monday prior to the first day of camp.

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

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

Register

There are two ways to register for classes:

1. Online
www.albanyca.org/onlineReg

2. In Person, by Mail, or Drop-Off
Complete the form on the following page and bring or send to:
City of Albany
Recreation and Community Services
1249 Marin Ave., Albany, CA 94706

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

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Recreation and Community Services
1249 Marin Avenue
Albany, CA 94706
or by email to recinfo@albanyca.org
**Registration Form**

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

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<th>Family Account Setup (List family members)</th>
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<th>Birthdate</th>
<th>Gender (M/F)</th>
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**Address**

**E-mail**

City ................................................................. State .......................... ZIP Code

Emergency Contact ................................................................. Phone (________) ________________________

**Activity Registration: Participant Name**

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**TOTAL FEES** $__________

**Payment Method**

- [x] Check
- [ ] Cash
- [ ] Credit Card

(Payable to City of Albany)

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**Billing Address**

**State** .......................... **ZIP Code**

**Refund Policy**

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

Refunds requested prior to the first class meeting:
- **Five (5) business days or more:** Payee will be refunded less $20 withdrawal fee.

**Camp refunds** will not be granted within 4 business days of the first day of camp or after the first day of camp. Refunds requested five (5) business days or more prior to the first day of camp will be refunded less a $20 withdrawal fee.

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

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

or by email to recinfo@albanyca.org

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

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

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

**TOTAL FEES** $__________
GET ENGAGED

COMMIT TO SERVE EXPO
JANUARY 13–20, 2020
ALBANY COMMUNITY CENTER

Be a part of this national movement as we honor Martin Luther King and his commitment to service, community and unity. Make a pledge of service and we will provide resources and ideas to assist you. For more information contact Brennen Brown at bbrown@albanyca.org.

Together we can make a difference in our community
CHINESE NEW YEAR Celebration
Help us celebrate the Year of the Rat!
Thursday, February 6, 2020 • 3:30–5 PM
Free event for children ages 12 and under
Albany Community Center
1249 Marin Avenue
Gung Hay Fat Choy!